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# San Diego Uptown News



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San Diego Community News Network



Paras News co-owner Ann Gabbara pampers a loyal patron who buys a copy of The New York Times newspaper every day. She always makes sure to save him a copy. (Photo by David Cox)

## The Last of the Mohicans

Defying trends, Paras News of North Park is expanding in its 60th year

By David Cox

Paras News in North Park has an eclectic assortment of customers coming through its doors, from homeless beggars on the street to top executives driving exotic cars. And during a time when the Internet is king, this newsstand filled with newspapers and

magazines from floor to ceiling is defying critics who have proclaimed that print is dead.

Opened in 1955 in a former cigar shop, Paras News was founded by Christopher Paras and his father. It has stood the test of time for the past 60 years near the same busy corner of 30th Street and University Avenue.

Kent Snyder, the store's manager, has been working there for almost 30 years and was around when the Paras family still owned the newsstand. Snyder says that working there gives him something to look forward to

see Paras, page 20

## Art for all

Timken's Orange & Black Ball helps fund museum's Creative Choices program

Ken Williams | Editor

Children sent to juvenile hall face an uncertain future, their lives hanging in the balance, their schooling disrupted and their path ahead filled with the great unknown. But some children are finding refuge in art, thanks to an innovative program sponsored by the Timken Museum of Art in Balboa Park.

Elizabeth Washburn, an artist and art instructor who runs Timken's program for at-risk children, sees first-hand how art can make a difference. She told San Diego Uptown News that "this program does not change lives, but it enhances lives."

"This program provides new approaches to learning through the arts that deviate from traditional classroom settings and uses English language arts, mind-mapping and brainstorming activities, which helps them to come up with multiple approaches to strengthen their abilities to think more critically," Washburn said.

"The program and activities also provide great therapeutic benefits and builds confidence," she added.

The Creative Choices program is made possible through the generosity of Timken's patrons, who raise money through events like the annual Orange & Black



Elizabeth Washburn, who runs Timken Museum of Art's program for at-risk children, paints the Step & Repeat for the annual Orange & Black Ball. (Courtesy of Timken Museum of Art)

Ball. The black-tie, masquerade-optional gala at 6 p.m. Friday, Oct. 30 in Balboa Park will celebrate Timken's 50th anniversary. The ball will be held in conjunction with a second celebration, the Timken After Dark Cocktail Party.

see Timken, page 21

## North Park forum to tackle homeless issue

Ken Williams | Editor

In North Park, some residents have been complaining via social media about homeless people camping out in the Morley Field section of Balboa Park as well as virtually taking over North Park Community Park.

"I believe some of the homeless want a space where they can be free of the pressures of life. North Park is a community of compassion and accepting attitudes," said Edwin Lohr, president of the North Park Community Association. "Of course our neighborhood parks are a more attractive place to congregate but there are other places here in North Park where we see the homeless."

Community concern over a perceived rise in homelessness in the hip neighborhood has sparked yet another public meeting to discuss the hot-button issue.

The North Park Community Association will present a "Forum on Homelessness — A Collective Impact" at 6 p.m. Wednesday, Oct. 28, at the Lafayette Hotel, located at 2223 El Cajon Blvd.

Members of the community are invited to attend the forum, where city officials and local police officers will be among those who will discuss the following topics:

- Homeless awareness
- Facilities needed, such as restrooms, showers and storage
- Support services needed
- Housing issues
- Crime and safety
- Human dignity of the homeless individual

Participants will receive a handout that answers frequent questions about homelessness.

The forum will be the second one in recent months in North Park. On July 11, the North Park Community Association and a local chapter of the National Association of Social Workers conducted a "See Something, Say Something" meeting at Queen Bee's. You can read San Diego Uptown News' coverage of "What to do about the homeless?" at bit.ly/1IwnfFN.

The official 2015 count conducted by the San Diego Regional Task Force on the Homeless shows that there are currently

see Homeless, page 20



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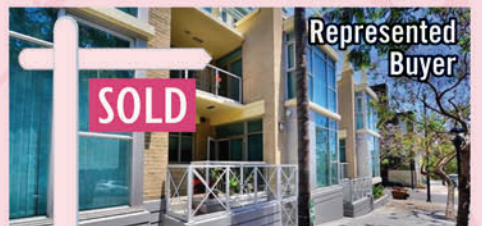
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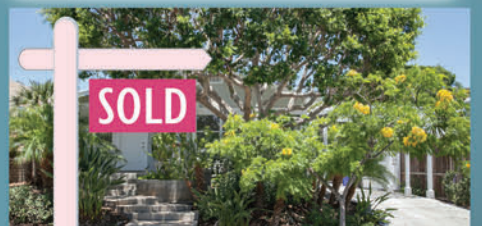
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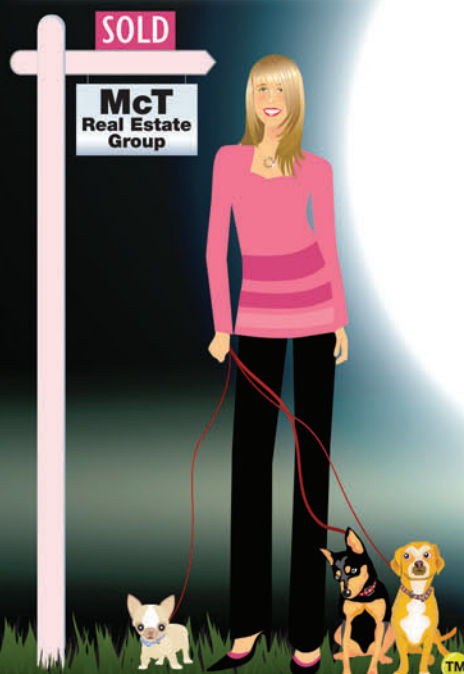
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# Hillcrest Town Council update

By Benny Cartwright

Assembly Speaker Toni Atkins and Elizabeth Hannon of the Uptown Community Parking District made important presentations at the monthly meeting of the Hillcrest Town Council (HTC) on Oct. 13.

Speaker Atkins, who is finishing up her 16th month as Speaker (and is the first Speaker from San Diego in state history), updated the community on a number of things that she is working on. Many Californians are concerned about the drought and water issues, and Atkins announced that a desalination plant for the San Diego region will be completed in early 2017, ahead of schedule. Other bills and issues she discussed included the trade of ivory, fresh fish delivery, climate legislation, earned income tax credit, tuition scholarships for middle class families, higher education funding, homelessness and transit.

Hannon, the Chief Operating Officer of the Uptown Community Parking District, discussed two parking proposals that are under consideration. Parking is a challenge in many parts of Hillcrest, and Hannon and other groups are working to address the issue. Some things her group has done include negotiating a deal to make the DMV parking lot open for free parking after-hours and creating the "Lunch Loop" trolley to bring hospital employees into the core of Hillcrest without having to use their cars.

Two new ideas are on the



David Coben (Courtesy of HTC)

table: residential parking permit areas and angled parking on some streets.

Parking is a hot-button issue for many residents, so a lively discussion pursued about residential parking permits and angled parking. While no decisions have been made, Hannon noted that

the installation of angled parking on any street is up to the residents of that block, with at least 70 percent approval needed.

Also at the meeting, HTC introduced its newest member to the community. David Coben was nominated and approved as the new chair of the Neighborhood Improvement Committee (NIC). The NIC works to improve the neighborhood and oversees the Hillcrest Clean T.E.A.M. (Together Everyone Achieves More), which has for many years held street cleanings in our neighborhood with volunteers, brooms and rolling barrels to "put the shine back in Hillcrest." (You may have seen the T.E.A.M. out in orange T-shirts). Every year on the day after the San Diego Pride celebration in July, HTC partners with Pride to clean the parade route.

NIC also hands out the L.I.O.N. (Let's Improve Our

Neighborhood) Awards to residents, businesses or anyone who does a great thing with their property or business. Past award winners include the Crest Cafe for the beautiful mural on their building. To contact Coben or for more information about the NIC, email hillcrestcleanteam@gmail.com.

As always, we encourage all Hillcrest residents to share their concerns about the neighborhood with us. The HTC is the voice

of the residents, and we can't effectively advocate for the best interests of our neighbors if we don't know what those interests are. Please attend our next meeting at 6:30 p.m. Tuesday, Nov. 10 at the Joyce Beers Community Center in the HUB Hillcrest. For more information about HTC, visit hillcresttowncouncil.com.

—Benny Cartwright is secretary of the Hillcrest Town Council. ♦

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# HBA elects new board and president

Candidate ruled ineligible threatens legal action

Ken Williams | Editor

The members of the Hillcrest Business Association have elected nine board members and a new president, Tami Daiber, but not without a dispute by a candidate ruled ineligible to run for a seat.

The annual meeting was held Oct. 13 at Oscar Wilde's Irish Pub in Hillcrest. Special guest was Toni G. Atkins, Speaker of the California Assembly, who talked about her accomplishments in Sacramento over the past year and her plans to run for the California Senate against incumbent and fellow Democrat, Marty Block.

Nine people were elected to the board:

– **Tami Daiber** - Carleton

Management

– **Michael Brennan** -

Carlson Douglas

– **Charles Kauffman** - Bread and Cie

– **Ryan Bedrosian** - Rich's Night Club

– **Larry Malone** - Empire House Urban Palate

– **Paul Smith** - The Merrow

– **Alphonso Tsang** -

Comerica Bank

– **Gioia Marino-Fanelli** -

Gioia's Room

– **Delour Younan** -

Hillcrest Shell

The holdover board members who did not face election this year included Maggie Roland of Maggie Roland Associates, Bryan Lovering of Adam and Eve, Pete Katz of Katz Real Estate and Sam Korish of Heat Bar and Grill.

After the new board members were seated that night, they elected

new officers.

Tami Daiber, representing Carleton Management, was selected as the new president. She replaces Johnathan Hale of Hale Media, publisher of San Diego Gay & Lesbian News and San Diego PIX magazine. After serving two terms as president, Hale quietly resigned his leadership post a couple of weeks ago, and the HBA did not inform the media. Ben Nicholls, executive director of the HBA, said Hale left for personal reasons but will remain involved in the organization as the volunteer chair of the HBA's Special Events Committee. The HBA produces a number of popular civic events, including Cityfest and the upcoming Nightmare on Normal Street on Oct. 31.

The other three executive officers were re-elected to their positions: Glenn Younger as vice president, Cecelia Moreno as treasurer and Michael Brennan as secretary. To read brief biographies on the new board and current staff, visit [bit.ly/1jI6wcK](http://bit.ly/1jI6wcK).

"As our board continues to evolve, we have been able to move forward and progress because of the diversity of our membership and community. I am very excited to see our board reflect that very same diversity here tonight," Nicholls said in a statement made immediately after the election.

Business owners who fully paid their Business Improvement District (BID) assessment as of Sept. 1, 2015 were eligible to vote or to run for a board seat. Nicholls said the requirement disqualified one board candidate, David Lundin, listed as a co-owner of T-Deli and T-Lounge, and a longtime community activist. T-Lounge, until recently, was known as Bamboo Lounge.

Nicholls said the HBA staff



Guests at Hillcrest Business Association's annual meeting munch on food at Oscar Wilde's Irish Pub in Hillcrest. (Photos by Ken Williams)



Ben Nicholls, executive director of the HBA, stands on a chair as he speaks to guests at the annual meeting and introduces Assembly Speaker Toni G. Atkins.



(l to r) Cecelia Moreno, treasurer of the HBA, and Nancy Younan

checked on Sept. 1 to see if T-Deli and T-Lounge (Alex Marin is listed on documents as the primary owner) had paid their BID assessments. "We found that they owed \$1,116," Nicholls said, estimating that amount is about two years of fees.

The HBA website contains a document labeled "Members in poor standing" that lists businesses which are behind on BID assessments. Read it at [bit.ly/1NgeRyr](http://bit.ly/1NgeRyr).

