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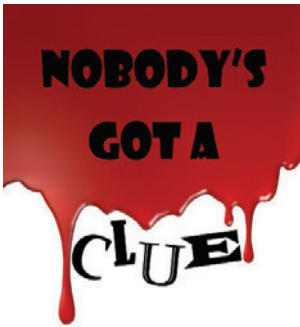
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Contact Us

Editorial/Letters
619-961-1952
ken@sdcnn.com

Advertising
619-961-1958
mike@sdcnn.com

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San Diego Community News Network



(l to r) Jeffrey "Jeff" Paul Buddin and J. Paul "Boomer" Iacoangelo at the California Tap Room in North Park (Photo by Ken Williams)

THE PRETZEL-MEISTERS OF NORTH PARK

Ken Williams | Editor

Tucked away off Ray Street in the North Park Arts District is a new venture called the California Tap Room, where two pretzel-meisters are tempting craft beer lovers with their twisted morsels of doughy goodness.

Pretzels and beer are like a marriage made in heaven, and Jeffrey "Jeff" Paul Buddin and J. Paul "Boomer" Iacoangelo are tapping into that natural craving. "There is a big, pent-up demand for pretzels," Jeff said. Last year at La Mesa Oktoberfest, Jeff sold more than 500 pretzels in two days.

As their motto goes, they have "passion for the pretzel." And they have passion for craft beer as well. Since North Park is the de facto capital of San Diego's craft beer industry, the pretzel-meisters chose the Ray Street location over the Gaslamp District and East Village. "North Park is craft beer central," Jeff said.

The California Tap Room has taken over a space notorious to North Parkers as the former home of The Rubber Rose adult boutique (which Boomer called "the dildo store"), a tattoo parlor, a pot shop and a porn studio.

"We are so rated G!" Boomer laughed, drawing out the word "so."

On April 15, the brick-and-mortar shop opened at 3812 Ray St. in what Boomer described as a "hellhole building for a long time." At the moment, they are only using half the space, putting up a temporary dividing wall in the middle of the building. They tore down 50-year-old shingles that were past their prime, and gutted the building. In their remodel, they chose a rustic theme with lots of repurposed wood on the walls, wood floors, wooden crates, and wooden picnic tables and benches.

The pretzel side of the business is up and running, and they sell five types of twisted deliciousness: the New York (\$4), the Philly (\$5), the Munich (\$5), the

see Pretzel, pg 26

Normal Street is re-imagined

Hillcrest's favorite celebration spot could be transformed

Ken Williams | Editor

Normal Street, located on the east side of Hillcrest, could be getting a major face-lift in the near future if an upcoming four-day event proves to be successful.

"Re-imagine Normal Street" is the brainchild of the Hillcrest Business Association (HBA) as a way of breathing new life into this area of the community.

"Normal Street has a history of civic gatherings through the events — Nightmare on Normal Street, San Diego Pride, the Hillcrest Farmers Market — that occur there," said Benjamin Nicholls, executive director of the HBA.

"Since the Pride flag and monument were installed, it has become a gathering space to celebrate the successes in the community."

But outside of the two big civic events celebrating Halloween and Pride, as well as the weekly farmers market on Sundays, Normal Street remains a woefully underused asset in the community. But the HBA this year has met with various community stakeholders and together they have imagined new purposes for Normal Street.

"We would love to create a

see Normal Street, pg 7

District 3 candidates answer 11 tough questions

By SDCNN Editorial Board

Voters in District 3 will be electing a new City Councilmember this year to replace the termed-out Todd Gloria, who is running for the California Assembly. Voting by mail begins May 9, and the primary election will take place on June 7. San Diego Community Newspaper Network invited the three candidates — Anthony Bernal and Chris Ward, both Democrats; and Scott Sanborn, an Independent — to answer 11 questions of vital interest to residents of Downtown and Uptown who live in District 3. Sanborn, who has kept a low profile during the campaign, did not respond to our request.

Here are the questions and answers:

• **What do you think about the Chargers' proposed Downtown Convention Center expansion and stadium (aka "convadium") effort?**

Bernal: I'm opposed to the Chargers' efforts to put a stadium in the East Village. I believe an innovation district would create more high- and middle-income level jobs and would be a better use from the land in East Village. Over the course of my 32 weeks on the campaign trail, I have knocked on 26,000 doors and talked directly with residents about this

see Q&A, pg 10



(l to r) Anthony Bernal and Chris Ward, the leading candidates in the City Council District 3 race. (Courtesy of the candidates)

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Horizon Park Chapel, located at Fir and Sixth streets, was originally used by followers of evangelist Aime McPherson.
(Courtesy of Google Maps)

Church property sells for \$2.7 million

By SDCNN Staff

The historic Horizon Park Chapel church property in Bankers Hill has been sold for \$2.7 million.

Lee & Associates, a commercial real estate agency, said it closed a sales transaction for the 17,760-square-foot church building located at 590 Fir St.

This highly visible church property, located at Sixth and

Fir streets west of Balboa Park, was built in 1920 and originally occupied by followers of evangelist Aimee McPherson. The church was originally named the Pentecostal Holiness Tabernacle.

The sale of the Horizon Park Chapel church facility includes retention of the current congregational use on a “joint-multi-tenant use” lease-back basis.

The Lee & Associates Church Realty Solutions Team conducted

a comprehensive marketing effort, which generated more than four offers and several additional letters of interest. After 10 months of marketing effort, the property sold and closed within a 40-day escrow period.

Tom Morgan and Thomas Smith (Church Realty Solutions) of Lee & Associates’ San Diego office, represented both the buyer, Park6 Ventures, and seller, Horizon Christian Fellowship Park Chapel. ❖

How to Sell Your San Diego House Without An Agent And Save the Commission

San Diego - If you’ve tried to sell your home yourself, you know that the minute you put the “For Sale by Owner” sign up, the phone will start to ring off the hook. Unfortunately, most calls aren’t from prospective buyers, but rather from every real estate agent in town who will start to hound you for your listing.

Like other “For Sale by Owners”, you’ll be subjected to a hundred sales pitches from agents who will tell you how great they are and how you can’t possibly sell your home by yourself. After all, without the proper information, selling a home isn’t easy. Perhaps you’ve had your home on the market for several months with no offers from qualified buyers. This can be a very frustrating time, and many homeowners have given up their dreams of selling their homes themselves. But don’t give up until you’ve read a new report entitled “Sell Your Own Home” which has been prepared especially for homesellers like you. You’ll find that selling your home by yourself is entirely possible once you understand the process.

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Local inventor finds way to improve dog community

By Joseph Ciolino

Dog owners might want to think twice before tying their pet to a patio chair outside a restaurant, bar or coffee shop. Once the dog sees a squirrel, the canine likely will be in hot pursuit while dragging that chair.

Being a dog owner comes with certain responsibilities, and that includes keeping the canine safe from harm. Brian Hoffman, a dog owner from North Park who works as a boat repairman on Shelter Island in San Diego, came up with an idea for a mechanism that would give people an extra hand while out on the town with their pooches.

“I was walking and I wanted to go into the convenience store. I had to tie my dog up to a phone booth, and it was a precarious situation,” Hoffman said. “I thought, why wouldn’t a business want a hitch outside for people walking their dogs?”

Hoffman’s answer was to invent a way for people to secure their dogs while they are out and about. In 2013, he started developing dog hitches, producing six prototypes and handing them out to local North Park businesses. This became the starting point of his new business, Doghook.

Hoffman’s vision is keeping dogs safe and advocating for dog-friendly communities, and he has found allies in the community.

“There are lawsuits waiting to happen,” said Steve Yeng, owner of OB Noodle House in Ocean Beach. “A dog pulls an umbrella and hits somebody’s head, and there’s a \$10,000 lawsuit.”