"It appears that on Sept. 11, in order to avoid those fees, Alex canceled one business license saying that Bamboo Lounge was 'out of business.' He then opened a new license 'T-Deli/T-Lounge' with a clean slate," Nicholls said. "Unfortunately, he did that right at the time of the election and so David was disqualified from running. They came up with all sorts of reasons why they were in fact eligible, but the city treasurer made the call."

Lundin and Nicholls traded a number of emails on Oct. 13, before the annual meeting and afterward, many shared with San Diego Uptown News and city officials. In emails to Nicholls and city official Elizabeth Studebaker, Lundin disputed that he was disquali-

fied as a candidate and demanded "Preservation of Evidence" in his final email sent that night.

"Please take immediate steps to preserve the original ballots, in all the different formats, tally sheets, handwritten notes and all other documents relating to the balloting process..." Lundin wrote. "These are documents in a civil dispute, and should be retained and safeguarded by a neutral third party — neither the HBA nor Ms. Studebaker."

"I would also appreciate receiving a final tally of votes received by each candidate appearing on all/any of the various forms of ballot used this evening, including myself," he continued.

"I will move forward to seek judicial relief from this 'sham' process," he concluded.

As of press time, no legal action has been taken.

—Ken Williams is editor of Uptown News and Mission Valley News and can be reached at [ken@sdenn.com](mailto:ken@sdenn.com) or at 619-961-1952. Follow him on Twitter at @KenSanDiego, Instagram at @KenSD or Facebook at KenWilliamsSanDiego. ♦

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# Balboa Park is turning pink again

Race for the Cure will return on Nov. 1

By Hutton Marshall

Laura Farmer Sherman said the walk back to work from her doctor's office was surreal. She was processing the fact that she had just been diagnosed with breast cancer after getting her first mammogram. She would soon be given just a 20 percent chance of survival.

"That was 11 years ago, and I woke up to kind of a new reality," she said.

Sherman, 42 at the time, worked in the communications department at Sempra Energy. Her corporate gig provided good health insurance, but upon entering chemotherapy, she realized that this set her apart from many local women battling the disease.

"It turned out that in my chemo unit, I was the only woman out of 35 who had insurance. And I did not think that was going on in this country."

As she fought the disease, she resolved that were she to recover, she would work to improve this situation for other women: those lacking insurance, as well as those just needing a hot meal or to be driven across town.

"I remember thinking, 'Well I have breast cancer, I might not make it, but I'm going to try to do something about this. And that's what I decided to do.'"

Today, Sherman serves as the CEO of Komen San Diego, the county's largest breast cancer nonprofit. She's gearing up for the charity's biggest annual event, Race for the Cure, on Nov. 1 in Balboa Park.

Every year, Komen San Diego provides over \$1 million fighting breast cancer. A portion of the money they raise goes to the national Susan G. Komen organization, which oversees the organization's enormous research arm, but Komen San Diego's bread and butter is early-screening mammograms.

"In San Diego, three out of five women aren't getting an annual mammogram, which is really important to get, because we know that when it's found in its earliest stages, breast cancer has a 99 percent survival rate, but the key is you have to catch it early," Sherman said.

While Sherman said that this is their most critical service, it's far from all they provide. Komen San Diego's mantra, she added, is to fill any need inhibiting women in San Diego from receiving breast cancer treatment, an approach known as the "continuum of care."

To ensure that Komen San Diego provides the service San Diegans actually need, they do a study every four years on trends related to breast cancer treatment in San Diego.

There is a worrying racial divide in breast cancer mortality rates, Sherman said. African-American women in San Diego have a much higher percent mortality rate than white women, despite only



A breast-cancer survivor gets some loving at a previous Komen San Diego Race for the Cure. (Photos courtesy of Komen San Diego)



A teary-eyed woman involved in Komen San Diego's Race for the Cure.



Hoads of people show their support in the fight against breast cancer at a previous Race for the Cure.

having a slightly higher late-stage incidence rate.

"African-American women have a 41 percent higher mortality rate than their Caucasian counterparts, and that is criminal," Sherman said. "There is no reason that that should be happening, but in San Diego that is what's happening."

Rochelle Bradley, one of this year's honorary survivors who will lead the walk at this year's Race for the Cure, is no stranger to breast

cancer. Aside from battling it for years, she lost her father to the disease, and several other relatives have been diagnosed too. In her experience, catching breast cancer as early as possible is the key to survival.

"I can't stress how important it is to get a mammogram. How important it is to communicate with your doctor. How important it is to do your self-exams. Communicate with your doctors about your family history if you have any," Bradley said.

At 8 a.m. Nov. 1, an estimated 20,000 San Diegans will once again show up to Balboa Park for this year's Race for the Cure, which accounts for 78 percent of Komen San Diego's budget revenues. It's a vastly important event for the nonprofit, and, Sherman said, for breast cancer survivors as well.

"The Race for the Cure allows thousands of people in San Diego to stand up for the women that can't stand up for themselves," Sherman said. "There are so many 5ks to choose from these days but this one is really special in the tremendous impact it makes in the community. ... So we raise about \$1.5 million, and all that money stays here to fund everything an uninsured woman and her family needs to make it through a breast cancer diagnosis, and survive and thrive."

It's not too late to register for the event, which you can do online or the morning of the event for \$40 (which includes a T-shirt). For more information, visit [komensandiego.org](http://komensandiego.org).

—Contact Hutton Marshall at [jhuttonmarshall@gmail.com](mailto:jhuttonmarshall@gmail.com). ♦

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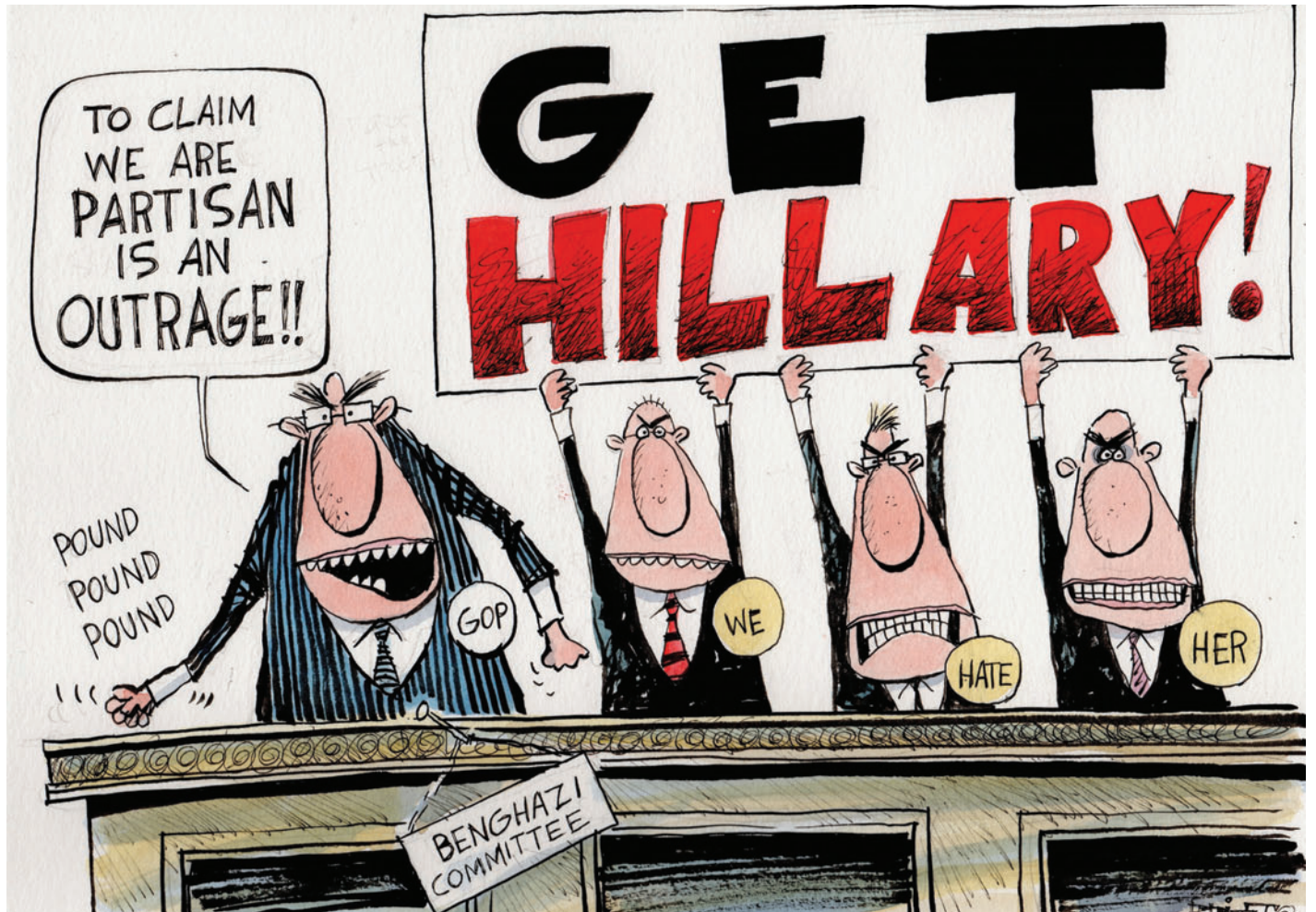
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## Editorial

# Toni Atkins campaign attempts to stack the deck

By Howard G. Singer

At its Sept. 22 meeting, the Uptown Democratic Club was in the midst of a friendly endorsement of state Sen. Marty Block for his re-election to his 39th District seat. Suddenly, and without warning, a campaign staffer for Assemblymember Toni Atkins jumped in to say that Atkins was on her way to the meeting and asked that the endorsement be postponed. As the club's president, I granted the staffer's request.

When Atkins arrived, the Uptown Democratic Club was in the midst of a debate among Democratic candidates for San Diego City Attorney, held just before the club voted on an endorsement. Immedi-

ately, as a courtesy to Atkins, who is Speaker of the California Assembly, the debate was stopped and the assemblywoman was given the floor to speak to club members.

A friendly endorsement can only occur when an incumbent is running for the same office he or she presently occupies.

After hearing from Atkins, a unanimous motion in good faith was made by former California assemblymember and Uptown Democratic Club member Howard Wayne asking that the friendly endorsement be moved to the Tuesday, Oct. 27 meeting. And the decision was made to include both Block and Atkins for consideration of the club's

friendly endorsement.

On Sept. 29, a check for \$500 — from the same Atkins campaign staffer who managed to stop the Block-friendly endorsement one week before — was found on a table in the patio of the Uptown Democratic Club treasurer along with the names of 25 people with the caption on the checking saying, "25 new members."

This blatant attempt to stack the deck in the matter of the Uptown Democratic Club's friendly endorsement in the 39th Senatorial District race by the Toni Atkins campaign is unconscionable and insulting, especially considering the fact that the club bent over backwards to be fair to the assemblywoman.

Assemblywoman Toni Atkins, your campaign is not going to bully the Uptown Democratic Club.

—Howard G. Singer  
is president of the Uptown Democratic Club. ♦

## Letters

### The Jack in the Box controversy

*Re: Understanding the Jack in the Box issue: a simple explanation [Vol. 7, Issue 21 or bit.ly/1WY3DTG]*

Mr. Omar Passons' article about the illegal drive-through issue involving Jack in the Box lost all credibility when his reason was to create a more desirable intersection for "families and pedestrians."

The specific intersection of 30th and Upas has a bar on the northwest corner and an outside bar at the northeast corner, neither of which could be considered family-friendly. Therefore it is time to leave Jack in the Box alone, the only family-friendly

business at the intersection, drop the ridiculous lawsuit and move forward with life.

Secondly, maybe the remodel of the Jack in the Box was more than Mr. Passons thought was appropriate for the permit, but the finished product does look different; therefore the remodeled Jack in the Box is less of a change than the monstrous new apartment building constructed at the northeast corner of the intersection, and is much more attractive for the neighborhood than the rundown bar on the northwest corner.