Yeng and his family own dogs,



Jannine and Brian Hoffman of North Park and the Doghook invention that allows dog owners to safely hook up leashes. The device is catching on with bars, restaurants, coffee shops and businesses that provide services for canines. (Courtesy of doghook.com)



and he has made it a point to make OB Noodle House a place where people can bring their pets and feel comfortable.

The Asian fusion bar and restaurant has six hooks placed on poles in the outdoor dining area, and Yeng said this is one of the very few Asian eateries in San Diego that is dog-friendly.

“I think already that it has been a great thing for the dog-friendly community and the world is becoming more dog-friendly,” Hoffman said. “There’s really sort of a swell of dog-friendliness going around, and we want to be at the front of that.”

The product is essentially a plate with a bended hook welded on top of it, with holes punched on the plate where screws with washers are used to hold the plate on a

sturdy surface.

The plate can be placed on outside or inside walls of businesses, on fences or any vertical surface, and patrons can secure the leash end onto the hook. The hooks work with every type of leash, Hoffman said, even the larger handles of extractable leashes.

“I wanted to find something that was a little more fashionable and a more modern look in the shop,” said Cielo Mathis, owner of Paws and Whiskers Grooming and Retail.

Hoffman boasts that Doghook is the strongest dog hitch in the world, and it been put to the test. Multiple shock and weight tests have been implemented and the hooks have prevailed, he said.

“There have been about 6,000 hooks made at this point and

there’s never been a model that has failed,” Hoffman said. “You’d have to put 800 to 900 pounds [on the hook] to disfigure it and that just doesn’t happen.”

The hooks can be found at about 50 San Diego businesses such as bars, breweries, restaurants, coffee shops, hotels, schools and convenience stores.

“We really concentrated a lot on the beer culture, so there’s a lot in the breweries and tasting rooms,” Hoffman said. “I frequent various brewpubs and breweries in town with some regularity, and with my dogs — I simply wanted to make it safer and easier for myself and others to drink and dine with dogs.”

The Rabbit Hole in Normal Heights — a microbrewery that has outdoor seating with a wall

facing the inside of the establishment — is lined with Doghooks for customers to eat and drink with their dogs secured.

“Beer culture at its heart is a very casual, relaxed atmosphere,” said Steven Throop, general manager of The Rabbit Hole. “People think about drinking beer on their porches with their neighbor and what’s more neighborly or more homey than having your dog with you.”

But aside from the beer scene, veterinarians and groomers also use the product.

Mathis has eight hooks spread throughout her pet-grooming parlor in Chula Vista, including hooks near the grooming stations, in the pet-holding areas and by the washing station. Previously, only crates and expandable gates were used in the parlor to secure the dogs.

It wasn’t until a dog escaped when Mathis realized that safety takes priority and security had to be heightened in her parlor, to prevent dogs from running out the door.

“It’s a great way to contain the dogs very easily and very quickly,” she said. “They [the customers] love the idea that their dog doesn’t have to go in a crate, and the dogs like it too.”

Buttons, Cielo’s Schnauzer, usually hangs out at the front of the shop attached to a Doghook, and comfortably watches her master groom the other dogs.

Hoffman has also sold his product to large companies that buy hundreds at a time, including Groomer’s Choice, a large catalog company that sells to dog groomers; and Red Cape Limited, a grooming distributor based in the United Kingdom.

Hoffman has also been working with the Canadian pet grooming product franchise called Pet Edge.

“We’re selling them all across the board to all kinds of different people, businesses, wholesalers and distributors at this point,” he said.

Hoffman has approached the bigger companies Petco and Petsmart but said he was not able to come to an agreement because of the high startup and monthly account system fees.

“It’s tough to get through with them,” he said. “Dealing with big companies there’s a lot of expenses in the setting up of it, so I sort of backed away from doing that.”

Luckily for Hoffman, he currently had no direct competitor. But he also lacks widespread publicity about his product, so the product is still fairly new on the market.

But things have started to pick up for Hoffman, and he has sold about 250 hooks internationally and nearly 5,000 domestically, and expects to sell many more as the word of mouth spreads.

“It’s such a simple thing and there’s so few ideas that haven’t been thought of yet,” Hoffman said. “With seven billion people you’d think somebody would’ve thought of this before.”

To find out more information, visit doghook.com or the Facebook page at bit.ly/1WD6u5C.

—Joseph Ciolino is an intern with SDCNN and a senior majoring in journalism at San Diego State University. He graduates this month. ❖

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The Uptown Bikeways project will enhance neighborhood connectivity between Uptown, Old Town, Mission Valley, Downtown, North Park, and Balboa Park; promote active living and healthy communities; and make streets safer for people who bike, walk, drive, and take transit. The project will help implement the vision and goals established in the San Diego Regional Bike Plan, the City of San Diego Bicycle Master Plan, and the San Diego Climate Action Plan.

DATE

Tuesday, May 24, 2016 | 6–8 p.m.
(Open house begins at 6 p.m.,
public hearing begins at 6:45 p.m.)

LOCATION

Balboa Park Club, Santa Fe Room
2144 Pan American Road W
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VISIT THE PROJECT WEBPAGE

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**San Diego
American Indian
Pow Wow
Balboa Park
10 a.m. – 6 p.m.
May 7-8**

The annual Pow Wow will feature about seven different styles of dance.
(Courtesy of San Diego American Indian Pow Wow)

A Pow Wow tradition

By Margie M. Palmer

The 2016 San Diego American Indian Pow Wow, a cultural event that showcases the heritage and traditions of American Indians, is set to take place May 7-8 in Balboa Park.

More than 2,500 people from Southern California and Arizona are expected to attend, event organizers said, adding that the Pow Wow will be a colorful demonstration of cultural and spiritual traditions.

Participants of all ages will be drumming and performing bird songs, gourd dancing and all forms of Pow Wow dancing.

Most people are unaware that there are "about seven different style categories of Pow Wow dance," event volunteer Perse Lewis said. "Each one of these styles will be featured and we'll also have two different drumming styles, the Northern drum and the style of song that corresponds to different dances, and the Southern drum, which will also have the style of song that corresponds to those dances."

The Pow Wow event has been around for nearly three decades, she said, adding that it was initially started in the 1980s by the Indian Human Resource Center (IHRC.)

"It was founded in part as an economic activity for the vendors and it was a place to give American Indian craftspeople to sell their wares. It was also a way to give visibility to Native American culture to let people know we're still here, and our culture is still strong," she said.

But in 2013, after a former IHRC executive director was indicted in federal court on charges that he stole nearly \$140,000 from the nonprofit, the IHRC lost its funding.

That's when the San Diego American Indian Health Center stepped in.

"[They] became the fiscal agent of the event in 2013," Lewis said, adding that while many of the original themes of the event, including vendors and Pow Wow dancers remain prominent, having an influence of the health center has added a healthy eating and active living component.

Part of that includes featuring a Healthy Eating and Active Living (HEAL) Zone that will include physical activities for youth, nutrition education, games and a variety of information booths with materials focused on promoting healthy lifestyles.

"[The Health Center] is helping to provide educational materials to the community about prevention and health promotion. There will also be public service announcements that give statistics on different diseases that the Native American community faces, such as cardiovascular disease and diabetes, along with tips for increasing physical activity," Lewis said. "They're also incorporating Just Move It moments into the Pow Wow, which invite everyone into the arena to do a round dance or a tribal dance to get everyone engaged in some sort of physical activity at that time."

"We really want to invite the local community to come out," she said. "This is a great way for people to learn about contemporary Native American traditions, for people to see our culture and to participate in something that is a really fun community event."

—Margie M. Palmer is a San Diego-based freelance writer who has been racking up bylines in a myriad of news publications for the past 10 years. You can reach her at margiep@alumni.pitt.edu.