—Jeannine Parra, resident of North Park for 49 years in the same house

I have lived in North Park since 1981. I have seen the gradual changes and the not so gradual changes. I have always felt safe in NP and do not understand some of the statements made in the various articles in your paper. I also walk around most of the area featured in your paper.

I was shocked by the one comment about how you might get "caught dead" in NP. This negative comment does not describe the community I live in. Yes we have crime, but who doesn't? I feel very safe in this community and until two years ago lived alone.

see Letters, page 7

## Poll

San Diego Uptown News



# Readers Poll

## Poll Results

**Do you think the coming El Niño will produce:**

- 15%** Biblical floods
- 70%** A pleasant rain and snow season
- 15%** Barely a drizzle

## New Poll:

**Which stadium location would you support on a ballot?**

- ☐ Qualcomm site
- ☐ Downtown site
- ☐ Won't vote for either

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## Community meetings

- **Adams Avenue Business Association Board of Directors:** 8 a.m. on the first Tuesday of the month. Normal Heights Community Center, 4649 Hawley Blvd.
- **Bankers Hill Parking Committee:** 5 – 6:30 p.m. on the first Monday. Merrill Gardens, 2567 Second Ave.
- **Burlingame Neighborhood Association:** 7 p.m. on the second Wednesday. Mazara Trattoria, 2302 30th St.
- **Hillcrest Business Association Beautification Committee:** 3 p.m. on the fourth Monday. 3737 Fifth Ave., Suite 202
- **Mission Hills Town Council Trustees:** 6 p.m. on the second Thursday of alternating months. 902 Fort Stockton Drive
- **Mission Hills Town Council Town Hall:** 6 p.m. on the second Thursday of alternating months. Francis Parker Lower School, 4201 Randolph St.
- **Normal Heights Community Association:** 6 p.m. on the first Tuesday. Normal Heights Community Center, 4649 Hawley Blvd.
- **Normal Heights Community Planning Group:** 6 p.m. on first Tuesday. Normal Heights Community Center, 4649 Hawley Blvd.
- **North Park Community Association:** 6 p.m. on the fourth Wednesday. Lafayette Hotel, 2223 El Cajon Blvd.
- **North Park Main Street Design Committee:** 5:30 – 7:30 p.m. on the first Tuesday. North Park Main Street office, 3076 University Ave.
- **North Park Maintenance Assessment District:** 6 p.m. on the second Monday. North Park Adult Activity Center, 2719 Howard Ave.
- **Old Town Community Planning Group:** 3:30 p.m. on the second Wednesday. The Whaley House, 2476 San Diego Ave.
- **South Park Business Group:** 8:30 a.m. on the last Wednesday. Eclipse Chocolate, 2145 Fern St.
- **Talmadge Maintenance Assessment District:** 6:30 p.m. on the fourth Tuesday. Copley-Price YMCA, 4300 El Cajon Blvd.
- **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 Birney Elementary School auditorium, 4345 Campus Ave.
- **Uptown Planners:** 6 p.m. on the first Tuesday. Joyce Beers Community Center, 3900 Vermont St.

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

## FROM PAGE 6 LETTERS

The whole Jack in the Box controversy is on my last nerve. I support keeping it exactly where it is located. Jack in the Box provides a reasonable source for a quick meal. The employees are very nice and I am sure I eat there once a week. Maybe the spirit of the law was not followed but I say leave it alone.

There are bars all over 30th Street and the noise level is high but I also support them remaining at their location. All of these businesses are part of what makes NP. I enjoy seeing the hordes of young people walking around on Friday and Saturday night. As a walker, I do not like the fact that some of these locations use public sidewalks for their tables. Some day that may bug me enough to complain but at this point in my life I am OK with it. Some people have let their hedges grow on to the sidewalk and that does bug me.

From day one I have hated those ugly boxes at the bus stops on 30th/University. Even after all these years they have not grown on me. I saw them as a more trendy item than I would appreciate. I've passed that corner several thousand times and still the word "UGLY" goes through my mind when I pass them.

I appreciate your reporting but I wish some of your writers would know NP as well as those of us that live here. Learn to appreciate its diversity, the uniqueness of the houses and the friendliness of the people. North Park has a lot to offer and some people need to learn to enjoy the many aspects it provides.

—Maria E. Garcia of North Park

Well written Omar. There are link issues to the background data.

So I'll ask instead of reading more. Did Jack in the Box think they had permission from the city to do the remodel?

If so, I assume the lawsuit is against the city.

Can the city then go back and ask for a re-do like they did with the Montgomery Field FAA height issue?

Thanks for the good op-ed piece. Sorry for the Q's.

—Glenn Y via Facebook

### The sale of The Flame

Re: Park Boulevard nightclub  
The Flame is sold [Vol. 7, Issue 21

or [bit.ly/1NbhWQ8](http://bit.ly/1NbhWQ8)]

Thank you for saving the sign!

—Robert Nelson via Facebook

I'm glad to see that they want to see the original facade and sign restored... This type of architecture and design has a place in our neighborhood, and it will be interesting to see how the alterations of the property compliment it.

According to "The Flame" Facebook page, "The Flame, 3780 Park Boulevard San Diego, California: "The club originally was called Garden of Allah in the 50's and the word was it was connected to the mob. In 1953 the building burned to the ground. In 1954 it was rebuilt and renamed "The Flame" and continued in the 50's as a Steak House and a Burlesque Show.... Jump forward to 1984 when it began its notorious run as a Lesbian Bar."

Check out all of my photos of The Flame here:  
[on.fb.me/1W7JXQn](https://www.facebook.com/1W7JXQn)

—Gregory May via Facebook

I am thrilled to learn that the property has been sold. Hillcrest's famed Egyptian Quarter is being reignited with life — both through The Flame and the Mr. Robinson project. Hillcrest has the potential to be a world class city, and I hope more of these projects continue to come to Hillcrest.

P.S. The new project at Eighth and Washington is coming along great too. I'm curious what name they chose through their "Name This Project" contest.

—Eddie Rey of the LGBT Visitors Center via Facebook

This is good news! With existing businesses like HEAT and NUMBERS, the resurgence of the Flame building with residential and a new bar downstairs can really revitalize Hillcrest's Egyptian Quarter! Looking forward to seeing what's to come.

—Benny Cartwright via Facebook

This is good news!

I would like to see the building that Numbers occupies across the street get remodeled and opened up with windows so that it is more inviting and provides more interest on Park Boulevard.

—Richard Barry via Facebook

### The Craftsman, pros and cons

Re: The Craftsmen awaits his wake [Volume 7, Issue 20 or bit.

ly/1KOWFxh]

I know from experience that Mr. Domeier is right in saying that the city of San Diego makes it much too hard to repair, update or replace old rundown buildings in old neighborhoods. We're in the middle of a major remodel of our old house, replacing a crumbling foundation, cracked floor beams, old electric, old plumbing, termite-eaten wood, and repairing major structural problems; but the historical staff almost didn't allow the project.

The city does have their priorities wrong. They need to allow normal change and growth in old San Diego neighborhoods.

Mr. Domeier is also right in saying that Craftsman houses usually lack a separation between public and private spaces. When you open the front door to a salesman or politician, they can see at a glance everyone sitting in the living room and what you're watching on TV. It is awkward.

—Sharon Gehl via Facebook

My spouse and I felt compelled to write in response to Eric Domeier's opinion piece on Craftsman houses. A number of other people have written in to refute some things in Mr. Domeier's article, but a few things have not been mentioned.

It's true that most Craftsman homes were not originally insulated. However, to tear them down because they're not insulated is to throw the baby out with the bathwater!

That situation can be remedied, and has been in the case of many houses.

I personally have spent days up in my attic, painstakingly insulating every square inch and putting down rough flooring as well.

True, lead paint was used in the oldest layers of paint, which is why we're not allowed to sand it, only scrape it or just paint over it. What's more damaging to public health: (a) demolishing the house and thus exposing some of the old paint to the elements, or (b) leaving the paint trapped where it is? We think <b> is safer.

Next we feel that our house is indeed "an emotional refuge with a properly designed buffer zone between street and home." That's why we bought it. It also reminded us of our grandparents' houses. With so many associations to childhood memories, it gives us a sense of place and of belonging, a true feeling of home.

Our front door leads to a foyer, then the living room. There is a wonderful, not alienating, juxtaposition between outside and

inside, between public and private spaces. Far from our interior being "of a size and configuration that makes living awkward at best," nearly all visitors to our house comment that we "have so much useable space!" Some of these visitors live in modern high-rise or suburban housing, possibly even the types that Mr. Domeier advocates.

In addition to confusing a Craftsman with historic designation and with homes covered by the Mills act, Mr. Domeier disregards the reason that homeowners actively seek to have their homes so designated: lower property taxes!

Whereas he's advocating raising our property taxes. If you destroy your house to build a modern building, your property tax is guaranteed to be significantly higher because it's assessed at the value of the new building (any benefits from Prop 13 on your original house won't carry over).

Finally, we fail to see how our home is "100 percent contrary to our current priorities."

Au contraire, we feel that our house is so in line with our priorities that we could easily retire in it.

We shudder to live in a neighborhood that has been remade in Mr. Domeier's vision.

We suspect it will be something like the southeast corner of Robinson and 10th. Originally there was a Craftsman, with a white picket fence, trees, and a porch with a swing. A woman who loved that little house bought it, ripped out the carpet, and restored the hardwoods and the interior. Then she had to move to another state, and sold the house. It was torn down, replaced by a two-story, modern, metal monstrosity.

Gone are the original trees, the porch, the swing, and a proper transition space in which the residents could hang out and interact with passersby. It is, to us, an unlovely property whose design excludes neighbors and visitors.

Thus, it seems that Mr. Domeier is discounting the main appeal of the Craftsman: the beauty that many of us find in a street lined with these homes.

—Elisabeth Fidler of University Heights via email

I hoped plenty of others would express what I felt about this silly, misinformed article. Thank you all! Oh, look at the architect's website: [domearch.com](http://domearch.com).

Do you see any examples of work there? Only a bunch of sketches of boxes and cubes. No thanks.

—Don Lexan via Facebook ♦

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# Project review: North Park Post Office



North Park Post Office is one of the newest apartment projects to be built in North Park. With its stark lines and large scale, the project has challenged some residents. (Photos by Eric Domeier)

(Editor's note: This is part of a series of architectural commentaries and critiques that will run in San Diego Uptown News every other issue. The opinions are those of the author.)

By Eric Domeier

Location: North Park Way and Grim Avenue, North Park  
Architect: Foundation for Form, Golden Hill  
Project type: 33-unit apartment building (studios, one- and two-bedrooms)

### Overview

North Park Post Office (NPPO) is one of the newest kids on the block. It was a challenging and unpopular project for some of the community, but its benchmark qualities and future commercial vitality will make it a welcome addition to our growing neighborhood. NPPO is brought to us by modern-design stalwarts Foundation for Form. Both architect and developer, Foundation for Form exercised its design talent without client-imposed limitation. Nonetheless, city of San Diego Historical Resources exercised their authority in some surprising ways to influence the final outcome.

The owners of the 33-unit apartment complex have achieved 100% occupancy. A lease deal has been recently struck with Tribute Pizza for the ground-floor commercial space. Built around North Park's recently closed U.S. Post Office, the project is best described as "outside the box." While at its core the buildings are fundamentally plaster shoeboxes, Foundation implemented a sunscreen system to texturize and energize the building facades.

### Assessment

The project is evaluated for three qualities: community impact, design concept and effective sheltering.

### Neighborhood impact

With 33 units, Foundation is providing much-needed middle-income housing to North Park. Units range in size from 316 to 1,033 square feet.

At 25,000 square feet, the scale of the project is in alignment with the city zoning code. A medium-density zoning area, Foundation was actually allowed to build another 6,000 square feet. Similar-sized projects along North Park



While the building communicates a bold attitude, certain design elements detract from the overall concept of the project.

URBAN DESIGN ASSESSMENT METHOD				
North Park Post Office				
NGHBHD IMPACT	DESIGN CONCEPT		SHELTER	
	Scale, Proportion and Usage	Strength	Consistency	Envmntl. Experiential
	4/5	5/5	2/4	3/5 4/4
18/23				

Interior unit access was not available, therefore certain aspects were not scored. For a description of the assessment method, go to [bit.ly/1jB5Shx](http://bit.ly/1jB5Shx).

Way can be expected.

The post office has not been deemed a historic structure. Nonetheless the city's Historic Review Department took a heavy hand with the designers. Preventing construction over the post office, the taller and more massive portions of the building are pushed south and east on the lot. As a result, the building towers over its neighbors in an oppressive manner.

Regarding the now defunct post office, the signage for the former tenant remains. This has created some confusion. To clarify: USPS collection boxes remain in operation, but the post office is closed.

### Design concept

The designers forwarded a strong idea about urban living and contextual form. The building creates a bookend at an otherwise dull intersection. With sweeping metal façade panels, diminishing courtyard spaces and off-grid stair paths, they desired to communicate the "complexity of the realities." These are strong concepts and have been effectively executed in the building layout, site design and façade.

But just beyond the façade pan-

els, there is great deal of irresolution. Many of the finer details fall short of full resolution.

Underneath the metal panels, the underlying buildings are without any significant relief and read flatly. Windows do not have sufficient depth to support the concept of layered complexity. Where a good wall-to-roof transition may have three or four steps of relief, those at NPPO feel clumsy and sudden.

Stair railings look as if they suffered last-minute value-engineering. They are a visually noisy element without precedent on the project. Two pop-out balconies are clad in vibrant sheet metal, a successful thought. But this thought does not resonate with other design elements.

In some views, the metal panels frame scenes of excessively busy lines over starkly flat elevations. The resulting project represents a great idea with mediocre resolution. While the designers have demonstrated excellent resolution in other projects, these issues may be the result of budgetary restrictions.

### Effective sheltering

It is assumed that the building was designed and built in compliance with current code. If so, the building does not leak in the rain and will stand up in an earthquake.

But beyond code requirements, the building has certain details that are not as durable as they could be.

Plate-steel guard rails and unit-gates are flimsy and will likely require significant maintenance or replacement within five years.

In addition to providing environmental shelter, a building needs to also provide emotional and psychological shelter. This is done through good interior planning and design of effective buffer zones. NPPO effectively satisfies these requirements.

The project is arranged around a central courtyard. Open to the adjacent streets, the area maintains an atmosphere of privacy and exclusion. The first layer of separation from the public sphere, stairs

and breezeways come out of and circulate over this space. The result is a sufficiently complex entry sequence to allow the mind to separate from the public sphere.

Unit floor levels are typically above street level, accentuating the separation between private-public. Walkways and entries maintain good sight lines of the public areas providing visual security for the occupants. Unit privacy is respectful to both occupant and public. These residents are not on display and can assume a certain level of repose while in their homes.

### Final word

On blance, NPPO is a good project. An occupied commercial space will synergize with neighbor Hess Brewery. The critical eye is nonplussed by some of the finer details but the project will mature in time. Foundation has set a bold precedent for future development on these city blocks. It will be interesting to watch as NPPO influences new projects and becomes framed in a future context.

—Eric Domeier lives in North Park and practices architecture from his Grim Avenue office. Visit his website at [dome-arch.com](http://dome-arch.com) or call him at 619-531-0010. ♦



# Lawyers from Kensington, Mission Hills win top honors

A lawyer from Kensington and two lawyers from Mission Hills have been named to the 2016 "Best Lawyers" list.

All three work for Higgs Fletcher & Mack, a full-service law firm that has served San Diego for more than 75 years.

Managing Partner and Chairman John L. Morrell of Kensington and James G. Harrigan and Susan A. Mercure of Mission Hills were named to the prestigious list.

"We pride ourselves in being renowned for our institutional intelligence and expertise that stems from our long record of service in the San Diego region and beyond," Morrell said in a statement. "We're honored that Best Lawyers has recognized Jim and Susan in this regard, and we couldn't be more proud of their accomplishments."

Morrell has a full-time commercial and bankruptcy law practice and handles Chapter 11 reorganization cases as both Debtor in Possession Counsel and as Official Creditors' Committee Counsel.

He has experience representing secured creditors in complex cases and draws upon his expertise in commercial transactions, including real estate, sales of goods, securities, secured personal and real property transactions, and other issues directly related to business operations.

Morrell started the firm's Chapter 11 practice in 1985 after completing his federal judicial clerkship with the Honorable Ralph G. Pagter, U.S. Bankruptcy Judge, U.S. Bankruptcy Court, Central District of California.

A partner with the firm since 1991, he has been the lead attorney in some of the firm's largest cases. Morrell received the U.S. Bankruptcy Court's Mediator of the Year award in 2007, the University of San Diego School of Law's Distinguished Alumni award in 2015, and the San Diego Business Journal's Most Admired CEO award in 2011 and 2015. He is a 2013 graduate of LEAD San Diego and president-elect of the Downtown San Diego Rotary Club. He served as vice president of the San Diego County Bar Association in 2003 and served on its board of directors from 2001 through 2003. He also served as president of the San Diego Bankruptcy Forum in 1997 and was on its board of directors from 1996 through 1998.

Harrigan represents buyers and sellers of healthcare businesses and professional practice interests, while Mercure is experienced in retirement and estate planning.

Harrigan has extensive experience with the formation and governance of medical practice groups and with physician-hospital contracts, including medical practice foundations. In addition, Harrigan is a business and corporate lawyer with substantial experience in forming new business entities and structuring, negotiating and documenting the acquisition and sale of businesses.

He served as an arbitrator for the American Arbitration Association, handling cases involving business and management agreements, large contract claims, partnership disputes, franchisor-franchisee disputes, claims against securities brokers and disputes between physicians, medical groups as well as independent practice associations. Serving as chair of Higgs' Transactional Practice Attorney Group, Harrigan oversees and monitors the non-litigation specialty areas of the firm, including corporate and securities, healthcare, real estate, tax, estate planning and administration, immigration and intellectual property law. He is a frequent speaker and panelist for the California Continuing Education of the Bar programs and taught income tax, business law and business insurance for the American College of Chartered Life Underwriters for 14 years at San Diego City College.

Charged with communicating complex tax and estate concepts to her clients, Mercure designs revocable and irrevocable trusts, including those providing life insurance and education funds for children. She is knowledgeable in the field of generation-skipping transfer tax planning, charitable gift planning and charitable remainder trusts. In addition, Mercure is also skilled in devising business buy-out agreements. She provides assistance to her clients in settling probate and trust estates, including the preparation of estate tax returns and post-mortem planning to minimize beneficiary tax burdens. She has also represented fiduciaries and beneficiaries in post-mortem disputes. She is frequently invited to speak on topics pertaining to



John Morrell (Photos courtesy of Higgs Fletcher & Mack)



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# Grocery stores and piggies

By Katherine Hon

Newspapers have been full of stories about the collapse of Haggen's grocery store chain. The pundits who predicted Haggen's abject failure at expansion are probably patting themselves on the back for being so accurate. But in the early 1900s, those who predicted the failure of an even bigger change in grocery store operations across the U.S. turned out to be totally wrong, and North Park was a big part of that story.

In a typical grocery store in the early 1900s, a customer would come to the store counter and give an order to a clerk, who would then gather and package the items and hand them to the customer or deliver them to the customer's home. A bill was sent after the purchase or put on a monthly account. The variety of products was limited, service took time and debts could accumulate.

In 1916, Clarence Saunders of Memphis, Tennessee had a novel idea to eliminate the inefficiencies and cut store costs. He opened a store where he provided baskets to customers as they entered the store and passed through a turnstile, let them stroll the aisles where articles were conveniently placed on shelves, had customers pick their own items, and then had the customer pay for purchases in cash when they left. He named

his store Piggly Wiggly, reputedly because people strolling through the winding aisles reminded him of little piggies wiggling through fences in search of food. The experts said the concept would never work.

But the new store concept was instantly popular, and by 1922 there were thousands of Piggly Wiggly stores in 340 cities across the U.S. Saunders issued franchises to hundreds of grocery retailers, who continued to successfully operate the stores even when he ceased to be involved in the company in the early 1920s. The Piggly Wiggly concept of self-service grocery shopping revolutionized the grocery industry. Among many modern conveniences, the store was the first to provide checkout stands, price mark every item in the store, and use refrigerated cases for produce.

The first Piggly Wiggly in San Diego opened in October 1922 at 1040 Seventh St. For their second store, which opened in December 1922, the company chose North Park. The store was located at 3837 30th St. in the building near University Avenue that now houses George's Camera.

In 1926, Jack Hartley had a new facility for Piggly Wiggly built by William Gibb at 3829 30th St. (current home of Bar Pink and Overload). Multiple stores



This 1955 photo shows the Piggly Wiggly store that opened at the corner of 30th and Juniper streets in the 1920s. The building is now home to the Daily Scoop and The Grove's recent split into South Park Dry Goods Company and the West Grove Collective (Courtesy of Vicki Granowitz)

followed, including Piggly Wiggly on Park Boulevard, Adams Avenue and Juniper Street.

In 1939, a Streamline Moderne architectural style building was constructed at 3015 Wightman (now North Park Way) to house a Piggly Wiggly. This store, currently the home of the Bargain Center, incorporated another novelty, an automobile parking lot.

On Dec. 8, 1922 a San Diego Union article announcing the first 30th Street store opening in North Park noted that this location "was chosen because of repeated solicitations from that neighborhood that we establish

a PIGGLY WIGGLY store in that part of San Diego."

A 1925 news article about the fifth Piggly Wiggly store opening at Fifth and A streets Downtown praised the North Park resident who was behind the San Diego operations, Dudley D. Williams, for investing in San Diego. Williams lived with his wife Elma in North Park at 3675 31st St. In 1926, he commissioned a house at 3594 28th St. from well-known North Park builder Joseph Kelley. This was Dudley Williams' home for the final 20 years of his life, at which time he was the proprietor of 24 markets. He was quoted in

a 1922 San Diego Union article as saying, "It has been my good fortune to visit every city in the United States of more than 10,000 population and things look right to me in San Diego." Apparently, things looked best to him in North Park.

To learn more about the history of Piggly Wiggly, which no longer serves San Diego but operates in 17 states outside of California, visit [bit.ly/1GnifaX](http://bit.ly/1GnifaX).

—Katherine Hon is the secretary of the North Park Historical Society. Reach her at [info@northparkhistory.org](mailto:info@northparkhistory.org) or 619-294-8990. ♦



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# 'Oz' is awesome



(l to r) Fernando Vega, Bryan Barbarin, Megan Carmitchel, James Royce Edwards  
(Photo by Ken Jacques)

## Theater Review

Charlene Baldrige



L. Frank Baum's 1900 book, "The Wonderful Wizard of Oz," intended by its author to be the first American fairytale, became a cottage industry of 13 sequels, many written in Coronado, which became known as the Emerald City. Thus, the story had natural appeal to the Coronado troupe known as Lamb's Players Theatre, which decided to commission an entirely new musical based the beloved story, title it "Oz," and premiere it in the Lamb's Theatre Coronado venue.

Music director Jon Lorenz, one of the creators of Lamb's perennial "Mixtape," wrote the "Oz" adaptation, music and lyrics, and Kerry Meads is the director.

There are no ruby slippers, no "Over the Rainbow," and no Toto, who is represented only by his bark. But rather than dwell on what is not, let us look at what is.

Lorenz's score is tuneful, with Woodsman's "Hollow" and Lion's "My Great Sorrow" among the best. There's an ingenious yellow brick road. There are "Munch Kins," flying monkeys, Winkies, Emerald City citizens, and, best of all, a quintet of lovable leading actors to portray Dorothy (Megan Carmitchel), the Lion (Fernando Vega), the Woodsman (Bryan Barbarin), the Scarecrow (James Royce Edwards), and that great humbug, Oz himself (John Rosen). Deborah Gilmour Smyth portrays Aunt Em plus the kindly witch Tatty Poo and the wicked Witch of the West, who does a miraculous melt right before our eyes.