The Pow Wow is a colorful display of cultural and spiritual traditions.
(Courtesy of San Diego American Indian Pow Wow)

FROM PAGE 1

NORMAL STREET

modern urban space on Normal Street,” Nicholls said. “Re-Imagine Normal Street’ will showcase what that space could be. We envision a multi-use space that can be re-configured based on what the community needs it to be. We want people to come and experience a park space, an event space, and a complete street with a variety of transportation options.”

Megan Gamwell, marketing and communications program manager for the HBA, said organizers will be reimagining Normal Street with four days of free fun starting Thursday, May 12, and ending on Sunday, May 15.

“We will be transforming Normal Street into a car-free public space and opening up the street to pedestrians and cyclists,” she said.

- A list of the events**
- “Re-imagine Normal Street” events will be:**
- Thursday, May 12, from 6 — 10 p.m., “Pechakucha Night,” where planners and creative folks will share their ideas in 20 images for 20 seconds each.
 - Friday, May 13, from 6 — 11 p.m., the family-focused “Bike-In Movie,” featuring the Steven Spielberg blockbuster classic, “E.T. the Extra-Terrestrial.”
 - Saturday, May 14, has two activities. The world’s largest gay-owned brewery, Hillcrest Brewing Company located along Normal Street, will present the Hillcrest Craft Beer Crawl from 2 — 6 p.m.



Hillcrest Brewing Company, located along Normal Street, will present the annual Hillcrest Craft Beer Crawl as part of the “Re-Imagine Normal Street” special event May 12-15. (Courtesy of HBC)

That will be followed by a free outdoor concert from 6 — 10 p.m., sponsored by The Merrow.

- Sunday, May 15, from 9 a.m. — 2 p.m., weekly Hillcrest Farmers Market.

Incidentally, a free valet service will be available all four days. Organizers predict that “Re-imagine Normal Street” will be a hit with the public, and the event could be a harbinger of something to come in the future.

“Once we showcase what Normal Street could be, we’ll work with our friends in government — SANDAG and the city — to create the multi-use street on Normal,” Nicholls said.

A little history

Normal Street is a broad, four-lane road with a median that stretches three blocks between major east-west thoroughfares University Avenue and Washington Street. Cross streets are Polk and Lincoln avenues, and Harvey Milk Way, which leads to the San Diego LGBT Community Center on Front Street.

Way back in 1890, San Diego Cable Railway Co. opened a 4.7-mile cable car line up Fourth Avenue, along University Avenue, and then north on Normal Street and Park Boulevard to Adams Avenue, according to HillQuest Urban Guide. A year later, the cable car company

went bankrupt, one of the owners vanished with \$200,000 in his possession, and the other businessman killed himself as authorities closed in.

In 1983, San Diego Pride started using Normal Street as the staging area for the annual Pride Parade in mid-July that winds down University Avenue to Sixth Avenue and onward to Balboa Park, where organizers stage a two-day Music Festival. The Pride Parade and accompanying Festival comprise the largest civic event in San Diego, drawing hundreds of thousands of people every year.

Since the 1990s, Nightmare on Normal Street has grown into a huge street party for

adults to celebrate Halloween.

In 2012, the Hillcrest Pride flag was erected at the intersection of Normal Street and University Avenue, and the monument followed months later. This location quickly became a gathering spot for the local LGBT community to celebrate or protest.

Also in 2012, San Diego Pride’s Spirit of Stonewall Rally — which began in July 1975 in Balboa Park — was held on a closed-off Normal Street in front of the Pride flag. The rally continued in that location in 2013 and 2014, but in 2015 moved back to its traditional location in Balboa Park over concerns that there wasn’t enough free space to accommodate the folks who only wanted to attend the Spirit of Stonewall event and not the block party that charges admission, said Fernando Lopez Jr., director of operations for San Diego Pride.

Sponsors of “Re-imagine Normal Street” include Fabulous Hillcrest, Hillcrest Brewing Company, San Diego Architectural Foundation, SANDAG, iCommute, GObyBike and the Hillcrest Town Council.

For more information about “Re-imagine Normal Street,” visit the Facebook page at bit.ly/23jU4zM or the website at bit.ly/1rOsPC2.

—Ken Williams is editor of Uptown News and Mission Valley News and can be reached at ken@sdcdn.com or at 619-961-1952. Follow him on Twitter at @KenSanDiego, Instagram at @KenSD or Facebook at KenWilliamsSanDiego.✴

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THE Country Kitchen Journal

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An Iowa Meat Farms/Siesel’s Meat & Deli Publication Volume 24 Number II May/June 2016

23rd Annual Sweet Onion & BBQ Festival 2016

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Good process makes good design

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

By Eric Domeier

There are great interiors and buildings in our community. And then there are the rest. Some are fair, and some are disastrous. If an owner wants a great product, how do they ensure that that's what they'll get? Here are a few tips.

LET GO OF THE OUTCOME

Architectural and interior design is a complex calculus. It

is a process of balancing project needs, code restrictions, and economic viability. All the while instilling sound design principles and a conscious aesthetic.

The first meeting with your designer will likely be focused on defining the program, the architectural needs of the project. This will include a list of spaces, their uses, size, and adjacencies to one another. Space adjacency may be the most nuanced yet powerful aspect of the project.

Zoning analysis is conducted in parallel to program development. This will balance project needs with what the city will allow. Knowing the basic require-

ments and parameters of the project, the owner and designer work together to set out realistic economic goals for the project.

Only now can a meaningful creative process begin. So, if one arrives at the first meeting with a determined outcome, it is akin to showing up to the first day of class with a finished term paper. The owner will have eliminated all other possible solutions that could have grown from a conscious, collaborative, and informed process.

KNOW YOUR VALUES

Whether it is your intention, design represents your values. And in

some circumstances, it represents them in a very public manner.

So know your values. You might be a person of financial prudence. Perhaps you are austere and always seeking the shortest path between two points. Or maybe you are curious, expressively pushing boundaries. Whichever the case, being clear about your passions and values is paramount because these values will inform your decisions.

Having clarity about one's values produces two documents. The first is a design-concept statement. This can be as brief as one word and as creative as a haiku. The concept statement outlines what the project is to represent. The second document is a bulleted definition of "success" for the project. This is a brief list of the qualities of the project that, if achieved, will make you exceedingly pleased.

As a sidebar, what about the for-profit development? As an investor, a project's design concept and success-matrix may be the same — to quickly move into the market with high return and low risk. And while the business of land development is an important one, it is equally important to create good public places. So, as a savvy business-person launching your next endeavor, tap into the cultural locale of your next project and let your design team develop a marketable design concept. In the end, the community will support your project if the project supports the community.

PREPARE TO BE DISAPPOINTED

The design process is cyclical. It often begins with a plain idea (and sometimes a bad one), which methodically evolves into a great one. If on their second meeting, an owner is expecting a mind-blowing rendering with every corner of the project a perfectly resolved solution, that individual will need an aspirin when the meeting is over.

Instead, prepare for some frustration at the outset. Like any art, the early cycles of design can be clumsy. It's a scientific process of testing solutions, rejecting failures,

and building on successes. Embracing this process will allow both owner and designer to quickly and efficiently evolve a project.

TRUST YOUR DESIGNER

After watching a few seasons of HGTV, design starts to seem like a magical talent bestowed upon the lucky few. And if that's the case, then any of us can convince ourselves that we are bestowed. In truth, design is a skill borne of extensive training. Having endured hundreds of formal critiques and having sat through thousands of hours of design classes, your designer is an expert in their field.

Local designer Dara Simic states, "A client's willingness to trust our design expertise can make or break the outcome."

So, trust your designer.

But challenge them as well. You should have established early on that your aesthetics overlap with your designer's. A detailed program has been developed. A design concept conceived. And you've ridden the bumpy road of early schematic design. If all that is true, you are on solid ground to challenge your designer on the performance of the design in an informed manner.

WRAP UP

Great projects are borne out of early and conscious intentions. By simply trusting the process, the owner can motivate and inspire their design team. Good process often creates unintended and serendipitous results. The outcome is likely to be something that will exceed the owner's vision and expectations.