Most Oz inhabitants have a slight Celtic lilt to their speech, and costume designer Jeannie Reith

## "Oz: a wondrous new musical"

Based upon L. Frank Baum's American folktale, "The Wizard of Oz"

Adaptation, music and lyrics by Jon Lorenz

Directed by Kerry Meads

Tuesdays through Sundays through Nov. 22

Lamb's Players Theatre, 1142 Orange Ave., Coronado

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has a wizard of a time with their hats and attire, delineating each group, with a wonderful assist by Coni's wigs. Reith's Lion, Woodsman and Scarecrow costumes are marvels of detail and craft.

Each character is portrayed to the hilt (Lion's voice has a telltale, Bert Lahr bleat in places); their voices are extraordinary, including Carmitchel's. Their culminating trio, "All I Ever Wanted and More," and the show-topping "Home" (the trio plus Dorothy, Glinda and Company) bring nostalgic tears to one's eyes. Along with Dorothy we feel a deep longing for the Midwest, despite its "Gray," and the love we received as children.

Meads does a fine job of imbuing both story and stage with a feeling of simple storytelling. She is assisted by a total of 14 singing and dancing actors, Mike Buckley's set, Colleen Kollar Smith's choreography, Nathan Peirson's lighting design, Smyth's sound design and Blake McCarty's projection design. Playing Taylor Peckham's orchestration of Lorenz's rock, folk and



(l to r) Megan Carmitchel, Bryan Barbarin, Fernando Vega, James Royce Edwards  
(Photo by Ken Jacques)



The cast of "Oz," playing through Nov. 22 at Lamb's Players Theatre (Photo by Ken Jacques)

ragtime score, an eight-piece band is conducted from the keyboard by Patrick Marion.

Among the fabulous understatement in Lorenz's book are two personal favorites: Uncle Henry's "Could be a storm comin'" as he tries to load the storm shelter, and Dorothy's "Oh, that is not regular" when she first lays eyes on Oz.

"Oz: a wondrous new musical" is a storm of an original that lies close to its source, Baum's first telling of the great American fairytale. It is anything but regular, and I urge theatregoers to take their families to appreciate and enjoy what it is.

For the record, Baum created

his own successful musical theater adaptation of "The Wonderful Wizard of Oz." There have been many screen and stage adaptations since: Among the most successful are the 1939 MGM film with Judy Garland, for whom "Over the Rainbow" was written; the 1975 stage musical titled "The Wiz"; and Stephen Schwartz's 2003 Broadway musical, "Wicked," based upon Gregory Maguire's far afield novel.

—Charlene Baldrige has been writing about the arts since 1979. You can follow her blog at [charlenebaldrige.com](http://charlenebaldrige.com) or reach her at [charb81@gmail.com](mailto:charb81@gmail.com). ♦

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## Come On Get Happy! Dr. Ink

The last time I set foot inside The Ritual Kitchen and Beer Garden, the place looked like a Gothic-style pub from the outside, and the words “kitchen” and “beer garden” weren’t part of its name. The exterior now looks brighter, less underground, and a spacious rear patio accented with colorful beer banners, a patch of shrubbery and a few jolly gnomes has been added.

Unchanged is the vast selection of craft beer the place began serving almost a decade ago, before other establishments along this 30th Street corridor joined the suds fest. The bar area is still as cozy and pubby as ever, festooned with steins, mugs and a couple of gargoyles. Also, the front patio shows better signs of life as patrons order their drinks

through an open window at one end of the bar.

Happy hour signals \$2 off select craft beers, about six of them, plus appetizers that stick to the norm, such as garlic-Parmesan fries, onion rings, hummus with ciabatta and veggies, roasted Brussels sprouts and chicken wings. The noshes range from \$3 to \$6.50 apiece.

On happy-hour price, the beers ring in at under \$5 a glass, which vary in size depending what you order.

My companion’s dark and luscious AleSmith Speedway Imperial Coffee Stout, for example, was served in an 8-ounce glass for



(clockwise from left) Duck Foot IPA (left) and AleSmith Speedway Imperial Coffee Stout; exterior of Ritual Kitchen and Beer Garden on 30th Street in North Park; ale-battered onion rings and dipping sauces (Photos by Dr. Ink)

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an easy \$4. It carried him through an order of thickly battered onion rings served with house-made ranch and barbecue sauce.

I chose Duck Foot “Double White” IPA, a misleading name that might indicate an extra-hoppy finish. Served in a 10-ounce glass, it was actually quite balanced. Although for my companion, who hasn’t acquired a taste for hop-forward beers, he cringed when taking a sip of it.

Other brews on the happy-hour list included an American pale ale by BNS Flintlock, a red rye by Benchmark River Rye, and Tabula Rasa porter from Second Chance, a firm

## RATINGS

DRINKS: **★★★★**

From a succinct list of craft beers on special, the selection highlights the latest and greatest productions, mostly from local breweries.

FOOD: **★★★**

The noshes during happy hour are run-of-the-mill: heavily battered onion rings; anti-climactic chicken wings, unless you opt for the carrot-habanero sauce; and roasted Brussels sprouts that have outgrown their novelty.

VALUE: **★★★★**

You can swig down a couple glasses of craft beer for less than \$10.

SERVICE: **★★★★**

The hostess and bartender were welcoming and efficient, eager to point out the happy hour bargains.

ATMOSPHERE: **★★★★**

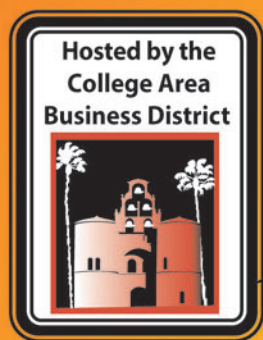
The bar area and dining room offer the welcoming embrace of a cozy British pub, while the outdoor seating areas in the front and back are designed to make you hang awhile.

choice if you’re palate demands a malty, nutty finish. The selection rotates frequently.

In addition to the onion rings, we grazed from a large serving of roasted Brussels sprouts, which tasted neither here nor there despite their garlic butter sauce and balsamic reduction. As for the wings (\$6.50 for six of them), they were scrawny; low on meat but high in flavor from the habanero-carrot sauce we chose.

The mediocre bar nibbles, however, won’t prevent us from returning for the fine crafts and the European-like ambiance, which based on the regular menu, holds more culinary promise if sticking around for dinner. ♦

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(l to r) Spicy pork platter, combo ahi-salmon poke platter, and Bibi Go with egg and Korean-style beef from Poke Go in Hillcrest (Photos by Frank Sabatini Jr.)

# A place for poke

## Restaurant Review

Frank Sabatini Jr.



Taking a cue from the Los Angeles culinary scene, restaurateur Chris Park has opened a casual eatery in Hillcrest devoted mainly to poke, those raw seafood salads studded in sesame seeds, and born a few decades ago in Hawaii. Poke Go also folds into its menu a few Korean-inspired dishes that reflect Park's native roots. He runs the establishment with his sister, Jennifer Won, after operating a couple of seafood establishments locally, including the former North Park Fish Market and Grill. Before opening his latest venture, Park noted the success of similar poke eateries emerging throughout L.A., and felt that San Diego was a good fit for one. And he's probably

correct, given that restaurants tend to relegate poke to their appetizer menus rather than giving it full-platter status. Also, depending where you go, it can be pricey. Here, a platter of poke with various options costs \$8.99. You first choose your seafood: ahi, salmon, or cooked shrimp or octopus, before selecting a "base" of white or brown rice or salad. For vegetarians, grilled tofu can be substituted for the fish, but to call that poke seems like a far stretch. Next up are the seasoning options, which include wasabi, teriyaki or shoyu, a light soy sauce that traditionally drapes the cubed fish in conjunction with a touch of sesame oil. The customized platters also include a choice of minced imitation crab dressed lightly in mayo, or the basic macaroni salad you'd find on a Hawaiian plate lunch.

Garnished with seaweed salad, sparkling-orange capelin roe and an orange slice, the platters appear as colorful as a flowering canyon in Kauai. A friend and I shared the ahi-salmon with shoyu. The flavor was light and the fish tasted ultra-fresh. But we were both partial to the ahi because the texture was lush. I realized that when it comes to raw salmon, I'd rather eat it sliced thin in a crafty sushi roll or plated simply with capers and fresh dill. We chose brown rice, which was somewhat plain until squirting it with the house-made gochujang sauce, which accompanies Park's twist on bibimbap that we also tried. The cherry-red condiment, a Korean staple, actually sang well to everything, offering an addictive tang from chili peppers, soy sauce and sesame oil. Even when dining in, meals are served in either plastic or cardboard to-go boxes, a money-saving tactic that helps keep menu prices down. For the bibimbap, a Korean dish of veggies and marinated beef crowned with a sunny-side-up egg,

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triggering an instant "yum" when we each took our first bite. Park's sister makes the kimchi, which we ordered as an additional side dish. It was my companion's first-ever encounter with the seasoned, fermented cabbage. And he ate it with gusto. I was particularly fond of it as well because the spice level was higher than what I normally find outside the Convoy Street area, with just enough heat reaching the sinuses. The food at Poke Go is clean and straightforward, and served within a brightly designed space accented with Hawaiian-theme prints and a couple of surfboards hanging overhead. Though simple and casual, and despite San Diego's abundance of Asian kitchens, Park seems to have filled an overlooked niche aimed at giving consumers a good bang for their bucks.

—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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# Coheed and Cambria: Here comes the 'Sun'

By Dustin Lothspeich

What do you do after you've written arguably the longest-running concept album story arc in the history of recorded music?

Well, you get personal.

In the case of Coheed and Cambria — and more specifically, the band's principal songwriter and singer/guitarist Claudio Sanchez — you finally get some "me" time. After 12 years and seven lauded albums that tell the story of an intricate sci-fi universe brainchild (referred to as "The Amory Wars"), he has finally eschewed imaginary interplanetary battles, messianic figures and heroic journeys for a subject matter on the band's new album ("The Color Before the Sun") that hits a little closer to home: family.

And how could he not? Sanchez has had an interesting last couple of years: While living abroad with his writer wife, Chondra, they received a call from police that unbeknownst to them, their tranquil home in New York state had been broken into and turned into a massive cannabis farm. Born out of the stress and subsequent nightmare of having to move out of their beloved house and into the city, the new record soundtracks Sanchez's anxieties while also chronicling his fear, joy and apprehension about the birth of the couple's first child, Atlas.

"I was going through a struggle that became the record, and I certainly think, though hard, it helped," he confessed to me via phone recently. "[The new album] is a time capsule of these moments within my life: Living in an apartment, torn from my comfort zone and having the struggle of identity come into play and become the theme of the record — until the idea of this human being coming into my world created hope and wonderment, while the destruction of my country home created uncertainty and fear ... when turmoil is born and presents itself to your consciousness, you get a lot to pull from."

Interestingly enough, Sanchez will be the first to admit that even though the band's fans are used to being transported to some otherworldly place and time, the band's previous seven albums — however cloaked in the fantastical, mystical shroud of science fiction — were always about his personal life anyway.

"All of the Coheed records come from a personal place," he explained. "I created the idea and concept [for 'The Amory Wars'] in 1998 when I was unfamiliar with what was asked of me as a frontman. I mean, I created this curtain to hide my feelings behind. I, myself, was insecure about the position I found myself in ... I was just sheltering myself. I didn't want to be judged by the music I wrote so I created this disguise. Now, at 37 years old, I feel very comfortable with myself and [the new album] felt like I was removing a mask in a way."

On "The Color Before the Sun," the prog-rock band (which, aside from Sanchez, is comprised of guitarist Travis Stever, drummer Josh Eppard and bassist Zach Cooper) goes for broke stylistically in a musical move Sanchez called "liberating."