Along with making inspiring and functional spaces, the very best projects reflect the values of their owners. And in a vibrant neighborhood like ours, it is the mixing pot of all our creative efforts that helps make us a community.

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

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Successful architectural and interior design like this is the result of good decisions. And the client controls the process. (Photo by Eric Domeier)

San Diego

Uptown News

123 Camino de la Reina, Suite 202 East
San Diego, CA 92108
(619) 519-7775
Twitter: @SD_UptownNews



EDITOR Ken Williams (619) 961-1952 ken@sdcdn.com	SALES & MARKETING DIRECTOR Mike Rosensteel (619) 961-1958 mike@sdcdn.com
CONTRIBUTING EDITORS Jeff Clemetson, x119 Morgan M. Hurley, x110	ADVERTISING CONSULTANTS (619) 519-7775 Andrew Arias, x113 Kat Haney, x105 Sloan Gomez, x104 Andrew Bagley, x106 Lisa Hamel, x107 True Flores, x108
WEB & SOCIAL MEDIA Jen Van Tieghem, x118 jen@sdcdn.com	EDITORIAL INTERNS Joseph Ciolino Tori Hahn
COPY EDITOR Dustin Lothspeich	ACCOUNTING Priscilla Umel-Martinez (619) 961-1962 accounting@sdcdn.com
CONTRIBUTORS Charlene Baldridge Blake and Gwen Beckcom Joseph Ciolino David Dixon Eric Domeier Kit-Bacon Gressitt Katherine Hon Dr. Ink Molly Kirkland Margie M. Palmer Frank Sabatini Jr.	WEB DESIGNER Kim Espinoza kim@kespinoza.com
ART DIRECTOR Todd Kammer (619) 961-1961 todd@sdcdn.com	PUBLISHER David Mannis (619) 961-1951 david@sdcdn.com

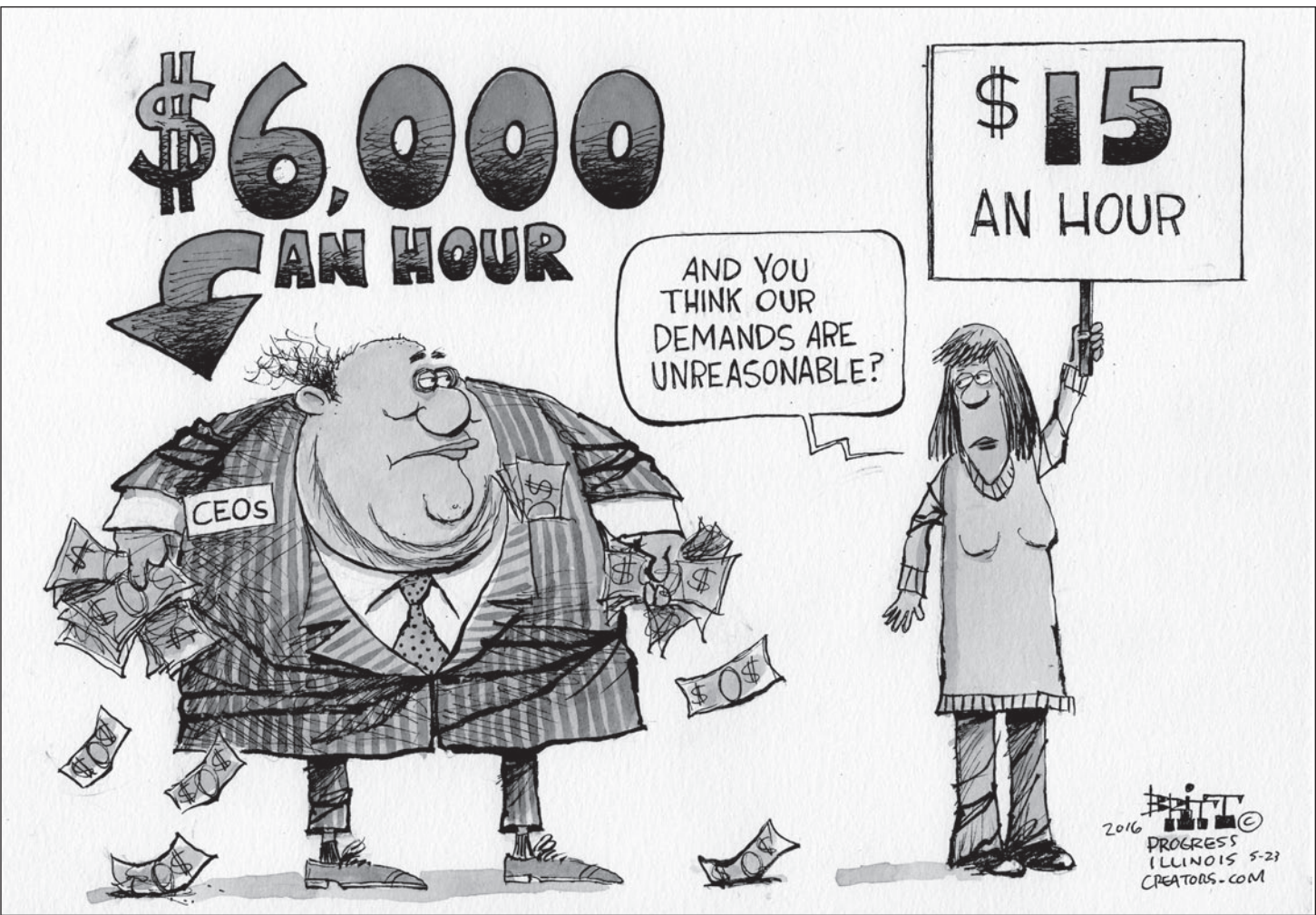
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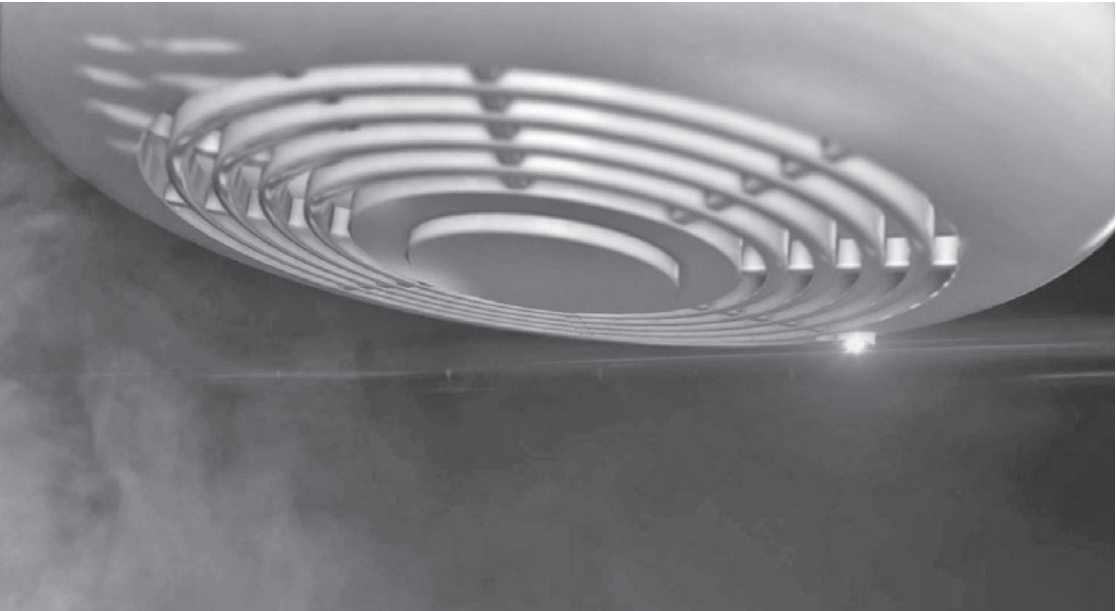
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GUEST EDITORIAL



Renters will benefit from improvements to smoke detectors

By Molly Kirkland

Not long ago, I spoke with a renter who told me about some trouble he was having with a smoke detector in his apartment in San Diego.