There are the to-be-expected

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observatorysd.com



Coheed and Cambria perform Oct. 29 at the Observatory North Park. (Photo by LeAnn Mueller)

rock powerhouses chock-full of metal-esque riffing, shredding guitar solos and inventive, kitchen-sink song structures ("Atlas," "The Audience"), but they're placed alongside serene acoustic odes to new fatherhood ("Ghost") and exuberant anthems (complete with horn section) ("Peace to the Mountain") — all delivered with Sanchez's penchant for crafting unforgettable pop melodies. It's not a stretch to say the new material is a far cry from the songwriting featured on the band's debut studio full-length, 2002's "The Second Stage Turbine Blade."

"With every record, we grow," the frontman agreed. "Time is an influencer. You grow every year. You see new things, you experience new things, and that gets reflected in your art. I don't want to remake the last record. I don't want to play it safe. And that's scary because you could ostracize a fan base and things could change. But for me, to feel artistically fulfilled, I need to grow and branch out and try new things. Once you start manufacturing — and 'manufacturing' is really the word — the same thing over and over again, that sounds like the end to me."

For a band that's woven quite the impressive musical tapestry over the better part of two decades, the new album is a testament to their singer/guitarist's undying passion to stay true to his artistic vision — whether veiled by imaginary worlds, heroes and villains, or spun from a life at once turned both tumultuous and celebratory. Wherever it comes from, there is a process involved in accepting and embracing it. For what it's worth, Sanchez seems to be at peace with where he — and his band

see Coheed, page 18

## Thanksgiving Buffet



### Champagne Thanksgiving Dinner at the Town and Country Resort Hotel

Dinner Buffet Features:  
International Cheese Presentation garnished with Berries,  
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Display of Fresh Seasonal Fruits  
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Fall Harvest Salads to include:  
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Spinach & Arugula with  
Appropriate Accompaniments and Dressings  
Ambrosia Salad, Waldorf Salad,  
Fingerling Potato Salad, Orecchiette Pasta Salad

Carving Station:  
Roast Turkey with Giblet Gravy and  
Gingered Cranberry Chutney  
Herb Crusted Roast Sirloin of Beef Au Jus  
with Creamed Horseradish

Accompaniments:  
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# Art San Diego to return to Balboa Park

**By Gina McGalliard**

Art San Diego, which has the distinction of being our city's only show specializing in contemporary fine art, is anticipating record crowds for this year's event in Balboa Park.

The art show was launched in 2009 at the Grand Del Mar hotel and later moved to Balboa Park, where it has been held for the last four years. Ann Berchtold, who founded the show with a partner, wasn't sure her fledging exhibition would be able to attract the exhibitors or collectors needed to sustain a show that sometimes sells pieces in the six-figure range. However, Art San Diego has steadily increased in scope over the years.

"It's grown probably about 20 percent each year in attendance and exhibitors," said Berchtold, who has since sold the show to Redwood Media Group, which runs several art shows, among them the well-known Spectrum in Miami and Decor Expo New York. However, she still remains highly involved. Today, Art San Diego attracts galleries from not only North America, but Asia, Latin America and Europe.

This year will feature the theme of “meta.morphosis,” which focuses on the changing landscapes of San Diego.

"The metamorphosis theme kind of came about informed by the 2015 centennial that's taking place in Balboa Park and thinking about this kind of ever-evolving art scene in San Diego," Berch told said.

She is also betting that the Balboa Park centennial will help attract more out-of-town attendees, as the park has seen an uptick in attendance due to centennial-related activities.

The LaunchPad artist for this year is Brittany Segal, who was raised in downtown San Diego and was inspired by her artist grandmother and architect father. Segal, who studied fine art sculpture at The Academy of Art in San Francisco, describes her work as “abstract emotional.” San Diegans can see her work at Holsem Coffee in North Park, where some of her pieces are on display.

"I don't know if I fit into a category yet," said Segal, who works with diverse mediums such

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as painting, drawing, sculpture, resin, even bronze casting and concrete.

For Segal, the distinction of being chosen as the LaunchPad artist represents being recognized in her hometown.

"It's definitely an amazing thing," Segal said. "I've had recognition in different cities, and this is the first time that my work is going to be actually a focus in San Diego. So it's a pretty big honor . . . It's a really good feeling, it's nice to have so much support in the city that you're from."

Art San Diego will also feature a special exhibition called “The Timeline Project,” a wall installation built of recycled materials that is 120 feet long and 8 feet high. The piece was designed by students from the Media Design School of Digital Art at NewSchool of Architecture & Design. Another program is called “Art Labs,” which involves site-specific installations by local art partners, such as Mesa College and San Diego Art Institute. The program is a way to incorporate local artists into the show and give them experience, Berchtold said.

This year's Spotlight Artist program is called "Arte Cuba," and will feature an emerging group of young Cuban artists, who will be attending and participating in panel discussions.

Given how the show has grown so far, Berchtold is confident that the show she started seven years ago will continue to expand, along with the art collector community in San Diego.

"It's been a really exciting evolution for me to kind of nurture this child from a baby to a child to a teenager, to see it develop into a nationally known show," she said.

—Gina McGalliard is a freelance writer who blogs at [ginamcgalliard.com/mcgalliard-matters](http://ginamcgalliard.com/mcgalliard-matters). Email her at [ginamcgalliard@gmail.com](mailto:ginamcgalliard@gmail.com). ♦



Patrons gaze at artwork featuring celebrities at the 2014 Art San Diego exhibition.  
(Courtesy of Art San Diego)



Patrons view artwork at the 2014 Art San Diego exhibition in Balboa Park. *(Courtesy of Art San Diego)*





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

9/6

©2009 CNS/websudoku.com

### 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.

Puzzle answers on page 19

## Uptown Crossword

### Directional

1	2	3	4	5		6	7	8	9		10	11	12	13
14						15					16			
17						18					19			
20										21				
			22						23					
24	25	26		27			28		29					
30			31			32		33				34	35	
36					37						38			
39				40							41			
		42					43		44	45		46		
47	48						49				50			
51						52	53					54	55	56
57						58								
59						60					61			
62						63					64			

CREATORS NEWS SERVICE By Charles Preston

### ACROSS

1 On \_\_\_\_: endless  
6 Scheme  
10 Humorist Irvin S.  
14 Author of *The Cloister and the Hearth*  
15 Standard of judgment  
16 Geometric shape  
17 Thieves' milieu  
19 Sacred Hindu book  
20 Fortune-teller's tool  
21 Goddess of agriculture  
22 Time founder  
23 Occupant  
24 Hawaiian victorfish  
27 Carol  
29 Scottish seaport  
30 Musteline  
32 Australia  
36 Persian of yore  
37 \_\_\_\_ to you!  
38 Large book  
39 Runs into the ground  
41 Drainage pit  
42 Some deer  
43 " \_\_\_\_ Long Way to Tipperary"

### DOWN

1 Career path?  
2 Hawaiian goose  
3 Baby word  
4 Children's author Scott  
5 Father of the water nymphs  
6 Fodder  
7 Attract  
8 \_\_\_\_ *Well That Ends Well*  
9 Little Edward  
10 Legal agreements  
11 CBer's sign-off

46 Strike lightly  
47 Prepared  
49 Custom  
51 Howled  
52 South African policy, formerly  
57 Exemplar of neatness  
58 Beyond the quota  
59 Without: L.  
60 Greenness: obs.  
61 Muse with a lyre  
62 Of Chang's twin  
63 Unchanged  
64 Rocky hills

12 German spa locale  
13 Kind of furnace  
18 Site of Baylor U.  
21 Philippine island  
23 Heaps  
24 Military need, shortly  
25 City on the Dnieper  
26 Fundamental  
28 Russian author  
31 Lamp oils  
33 49ers' headings  
34 Flaubert heroine  
35 Ribbed fabric  
37 Entertainer  
40 Gardener's woe  
44 Kind  
45 "The Star-Spangled Banner," for example  
47 Degrade  
48 Rabbit  
50 Thither  
52 Class of vertebrates  
53 Persian elf  
54 Greek letters  
55 Very small amount  
56 Distributing post offices: abbr.  
58 Eggs

Puzzle answers on page 19

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### FROM PAGE 16 COHEED

— are at.  
“I think that’s why we’ve adopted the progressive title,” Sanchez said. “Not because we’re a progressive band in the sense that music traditionally knows it, but because we’re always progressing. Take Led Zeppelin for example: Their first record was primarily songs that were

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old blues standards. But you look at 'Houses of the Holy' and it's a different band! With each record, there's a little more confidence ... personalities evolve as you age. And now here we are: comfortable in our skin."

— *Dustin Lothspeich writes about music in San Diego, books The Merrow in Hillcrest, and plays in a few local bands (Old Tiger, Diamond Lakes, Chess Wars and Boy King). Contact him at dustin-lothspeich@gmail.com.* ♦

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Business Spotlight

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Treehab's most unique program is Tree-apy, where customers can come build their own bonsai. This program is offered daily. Treehab also offers more formal classes every other Sunday for more elaborate projects. Cindy Read, who has over 40 years experience in the art, teaches these classes. Treehab offers party or date-night classes too for those looking for a different way of spending a Friday evening. Visit treehabbonsai.com where you can view the class schedule and sign up. You'll find bonsai is therapy as well as an art form. Now is the time for the beginning of something new.

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PUZZLE SOLUTIONS

Sudoku

Puzzle from page 18

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

Directional

Crossword from page 18

ANDON	PLAN	COBB							
READE	RULE	OVAl							
UNDER	WORLD	VEDA							
TEALE	AVES	CERES							
	LUCE	TENANT							
AKU	SONG	OBAN							
MINK		DOWN	UNDER						
MEDE	HERES	TOME							
OVER	WORKS	SUMP							
	ROES	ITSA	TAP						
ALLSET		WONT							
BAYED	APART	THEID							
APIN	OVER	THETOP							
SINE	VERD	ERATO							
ENGs	ASIS	MESAS							

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What you'll be doing:

Open the space each morning & prepare it for members.  
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Assist in organization and planning of events.  
Manage procurement of all office supplies; negotiate with vendors and manage vendor relationships.  
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'Fab Fridays' entertainers coming to ParkHillcrest Trolley

Dancers, singers and comics will soon be entertaining guests riding the ParkHillcrest Trolley on Fridays, starting Oct. 30.

The trolley is sponsored by Access Hillcrest, formerly known as Park Hillcrest,

entertain riders. Pacific San Diego magazine representatives will be on board offering discounts and promotional items for local businesses. You may even find a few special performances along the trolley

route at various locations when you hop off.

"We want residents in Hillcrest, as well as adjacent neighborhoods like Downtown, North Park and Normal Heights, to know that it's easy to 'Access Hillcrest,'" said Elizabeth Hannon, chief operating officer of the Uptown Community Parking



Comics from Brew Ha Ha will kick off "Fab Fridays" on Oct. 30. (Courtesy of Brew Ha Ha)

and is a service of the Uptown Community Parking District. UCPD offers free shuttle services in Hillcrest to assist patrons with parking issues.

The trolley operates on Friday and Saturday nights — taking those who either park for free at the DMV parking lot on Normal Street or choose to valet their car at the parking garage on Fifth Avenue — up and down University Avenue between Fifth Avenue and Normal, at no cost.

But Friday nights are going to be special. "Fab Friday" trolley rides will offer live music, comedy, improvisational dance teams and other local artists to

District.

Hannon added that they not only want to highlight the free parking at the DMV lot, but to also show how easy and reliable it is to get on and off the trolley. "We wanted to make it super fun to boot!" she said.

Comics from Brew Ha Ha Entertainment will kick off "Fab Fridays" on Oct. 30.

Performers from the PGK Dance Project are scheduled for Nov. 6.

The entertainment for Nov. 13 and 20 has not yet been confirmed.

Sister Speak will perform on Nov. 27.

Visit Facebook.com/AccessHillcrest for more information. ♦



Performers from the PGK Dance Project will perform Nov. 6. (Courtesy of PGK Dance Project)



Sister Speak will entertain on Nov. 27 (Courtesy of Sister Speak)



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## FROM PAGE 1 PARAS

every day.