The device was installed on the ceiling just outside a bathroom, and unless the bathroom door was securely shut, the steam from a hot shower would set off the alarm. This resident said he and his roommates had resorted to covering the hypersensitive smoke detector with tape and a paper towel.

Please, don't try this at home!

California law requires landlords to install and maintain smoke detectors in rental properties, and for good reason: Smoke detectors are one of the cheapest and most effective ways to save lives and protect property in the event of a fire. But since fires happen so rarely, most residents' interactions with their smoke detectors are more likely to be false alarms from burnt popcorn or incessant chirping from a battery that needs to be replaced.

If you're having trouble with a smoke detector that is too sensitive or needs a new battery, don't bother trying to fix it yourself. Call your landlord or property manager and ask for their help. Not only is it their job to keep the smoke detectors in good working order, it's also in their own best interest to protect the investment they have made in the property. They will be happy to come in and make

any adjustments necessary.

In the past couple years, California has adopted some additional laws that should make it even less likely that you'll have a problem with a smoke detector. Beginning this year, when a landlord replaces a smoke alarm, they must replace it with an alarm that has a "hush" or silencing feature. This allows the resident to press a button that easily turns the alarm off if there's not actually a fire — no more furiously fanning the device with a towel or removing the battery to get the alarm to turn off.

The law now also requires that new battery-powered smoke detectors come with a battery that cannot be replaced or removed; the battery must be able to power the smoke detector for a minimum of 10 years. This should make it far less likely that you'll ever hear chirping from an alarm that needs a new battery.

The new laws allow landlords to keep their existing smoke detectors in place as long as they are still in working condition, so renters will likely see this new generation of devices appear gradually rather than all at once. Smoke detectors are now also required in each bedroom or sleeping unit. Your landlord will periodically come inspect detectors to make sure they are properly maintained.

Despite the occasional annoyance, smoke detectors serve a vital purpose for both renters and landlords. Keep them in good working order and you'll be in good shape in case of a real emergency.

—Molly Kirkland is public affairs director for the San Diego County Apartment Association. ♦



Readers Poll



Poll results

- Who will win the Republican presidential nomination?**
- 50% Donald Trump
 - 37% Someone else
 - 13% Ted Cruz

Polling from April 22 issue

New poll

- What is most driving you to vote in the June 7 primary?**
- ☐ Presidential politics
 - ☐ Local politics
 - ☐ Statewide issues

To cast your vote, visit sduptownnews.com.

FROM PAGE 1
Q&A

issue in addition to many others. Consistently, I have heard that D3 residents want the Chargers to stay, but not at the taxpayers' expense. So, I love the Chargers and I do hope they stay in San Diego, but I love our neighborhoods even more. It is in our neighborhoods that we should invest and not in a sports franchise owned by billionaires.

Ward: I have strongly and repeatedly expressed my opposition to the proposed project. The plan's requirement of substantial public dollar investment, and the difficulties of integrating a stadium facility use into the urban fabric of Downtown without severe community impacts and at the expense of higher and better development opportunities make it inappropriate. I am proud to be the only candidate in this race who has been opposed to public financing of a stadium effort throughout this campaign — showing leadership on this issue is a critical test of candidate's principles. It does not make sense for the taxpayer, and we have more pressing neighborhood needs to fund.

• A recent SANDAG initiative suggests a half-cent sales tax increase that prioritizes public transportation over highway funds. What is your position on this ballot proposal?

Bernal: I'm in favor of the SANDAG Quality-of-Life measure. I believe that our city must expand its transportation options and give both residents and visitors more mobility options when considering how to get from place to place, and I believe this measure can help us achieve that.

Ward: I am generally supportive of the proposal to get funds now for mass transit and alternative transportation networks we desperately need. It could use further refining in the upcoming committee work to continue

to prioritize funding away from freeway expansions, however the funding ratios proposed to date are encouraging and a well-negotiated balance.

• Where do you stand on the "Re-build San Diego," Councilmember Mark Kersey's ballot infrastructure measure that would shift spending priorities within the city's general fund?

Bernal: I think it's a fine idea, but I'm not sure how feasible the proposal actually is at solving the infrastructure deficit that we have today. Currently, the city of San Diego has an infrastructure deficit estimated at above \$5 billion. What Councilmember Kersey is proposing is getting us to that point about 25 years from now. The longer we wait to address our infrastructure problems, the more it will deteriorate. I believe we must find a steady revenue stream to address our infrastructure deficit today, and I am hopeful to work with the mayor and the entire City Council to accomplish that.

Ward: I do not support Proposition H. It actually does not shift spending priorities — we are already doing that today. Indeed, the draft FY2017 budget dedicated 70 percent of increased revenue to infrastructure-related spending, above the 50 percent model required by Prop H. It does not address the serious multi-billion dollar backlog of infrastructure needs facing the city; it makes it feel like the city is addressing this, when in practice, it is something future councils would be doing anyway. It further ties hands of future councils to make responsible choices for unforeseen, greater priorities should emergencies arise.

• Do you have an opinion on Councilmember Gloria's idea for the sale of the historical Truax House on Union Street in Bankers Hill and the development of a park in nearby Maple Canyon, where an AIDS memorial would be built?

Bernal: Councilmember Gloria has shown great leadership and consensus-building on this

issue. Personally, I would like to see the house preserved and transformed into some form of HIV/AIDS memorial that would testify to the role the house and Dr. Brad Truax played during the HIV/AIDS crisis in San Diego. I think the community has made it clear that the house should be preserved, and I believe that's exactly what we should do.

Ward: I attended the committee hearing where the item was initially discussed and spoke against the sale. I believe that the city should not sell assets in times where there is no urgent need for cash, and where potential public benefit could exist on a parcel. The test here is not met; the opportunity to preserve a historical asset as well as enhance a parkland opportunity on site into Maple Canyon is lost through this sale, and an AIDS memorial in fact could be incorporated on site at a rehabilitated Truax house. Further, members of the broader Bankers Hill community were surprised through the process to learn last minute of the sale, and there are mixed feelings about the renaming of Olive Street Park for Truax. The engagement of community groups into this kind of decision-making is important for me to do better.

• What should be done with the marijuana dispensaries in San Diego?

Bernal: In February 2014, the City Council gave approval for medical marijuana dispensaries to operate legally in San Diego. They are not allowed within a thousand feet of schools, parks, and churches and can't operate in residential neighborhoods. Only 36 total within city limits, four per council district, but none in council District 3 because it is primarily zoned as residential. I believe the current ordinance provides clear rules which result in access to medical marijuana for legitimate San Diego patients and safeguard neighborhoods from negative impacts associated with dispensaries.

Ward: We need to improve on the framework begun by the Medical Marijuana Task Force, which was meant to be a start on zoning regulations to allow dispensary businesses the right to operate in limited conditions, select sites throughout the city, and with strong community safety protections. In practice, some of the framework has been exceedingly onerous and created a prohibitively time-consuming and costly process just to get to the point of operating legally, while denying patients the right to access dispensaries. Fed up with this, many entrepreneurs are continuing the cycle of risking themselves and the community by opening unpermitted storefronts and watching law enforcement crack down on their facilities. Working with those in industry, law enforcement, and community stakeholders, we can find updates to the ordinance that improve the conditions for all.

• How should the city solve the homeless problem?

Bernal: As a resident of Downtown and Councilmember Gloria's representative to Downtown, I am dealing with the increasing homelessness rate in San Diego every day.