"We get shipments every week," Snyder said. "So our publications rotate on a regular basis, we get stuff almost every day, but our biggest shipment days are Thursday and Friday. I do all the research myself to find and make sure our distributors carry magazines that get requested by our customers. We get a lot of customers who walk in and say, 'Oh, I didn't know you carry this!' It's a great feeling. I love it."

In an age filled with smart-phones, electronic tablets and e-readers, Paras News has managed to stave off the ravages of technological advancement that has harmed the print industry. The newsstand has grown three times its original size with plans to add an additional 500 periodicals, with over 4,000 current publications and paperbacks. Ann Gabbara, the store's co-owner, says that she will only be adding what her customers request.

"We try to accommodate every customer who comes in, whether foreign or otherwise," Gabbara said.

Some of the most popular topics are wine, auto, business, guns and politics, which will see increased growth during the expansion.

One thing Gabbara said she isn't planning on doing before or after the expansion is getting rid of any magazine titles. She plans to keep what is currently in stock and add to the store's growing selection.

"We're not going to be cutting back on what we already have," Gabbara said. "In this business, the reason for our success is the diversity of our selection. We have magazines nobody else will carry because of the overhead, so our customers come from near and far to get them or order them."

In addition to the many magazines and journals encircling the interior of the store, there are also the edibles, snacks, refreshments, cigars and a new coffee bar that contribute to the convenience side of the operation. With all the hustle and bustle, one can see why the expansion has been a long time coming.



Paras News has stood for 60 years at the same location on 30th Street just north of University Avenue in North Park. (Photo by David Cox)

"I've had a few customers that have been coming around here since Chris owned the store," Kent said. "They grew up in the neighborhood, and it was and has always been a neighborhood store. They come in here and say, 'I've been coming here since I was a kid.' And now they're like 50."

One of the great things about Paras is that if they don't carry a specific magazine or periodical, they will research and find it, which in turn creates many returning customers.

"We have probably the largest magazine selection in San Diego," Kent said. "We carry many of the magazines big name retailers don't have because they won't bother stocking them. We always want to ensure our clients and customers are happy."

Carlos Garcia, a customer who has been coming to Paras for the last three years, told San Diego Uptown News that he is excited for the expansion and said that it will be great to see what new titles will be added.

"The expansion will be good for the store," Garcia said. "Not many places do this anymore, not many stores have the selection Paras has, and for them to add to that makes me very happy. When you have a magazine in front of you, you feel more informed; going on the Internet, you're hit with ads and most of the time you can't even finish what you're read-

ing. Paras tries to accommodate your interest and every time I've come looking for something, I've never been disappointed."

The one thing you will notice if you are in Paras long enough is the family atmosphere from the folks who walk in. Most are regulars on their commute to work, catching the No. 2 or No. 6 bus that stops in front of the store or the No. 7 or No. 10 bus at the nearby intersection. Many of them come in for the same publication because they know they can rely on Paras to have exactly what they want, when they want it.

"I have two guys that come in everyday for The New York Times," Gabbara said. "We put copies especially for them behind the counter. Sometimes they come late, sometimes they come early, but we always have their newspaper ready for them, even when we run out on the shelves."

Besides the ambience of an era and a feeling from long ago, Paras has been and will remain a mainstay of North Park, its owners vow. They intend to keep the milestone of a generation of readers intact and are looking forward to a bright future with its growing family of neighborhood bookworms and occasional international passersby.

—David Cox is a photojournalist with the Navy. Contact him at [dantoinecox@yahoo.com](mailto:dantoinecox@yahoo.com).

## FROM PAGE 1 HOMELESS

8,742 homeless people scattered across sprawling San Diego County. Of that total, 4,156 homeless people are unsheltered.

Bryan Tarr, one of the forum's organizers from the North Park Community Association, said that Jessica Lawrence, District 3 Councilmember Todd Gloria's policy adviser and his point person on homelessness, will sit on the panel to discuss the issue.

Tarr said other panelists will include Melissa Peterman, director of the Homeless Housing Commission; representatives from the Uptown Service Center, a mail and computer center for the homeless in North Park; and the county's Health & Human Services Agency's Behavioral Health Services Division.

"Homelessness is a prevalent and persistent reality in North Park and other mid-city neighborhoods, but communities across the nation have had success in drastically reducing homelessness. This panel of experts will be focused on addressing the concerns and frustrations we hear from community members on the issue," Tarr said.

"Homelessness is largely visible along the commercial corridors in North Park, however we know it exists throughout the community," he said. "We are failing the homeless individuals, and we are failing our community."

—Ken Williams is editor of Uptown News and Mission Valley News and can be reached at [ken@sdenn.com](mailto:ken@sdenn.com) or at 619-961-1952. Follow him on Twitter at @KenSanDiego, Instagram at @KenSD or Facebook at KenWilliamsSanDiego.

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FROM PAGE 1  
**TIMKEN**

“By attending the Orange & Black Ball, patrons are not only supporting the Timken Museum of Art, they are supporting arts education in schools and juvenile hall. They are supporting arts education in many different venues,” said Megan Pogue, the museum’s general manager.

“The ball is helping ensure that we can continue to provide resources, within the museum and beyond, free of charge. This allows us to make a continued impact in our community.”

Admission is always free at the Timken, which means a lot to folks who are on fixed incomes or are economically disadvantaged.

“We believe that art should not be behind locked doors or limited to the elite. It is at the heart of the Timken’s mission to be able to provide access to art to all audiences. We have always opened our doors to the public free of charge so that as many people can enjoy our collection as possible,” Pogue said.

“This idea of artistic stewardship spans beyond the four walls of our museum. We are devoted to bringing the arts into the community, to those who may not be able to go to the museum or to those who may not have been exposed to the arts before.”

Timken’s arts education and outreach programs extend beyond juvenile hall and include art experiences for the military and their families as well as seniors in nursing homes.

“Art speaks to people in a number of different ways. In the case of our Creative Choices program, we are providing the only way the youth in juvenile hall can receive art credit for their GED,” Pogue said. “Outside of the educational requirements, this program provides these youth an opportunity to break the story that they have been told their whole life. It allows them to explore a different way of thinking and prove to themselves that they are not the mistakes they have made in the past.

“When these kids live in an environment that is constantly telling them that they are not worthy, art allows them to express who they are in a safe, accessible way. The kids walk away from this program with a better understanding of themselves and a greater chance of breaking the cycle of incarceration,” Pogue said.

Washburn, the art instructor, plays a big role in opening eyes to different possibilities and introducing troubled children to new

**Orange & Black Ball**

6 p.m. to midnight  
(black tie/masquerade optional)  
\$1,000 per person

**Timken After Dark Cocktail Party**

8 p.m. to midnight  
Timken Museum of Art and Prado Ballroom  
\$100 per person

**timkenmuseum.org**  
**619-261-9236**

things. She recalled the time when a group of girls from the juvenile system were sent to the Timken for a field trip.

“The kids had never been to Balboa Park before and it was an eye-opener for them,” she said. “It was as if they did not know this world existed and they could be a part of it. One of the kids brought her family to Balboa Park after she got out of the juvenile system.”

Some girls also looked up to Washburn as a different kind of role model, she said, noting that her own background was



Elizabeth Washburn teaches a boy how to paint in Timken's Collaborative Art Resources for Education (CARE) program, an artist-in-residence for Title IV schools. (Courtesy of Timken Museum of Art)

much more privileged. Washburn said that by working with these children, she has recognized how fortunate her upbringing was and feels the need to give back to society.

“Overall, the program provides avenues for success and a school for them,” Washburn said. “Stereotypically, these kids are not high academic achievers, but the program and arts helps them be successful. ... It gives them the option to learn through the arts as opposed to through a textbook. ... The arts are a tremendous vehicle for learning.”

For Pogue, the Creative Choices program is part of what

makes the Timken a special place. As the patrons celebrate the golden anniversary at the Black & Orange Ball, folks will be reflecting on where the Timken is heading in the future.

“The Timken is in a very exciting place right now. Our 50th year is truly a golden anniversary and we celebrate the museum’s achievements and its impact on the San Diego community,” Pogue said.

“At the Orange & Black Ball, guests will be able to view the museum’s new acquisition, the first purchase the museum has made since 2005. We also are launching a new capital campaign to make renovations to the museum to bring



Megan Pogue (Courtesy of Timken Museum of Art)

the building into the 21st century. In addition to this, we look forward to continuing our dynamic art education and outreach programs that will serve the San Diego community for the next 50 years.”

It seems so appropriate, then, that upon arrival, gala patrons will stroll through art installations created by students of the museum’s Creative Choices program.

—Ken Williams is editor of Uptown News and Mission Valley News and can be reached at [ken@sdenn.com](mailto:ken@sdenn.com) or at 619-961-1952. Follow him on Twitter at @KenSanDiego, Instagram at @KenSD or Facebook at KenWilliamsSanDiego. ♦

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# UPTOWN CALENDAR



## FEATURED EVENTS

### 'Tales of Halloween' and '#TBT Fall Horror Film Showcase'

Friday, Oct. 23 – Thursday, Nov. 12

Digital Gym Cinema (2921 El Cajon Blvd., North Park) will present two seasonal showings featuring Halloween and horror films.

The new horror anthology "Tales of Halloween" weaves 10 stories of ghosts, ghouls and devils terrorizing residents of one suburban neighborhood on Halloween night. This film by cult filmmakers and featuring familiar faces will be shown Friday, Oct. 23 – Thursday, Oct. 29.

The #TBT Fall Horror Film Showcase will feature "An American Werewolf in London" (Oct. 29), "Duel" (Nov. 5) and "Beetlejuice" (Nov. 12).

For tickets and show times, visit [digitalgym.org](http://digitalgym.org).

### 29th annual Light the Night Against Crime 5K Run/Walk

Saturday, Oct. 24

San Diego non-profit Crime Stoppers will host community members and law enforcement for this Halloween-themed, family friendly run/walk to raise awareness for local crime prevention. The fundraising event will take place at Balboa Park and participants are encouraged to dress as either "cop" or "robber." The post-race festival will feature music, food, a kids zone, costume contests, law enforcement displays and demonstrations, and more. The race day schedule is as follows:

5 p.m. Race Day registration opens / packet pick up

6:15 p.m. Kids run (500m)

7 p.m. Robbers Division starts (The Jail Break)

7:03 p.m. Cops Division starts (The Chase)

7:05 p.m. Regular participants start

Expo goes until 9 p.m.

Visit [lightthenightagainstrime.com](http://lightthenightagainstrime.com) for more details.



(Photo by Ken Williams)

### North Park water tower plaque dedication

This event on Nov. 5 will feature the plaque dedication from the American Society of Civil Engineers San Diego Section proclaiming the water tower to be a "Local Historic Civil Engineering Landmark." The ceremony is scheduled from 1:30 – 2 p.m. at the North Park Community Park (corner of Idaho Street and Howard Avenue.) For more information, contact the North Park Historical Society at 619-294-8990 or via email at [info@northparkhistory.org](mailto:info@northparkhistory.org).

### Halloween Comedy 'Spooktacular'

Improvisational comedy outfit, National Comedy Theatre (3717 India St., Mission Hills) will present their annual "Halloween Spooktacular" for two nights on Oct. 30-31 – two shows per night (7:30 and 9:45 p.m.) plus an unrated third show on Saturday night (11:45 p.m.). The show is a variation on their regular improv comedy show with Halloween-themed subjects, spooky games and a surprise "bizarre" ending. Tickets are \$17 for adults and \$12 for students. Visit [nationalcomedy.com](http://nationalcomedy.com) for more information and advance tickets.



### 'Carnival of Animals'

Thursday, Oct. 29

The free Family Arts and Literacy Connection series launches a new season of programs with San Diego Ballet's "Carnival of the Animals" at The Salvation Army Kroc Center's Joan B. Kroc Theater (6611 University Ave., Rolando).