But, homelessness isn't just a District 3 issue, it's a regional issue, and I am committed to working with community partners like St. Vincent de Paul, PATH, and the Rescue Mission as well as government leaders from neighboring jurisdictions to ensure that we put in place viable and dignified options for our homeless neighbors to get off the streets and have all of their basic needs met. The proven way to solve homelessness is through a housing-first approach. We are making every effort we can to work with our service providers and create new facilities such as Celedon and the historic Hotel Churchhill. I believe the missing piece at this point is how do we control the inflow of homeless individuals who are coming into San Diego. Other cities in our region and across state lines need to share in the responsibility of caring for our most vulnerable human beings or the federal government needs to adjust the funding for our city.

Ward: I invite you to visit my website, under "Issues," to see a detailed plan of just some of the many ways we could be using our resources better and seeking out new approaches that test well in other cities to address homelessness. In general, getting a larger and more fair share of resources from federal and state authorities into the San Diego region allows us to have more to work with. Continual conversation with our nonprofit partners and the Housing Commission will allow opportunities to find gaps in service and a more efficient use of these resources. Creating programs like social impact bonds, establishing a mayoral director to coordinate the public management of homeless related impacts, expediting housing-first model developments, and many more pieces of a complex solution will do a quicker job of providing the services we know work to get people off the streets, into effective programs and not fall back into homelessness.

• Where do you stand on raising the local minimum wage?

Bernal: I am in favor of the city's Minimum Wage and Earned Sick Leave Ordinance that will raise the minimum wage in the city of San Diego to \$11.50 per hour. I do have reservations about small businesses incurring more expenses with higher than an \$11.50-per-hour minimum wage. I am hopeful that the ordinance will pass this June, but I would prefer that we examine the impact the new wage will have on our local small businesses before having it increase again.

In District 3, we have so many neighborhood commercial business districts that add to the unique fabric of the neighborhood. I think one of the worst things we can do is rid them of their community character, which includes our unique, local small businesses.

Ward: I support Proposition I to raise the local minimum wage immediately to \$10.50 and to \$11.50 in the next year; it also affords five sick days to local workers.

• What would you do about the affordable housing crisis?

Bernal: It's important to

recognize that affordable housing (or the lack thereof) is not just a concern for our homeless individuals or those living in substandard accommodations, but rather, it threatens the economic vitality of our entire region. The only way I believe we can address this issue is by offering developers incentives to create affordable housing. Our region needs to issue more building permits that is in our city and in neighboring cities in our region. We will do our part but it is important other communities share in the responsibility. We can bring housing prices down by abiding by three building mantras: taller, denser, and more inclusive.

Ward: This complex issue is one of the biggest challenges hurting San Diego families and making it difficult to establish themselves in San Diego. We need to continue to secure affordable housing funding opportunities from above in light of the loss of redevelopment dollars once available through the state. At the local level, we can further reform the city's development services processes to reduce regulatory burdens that add time and cost of development, while expediting affordable housing projects where development opportunities lie in our community plans. For me, this is particularly critical for the growing senior community who are increasingly finding it difficult to make rent payments in this rising market and forcing them to choose whether or not to remain in the communities they have spent much of their lives or move out of the area.

• Where do you stand on development density?

Bernal: I strongly believe in density through design. As a City Councilmember, it's crucial to know the population of whom you serve. I believe the City Council as a whole has the responsibility of ensuring that housing projects accommodate a range of incomes to alleviate poverty and revitalize neighborhoods. What residents have made clear to me is that if we are going to build more homes, people should be able to actually live there and not be forced into poverty because of high rent costs.

Ward: As someone who volunteered years of my time through my own community planning group, I do support the work of our community plan updates. Many of these guiding documents appropriately place increased density along transit corridors, downtown, and neighborhood nodes where we are hoping to invest in people and community infrastructure. As higher density projects are proposed I will look carefully to make sure they embed well with the surrounding environment, contribute to the fulfillment of visionary documents like our general plan and climate action plan, and incorporate public benefit investments as part of their proposal.

• How do we solve the disrepair of the city's crown jewel, Balboa Park?

Bernal: I think this solution goes along the same lines as that

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Summer camps in sunny San Diego

By SDCNN staff

San Diego is an ideal place for summer camps. With access to world-class sports fields, mountains, beaches and deserts, it is a fantastic place for sports and outdoor camps. With access to metropolitan museums and cultural institutions, it is great for arts and education camps. And the sunny weather is certainly a bonus, as well.

The following is a brief list of some of San Diego's exciting, educational, active and enriching programs to keep your young ones busy and engaged this summer.

ARTS CAMPS

San Diego Civic Youth Ballet

Ballet classes are augmented with activities in arts and crafts, jazz classes and field trips to cultural institutions. Located at 1650 El Prado, San Diego. Visit sdcyb.org; email sdcyb@sdcyb.org; or call Danika Pramk-Holdaway at 619-233-3060.

City Ballet

The summer intensive course is three weeks long and provides superlative training for serious students at the beginning, intermediate and advanced levels. Located at 941 Garnet Ave., San Diego. Visit cityballet.org; email info@cityballet.org; or call Steven Wistrich at 858-274-6058.

Children's Creative & Performing Arts Academy

Arts and education camp for



preschool through high school students. Located at 3051 El Cajon Blvd., North Park, San Diego. Visit ccpaasd.com; email capaadmissions@yahoo.com; or call Janet Cherif at 619-584-2454.

Dance to EvOLVe

Dance and art classes at various locations around San Diego and North County for ages 3 through 12. Visit danceto evolve.com; email info@danceto evolve.com; or call 858-876-5327.

Drawn2Art

Fine art instruction in various mediums and styles for ages 4 and up. Located 13173-10 Black Mountain Road, San Diego. Visit drawn2artclasses.com; email d2asandiego@gmail.com; or call Jaci Stern at 858-538-5278.

International Music Sessions

Elite program taught by all-star faculty of performing artists for children in grades two through 12. Located at 7715 Draper Ave.,

La Jolla. Visit imusicsessions.org; email info@imusicsessions.org; or call Sara at 631-405-0166.

The Foundation Music & Arts Camps

A variety of music and arts camps for ages 5 through 13, featuring small class sizes and a focus on education. Located at the Foundation Music & Arts Center, 3323 Carmel Mountain Road, Suite 100, San Diego. Visit foundationmac.com; email thefoundationmusiccenter@gmail.com; or call Sage Martin at 858-461-9088.

San Diego Children's Discovery Museum

Hands-on science, art and world culture activities for children entering kindergarten through grade three. Located at 320 North Broadway, Escondido. Visit sdcdm.org; email discoverycamp@sdcdm.org; or call Lindy Villa at 760-233-7755.

see Summer Camps, pg 13



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FROM PAGE 12
SUMMER CAMPS

Museum of Photographic Arts
Instruction in photography, video, animation and more for grades one through 12. Located at the Museum of Photographic Arts in Balboa Park, 1649 El Prado, San Diego. Visit mopa.org/camps; email info@mopa.org; or call Deborah Klochko at 619-238-7559.

Spanish Village Art Center
Art classes taught by the artists in Spanish Village for children ages 5 and up or students in grades two through eight. Located at the Spanish Village, 770 Village Place, San Diego. Visit spanishvillageart.com/classes; email spanishvillageartcenter@gmail.com; or call 619-233-9050

San Diego Museum of Art
Weeklong summer camp or teen studio for students in grades one through 12 led by artist instructors that include hands-on art activities and trips to exhibitions at the museum. Located at the San Diego Museum of Art in Balboa Park, 1450 El Prado, San Diego. Visit sdmart.org; email summercamps@sdmart.org; or call Gwen Gomez at 619-232-7931.

The New Children's Museum
Weeklong camps for ages 4 through 12 designed to make children think, play and create. Located at 200 West Island Ave., San Diego. Visit thinkplaycreate.org; email tkuta@thinkplaycreate.org; or call Tomoko Kuta at 619-795-1463.



Intrepid Shakespeare Company
Camp Intrepid has three offerings for young actors — Young Actors Theatre Camp for ages 7 to 14, Musical Theatre Camp for ages 14 to 18 and the Shakespeare Camp for ages 14 to 18. Located at the Encinitas Community Center, 1140 Oakcrest Drive, Encinitas. Visit intrepidshakespeare.com; email seancox@intrepidshakespeare.com; or call Sean Cox at 760-295-7541.

SPORTS CAMPS

Little Rascalz Soccer
A mix of soccer play and other camp activities for children ages 3 to 6-ish at locations all around San Diego. Visit littlerascalzsoccer.com; email coachsnoozy@littlerascalzsoccer.com; or call Beth Hooshidar at 619-309-9626.

NIKE Softball Camp, University of San Diego
Softball camp for girls ages 8 to 18 with low student-to-instructor ratio. Located at 5998 Alcalá Park, San Diego. Visit ussportscamps.com; email softball@ussportscamps.com; or call Renee Chapman at 800-645-3226.

NIKE Baseball Camp, UCSD
Open to all levels of players. General Skills program is for ages 9 to 12 and High Potential program is for ages 13 to 18. Located at UC San Diego campus, 3432 Voight Drive, San Diego. Visit ussportscamps.com; email baseball@ussportscamps.com; or call 800-645-3226.

NIKE Golf Camps
Co-ed golf camps for ages 7 to 18 featuring small group instruction at two locations — Riverwalk Golf Club, 1150 Fashion Valley Road, San Diego; and University of San Diego, 5998 Alcalá Park, San Diego. Visit ussportscamps.com; email golf@ussportscamps.com; or call Renee Chapman at 800-645-3226.

Contact Football, University of San Diego
Grossmont College head coach Mike Jordan runs this camp for boys ages 8 to 18. Located at University of San Diego, 5998 Alcalá Park, San Diego. Visit ussportscamps.com; email football@ussportscamps.com; or call Renee Chapman at 800-645-3226.

UCSD Summer Soccer Camps
Boys and girls programs for ages 14 and up as well as youth programs for ages 5 to 13. Located at Warren field at UC San Diego campus, 9500 Gilman Drive, MC 0531, La Jolla. Visit ucsandiego-soccercamps.com; email rbh001@ucsd.edu; or call Ryan Hernandez at 858-534-8165.

Watersports Camp
Sponsored by the Peninsula Family YMCA, this camp offers instruction in wakeboarding, surfing, sailing, kayaking, paddleboarding, windsurfing, marine science and more. Located at the Mission Bay Aquatic Center, 1001 Santa Clara Place, San Diego. Visit watersportscamp.com; email mbac@sdsu.com; or call 858-488-1000.

YMCA
There are 17 locations throughout San Diego County offering camps that nurture the potential of kids, help them live healthier lives and learn to support their communities. Visit ymca.org, or call 858-292-9622 for more information.

EDUCATIONAL CAMPS

Code REV Kids
Weeklong camps that focus on technology and computing skills. Located at the LePort School Solana Beach, 1010 Solana Drive, Del Mar. Visit coderevkids.com; email register@coderevkids.com; or call Evan Boorman at 310-450-4984

Museum of Man
Weeklong camps for kindergartners through fifth grade that dive into the worlds of myth, mystery and science. Located at 1350 El Prado, Balboa Park, San Diego. Visit museumofman.org; email museumorman@museumofman.org; or call Margaret Hartnett at 619-239-2001.

La Jolla Country Day
Summer programs feature academically advanced courses in science, English, math, visual and performing arts for students of all grade levels. Located at 9490 Genesee Ave., La Jolla. Visit

ljcds.org; email dwagner@ljcds.org; or call Dan Wagner at 858-453-3440.

Ruben H. Fleet Science Center
Science activities for age groups ranging from pre-kindergarten to junior high school. Located at 1875 El Prado, Balboa Park, San Diego. Visit rhfleet.org; email clientservices@rhfleet.org; or call 619-238-1233 ext. 806.

Salvation Army Kroc Center
There are several camps to choose from, including: Kroc Adventures featuring daily outings; Sports Camp with activities like rock climbing, skateboarding, swimming, etc.; Spiritual Discovery Camp with Bible studies; Pee Wee Camps for youngsters and more. Located at 6845 University Ave., San Diego. Visit sd.kroccenter.org; or call 619-287-5762.

RESIDENTIAL CAMPS

Pali Adventures
Campers age 8 to 16 design their own adventures including stunts, trapeze, secret agent and more. Located in Running Springs, CA; picks up in Fashion Valley Mall, San Diego. Visit paliadventures.com; email infor@paliadventures.com; or call Amy Walker at 909-867-5743.

Endless Summer Surf Camp
Inclusive, overnight camp for surfers of all levels of expertise. Located at San Onofre State Park. Visit endless summersurf-camp.com; email info@endless summersurf-camp.com; or call Jason Senn at 949-498-7862.

Camp Stevens
Outdoor activities that are eco-friendly, safe, affordable and fun with programs for ages 8 to 18. Located at 1108 Banner Road, Julian. Visit campstevens.org; email beth@campstevens.org; or call Beth Bojarski at 760-0028.

— For a more complete list of summer camps throughout San Diego County, visit sandiegosummercamps.org.

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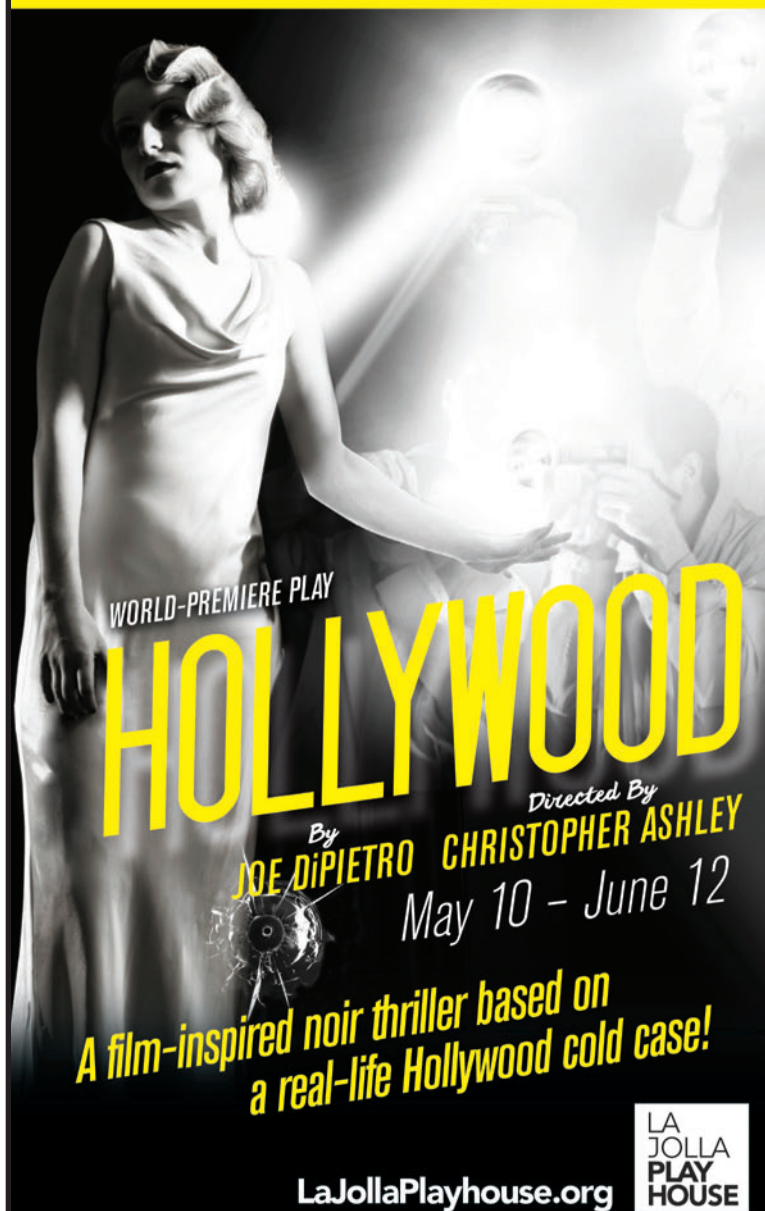
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Solving a mystery, Clue style

By David Dixon

Sleuths who enjoy their mysteries with humor instead of dread should visit the Mystery Café Dinner Theater in Bankers Hill.