The performance will feature classic ballet along with hip-hop dance and giant puppets presenting a colorful journey through the animal kingdom. Families are encouraged to arrive at 6:30 pm. for a pre-show art project in the theater lobby. Each family will receive a free copy of Rudyard Kipling's "The Jungle Book." Free tickets can be picked up at the Kroc Center's education building information desk (6605 University Ave.) from 9 a.m. – 6 p.m. on weekdays and 9 a.m. – 5 p.m. on Saturday. Seating is limited. The series continues with events on Nov. 19 this year and Jan. 28, Feb. 25, April 21, and May 26 next year. Visit [yasandiego.org](http://yasandiego.org) for more information on the entire series.

### 'The Birds'

Thursday, Oct. 29 – Saturday, Oct 31

Just in time for Halloween, Cinema Under the Stars presents (4040 Goldfinch St., Mission Hills) Alfred Hitchcock's classic thriller starring Tippi Hedren and Rod Taylor. The story focuses on a small California coastal town inexplicably under attack by thousands of birds. Tickets are \$15. For more info, visit [topspresents.com](http://topspresents.com) or call 619-295-4221.

### 'Precious Little'

Friday, Nov. 6 – Saturday, Nov. 21

This show will kick off InnerMission Productions' one-year residency at the Black Box at Diversionary Theatre (4545 Park Blvd., University Heights). "Precious Little" tells the story of a gifted linguist who gets some unsettling news about her unborn baby and finds comfort from unlikely sources: an elderly speaker of a vanishing language and a gorilla at the zoo. Tickets are \$20. Showtimes vary. Visit [innermissionproductions.org](http://innermissionproductions.org) for more information.

### Kate Session Birthday Celebration

Saturday, Nov. 7

The San Diego Floral Association is celebrating the 158th birthday of the "mother of Balboa Park," Kate Sessions with a proclamation presented by the District 3 Council Office. The association in

partnership with Friends of Balboa Park and Save Our Heritage Organisation will present this family friendly event with a dance and dance contest. Live music will be provided by Heliotrope Ragtime Orchestra; plus there will be period costumes, food, birthday cake and more. Free and open to the public from 4:30 – 7:30 p.m. Visit [sdfloal.org/centennial.htm](http://sdfloal.org/centennial.htm) for more information on this and other Centennial-related events.

## RECURRING EVENTS

### Select dates:

#### Canyoneers guided nature walks:

These free walks are part of a countywide program by theNAT through June 26, 2016. A map and schedule of walks can be found [online.sdnhm.org](http://online.sdnhm.org).

### Every day in October:

**San Diego Museum Council's 'Kids Free in October':** For the fifth year, children 12 and under will receive free admission to more than 40 museums (with paid adult, limit two children). Visit [sandiegomuseumcouncil.org/kidsfree](http://sandiegomuseumcouncil.org/kidsfree) for full list and details.

### Daily:

**Don't Try This at Home!:** Six varying times per day until Nov. 29, a live science show is presented with demonstrations that are too messy, loud or shocking to try at home. Reuben H. Fleet Science Center, 1875 El Prado, Balboa Park, free with admission. [Rhffleet.org](http://Rhffleet.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](http://Lestats.com).

**Karaoke:** 8 p.m., your chance to shine on the big stage at The Merrow, 1271 University Ave., Hillcrest. [Themorrow.com](http://Themorrow.com).

### Tuesdays:

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

### Uptown Democratic

**Club:** 6:30 p.m., Joyce Beers Community Center hosts these meetings on the fourth Tuesday of every month. New members wanted. 1220 Vermont Ave., Hillcrest. [Uptowndemocrats.org](http://Uptowndemocrats.org).

**Open Mic Charlie's:** 7 – 9:30 p.m. (except the third Tuesday), open mic night at Rebecca's Coffee House, 3015 Juniper St., South Park, free. [Rebeccascoffee-house.com](http://Rebeccascoffee-house.com).

### North Park Brewer's

**Club:** 8:30 p.m., monthly meeting of the club every second Tuesday of the month on the back patio at Thorn Street Brewery, 3176 Thorn St., North Park. [Thorn-streetbrew.com](http://Thorn-streetbrew.com).

### Wednesdays:

**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. [Universal-spiritcenter.org](http://Universal-spiritcenter.org).

**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, Suggested \$5 donation. Ages 12 and up. [Storytellersofsandiego.org](http://Storytellersofsandiego.org).

### Thursdays:

**Uptown Sunrise Rotary Club meetings:** 7 a.m., weekly meeting at Panera Bread, 1270 Cleveland Ave., Hillcrest. [Sdurotary.org](http://Sdurotary.org).

**Gentle yoga for seniors:** 2:30 – 4 p.m., presented by The Center and Silver Age Yoga

University Avenue, North Park, free. [Northparkfarmersmarket.com](http://Northparkfarmersmarket.com).

### Kornflower's Open

**Mic:** Signups at 7 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. [Rebeccascoffee-house.com](http://Rebeccascoffee-house.com).

**Liberty Toastmasters Club:** 7 p.m., at Saint Paul's Community Care Center, 328 Maple St., Bankers Hill. [Libertytoastmasters.org](http://Libertytoastmasters.org).

**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).

### Cinema Under the

**Stars:** 8:30 p.m., classic movie screenings at 4040 Goldfinch St., Mission Hills. Additional showings Friday – Sunday. Tickets start at \$15. [Topsresents.com](http://Topsresents.com).

### Fridays:

**Memory Café:** 10 – 11 a.m., second and fourth Fridays. Gathering place for those with memory loss, caretakers and those worried about memory problems in the Common Room at First Unitarian Universalist Church of San Diego, 4190 Front St., Hillcrest. At-will donation. [Memoryguides.org](http://Memoryguides.org) and [Firstuusandiego.org](http://Firstuusandiego.org).

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

### Square Dancing Classes:

6:30 – 8:30 p.m., every Friday. No previous dance experience needed. Recital Hall, 2130 Pan American Plaza. \$50 for 13 classes. 858-277-7499 or [circulators.sdsda.org](http://circulators.sdsda.org).

### Saturdays

**Old Town Saturday Market:** 9 a.m. – 4 p.m., on Harney Street and San Diego Avenue, Old Town, free. Also held on Sundays. [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).

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

### Sundays

#### Free Pancake Break-

**fast:** 8:30 – 9:45 a.m., every second Sunday this neighborhood breakfast precedes worship service and Sunday school at Normal Heights United Methodist Church, 4650 Mansfield St., Normal Heights. Email [nancy@nhunited.org](mailto:nancy@nhunited.org).

**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).

**Karaoke:** 8 p.m., your chance to shine on the big stage at The Merrow, 1271 University Ave., Hillcrest. [Themorrow.com](http://Themorrow.com).

To view local community organization meeting information online, visit: [sduptownnews.com/community-organization-meetings](http://sduptownnews.com/community-organization-meetings).

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

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 Street and



# Metro San Diego CDC supports separated bicycle lanes

By Leo Wilson

At its Sept. 14 meeting, the Metro San Diego Community Development Corp. (MSDCDC) unanimously passed the following three motions regarding the SANDAG Uptown Regional Bike Corridor Project proposed for Bankers Hill/Park West and Five Points/Middletown:

### Fourth and Fifth avenues: Bankers Hill/Park West:

1. The MSDCDC unanimously voted to support the installation of a two-way, separated bicycle track on Fourth Avenue, between Elm and Upas streets in Bankers Hill. It would occupy the west side of Fourth Avenue, and be bordered on the west by the curb; and on the east by parallel parking. The remaining two traffic lanes of Fourth Avenue would be on the east side of the parallel parking.

The Fourth Avenue two-way bicycle track would be similar to two-way bicycle tracks installed throughout Seattle as part of the "Green Lane" project, which placed two-way bicycle tracks on many Seattle streets, including Second Avenue, Broadway and Northeast 66th. It should be noted the Seattle two-way bicycle tracks were installed on terrain that is as hilly, if not more so, than Bankers Hill.

Two-way bicycle tracks are also commonly used throughout Europe, and have been installed in



No space separators (Photos courtesy of Leo Wilson)

U.S. cities including Austin, Texas; Portland and Eugene, Oregon; New York City, Indianapolis and Washington D.C., as well as Vancouver, Canada.

2. The MSDCDC further unanimously supported the placement of angled parking on the west side of Fifth Avenue between Elm and Upas streets, where the former third traffic lane, and current painted bicycle lane, are located.

### Washington Street: Five Points/Middletown:

3. The MSDCDC unanimously voted to support the placement of a two-way, separated bicycle lane on Washington Street between San Diego Avenue in Five Points, up the Washington Street hill to Ibis Street bordering Mission Hills. The determination of whether the two-way bicycle track would be located on the south or north side of the Washington Street will be determined by further study.

—Leo Wilson is administrator of the Metro San Diego CDC. ♦



The bike lane on Northeast 66th Street in Seattle



Dedicated, two-way bike lane in Barcelona, Spain



Bike lanes in Seattle, Washington



Sign boasts about biking in Seattle.



How Copenhagen, Denmark treats bicyclists.



Two-way bike lanes along Dunsmuir in Vancouver, British Columbia, Canada



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**CARMEL VALLEY - 5131 Rancho Del Mar Trail**  
Contemporary estate, 5BD/8BA. Walnut floors, Pisolone custom made Italian windows. Approx 11,650. \$9,975,000  
**Daniel Greer 858-793-7637**



**POINT LOMA - 658 Tarento Drive**  
One of Woodland Terraces larger lots. 3BD/3BA, Mid-century home. Upgrades, park-like backyard. \$1,020,000  
**Windermere | Hillcrest/Mission Hills 619-241-2122**



**EAST VILLAGE - 501 8th Avenue #111**  
2BD/2BA, gracious entry leading to open living & dining area. Privately situated. \$924,900  
**Windermere | Little Italy 619-501-5300**



**POWAY - 16852 Orchard Bend Road**  
5BD/4BA on corner lot. Nearly an acre, flat terrain. In-ground pool/spa with waterfall. \$849,000  
**Windermere | Encinitas 760-230-6913**



**ROSARITO BEACH - 57 Pelicanos Street**  
Custom-built dream home in Las Gaviotas. Designed/built by Architect Roberto Moreno. 3BD/4BA. \$824,000  
**Windermere | Hillcrest/Mission Hills 619-241-2122**



**EL CAJON - 2526 Singing Vista Way**  
5BD/3BA, remodeled home with fantastic views. Well detailed, elegant, gourmet kitchen. \$729,000  
**Windermere | La Mesa Village 619-303-9500**



**RANCHO BERNARDO - 15538 Canton Ridge Terrace**  
Contemporary 4BD/3BA located in Del Sur. Upgraded kitchen, open patio area for entertaining. \$729,000  
**Windermere | La Mesa Village 619-303-9500**



**ALLIED GARDENS - 6883 Mission Gorge Road**  
Newly-remodeled 3BD/2BA. RV parking, gourmet kitchen, fireplace in dining area. \$595,000  
**Windermere | La Mesa Village 619-303-9500**



**LA MESA - 7576 Seton Hall Street**  
4BD/2BA home in quiet neighborhood of College Hill. RV parking, attached 2-car garage. \$529,900  
**Windermere | Hillcrest/Mission Hills 619-241-2122**



**San Diego - 4820 Aragon Drive**  
"Rolando", San Diego's best kept secret. 3BD/1BA, large updated kitchen, wood burning fireplace. \$475,000  
**Windermere | Little Italy 619-501-5300**



**SOUTH OCEANSIDE - 533 Vine Street**  
3BD/2BA, charming single-story home. Recent upgrades & finished bonus room off of garage \$474,500  
**Windermere | Carlsbad 760-893-8040**



**GRANITE HILLS - 1641 Dumar Avenue**  
Move-in ready, immaculate 3BD/2BA, close to schools & shopping. 2-Car garage. \$415,000  
**Windermere | Hillcrest/Mission Hills 619-241-2122**

NEW NAME

SAME OWNERS

SAME COMPANY

SAME OFFICES

SAME AGENTS

THE SAME GREAT REAL ESTATE PROFESSIONALS SERVING SAN DIEGO.