For over 25 years, the company has been producing original comedies that encourage audience participation coupled with the ability to go with the flow.

The latest theatrical piece playing at the Imperial House Restaurant is "Nobody's Got a Clue." Paying homage to the board game Clue, the play revolves around guests visiting the home of Mr. Nobody. After the wealthy man is killed, all the visitors including Professor Plumber, Mrs. Off White and Colonel Dijon become murder suspects.

Bringing the story to life is co-owner Shawn Greiner. He has worked as an actor for the company since 2001 and runs the café with his wife, Mary.

Greiner is director/writer/co-star of "Nobody's Got a Clue." His script was influenced by his love of the "Clue" movie adaptation starring Tim Curry, Madeline Kahn and Christopher Lloyd.

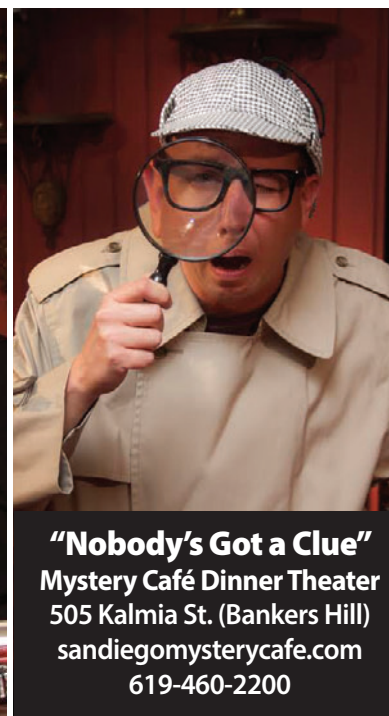
"The film has been my favorite motion picture since I was a kid," he said. "It made sense for me to write this parody for the theater."

Fans of the big screen cult classic will be thrilled to know there are references to the slapstick-filled adventure throughout the evening.

"There are a few quotes that die-hard fans will get," he said.



A slew of suspicious characters inhabit "Nobody's Got a Clue" at the Mystery Café Dinner Theater. (Courtesy of the theater)



"Nobody's Got a Clue"
Mystery Café Dinner Theater
505 Kalmia St. (Bankers Hill)
sandiegomysterycafe.com
619-460-2200



"Parts of the soundtrack are also used in our production."

Cast members are not afraid to improvise jokes or interact with viewers.

"You never know how audiences are going to respond to the actors," he said. "We don't believe in a fourth wall at Mystery Café."

Be aware that several spectators are asked to participate in Greiner's tale.

"We ask our audience to arrive 30 minutes early to be seated," he said. "What they usually don't know is that when the ensemble talks to them in the preshow, we are seeing who is fun and willing to play."

see Cafe, pg 21



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The actors in “Dinner With Marlene” give a toast to the tuxedo-wearing Marlene Dietrich (center), played by Deborah Gilmour Smyth. (Courtesy of Lamb’s Players Theatre)

Theater
Review
Charlene Baldridge



Look who’s proving its mettle (guts) now: Lamb’s Players Theatre, that’s who. Artistic Director Robert Smyth directs his wife, the splendid Deborah Gilmour Smyth as Marlene Dietrich, along with eight other wondrously cast actors in the world premiere of “Dinner With Marlene” by San Diego playwright Anne-Charlotte Hanes Harvey.

Harvey based the play on a story her father, Eric Hanes, told her when he was 90. It happened in October 1938 in Paris. A 27-year-old Swedish travel agent, he had been sent by his employer to evaluate the Lancaster Hotel in Paris. There he met the famous singer/actress Marlene Dietrich, who was staying at the Lancaster and had just fired her precocious 13-year-old daughter Maria Sieber’s nanny. As a favor, Eric “babysat” Maria (Avery Trimm) one afternoon, taking her to museums, and as a result was invited to be Maria’s escort to a dinner at Tout Paris, a renowned restaurant near the Lancaster. The hostess was American millionaire Barbara Hutton (Rachael VanWormer).

Affable Brian Mackey portrays Eric Hanes. Among the dinner guests in the play are renowned German violinist Fritz Kreisler; Dietrich’s current amour, author Erich Maria Remarque (Jason Heil); art dealer Bernadine Boubiel (Cynthia Gerber); and Lenore Wolff (Kerry Meads), wife of the Lancaster’s owner. Patrick Duffy is the omnipresent waiter, providing Champagne to the diners all evening (the food is ordered but never seen).

Consider the era, seven months after the Anschluss (Germany’s annexation of Austria), and you realize that nearly everyone at the table, with the exception of Boubiel and Wolff, has come to Paris to await the opportunity to go somewhere else.

As the dinner progresses and everyone drinks more and more Champagne, secrets are revealed and lies are told. Students of history, knowing what happens next, and having learned what has already been forbidden or lost, worry for the safety of each character.

At 2½ hours with a 15-minute



(top) Brian Mackey as Eric Hanes and Avery Trimm as Maria Elisabeth Sieber; (bottom) and Jason Heil as Erich Maria Remarque and Deborah Gilmour Smyth as Marlene Dietrich. (Courtesy of Lamb’s Players Theatre)

interval, Harvey’s well-constructed, superbly played, extremely brave and intricate work will be of great fascination and satisfaction to many. Others, perhaps too challenged or bored or both, may leave at the interval as some in the opening night audience did. Those departures are sad, because they missed the brilliant payoff in the second act. Tears came as we remembered those who did not make their way out. Within months, even Paris was no longer safe.

What a blessing for us that just prior to his death Eric Hanes gave his daughter, Ann-Charlotte, the guest list, at length causing her to ponder what might have been said and what the topics of discussion were at his dinner with Marlene. The resulting play is much more than a history lesson. It is a reminder that such a thing must never recur. Unfortunately it is very timely.

Kreisler never plays his violin, but he does sing an Austrian folk song, accompanied on

piano by Marlene. John Rosen’s performance as the renowned violinist is deeply layered, superb indeed, a jewel among many others. I cannot think of a better Marlene than Smyth, a master vocalist who wears the tuxedo well and convinces us she is Marlene.

Think of the challenge presented by a table that seats eight placed before an audience. I find it amazingly that there are no sight or sound problems. One hears every word (sound design by Deborah Gilmour Smyth), enjoys Jeanne Reith’s elegant costumes, Mike Buckley’s scenic design, Nathan Peirson’s lighting and Michael McKeon’s projections. Most of all, one savors the mental stimulation and substance of Harvey’s play, so well produced by Lamb’s Player’s Theatre.

—Charlene Baldridge has been writing about the arts since 1979. Follow her blog at charlenebaldridge.com or reach her at charb81@gmail.com. ❖

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Italian transplants Fabrizio Facchini and his wife, Samira, have opened **Clandestino** in Hillcrest, in the space that previously housed **Mess Royale**. The intimate restaurant leans heavily toward seafood dishes ranging from ceviche soups and honey-caramelized halibut, to lobster burgers that are made to order and octopus with potato cream puree. The menu extends also to fresh pastas, chicken and New York steak. *142 University Ave., Suite C, 619-578-2909, clandestino.co.*



End Zone Sports Bar & Grill has new ownership and a new outdoor patio. (Photo by Ken Williams)

After sitting empty for nearly a year, **End Zone Sports Bar & Grill** in North Park has reopened under new ownership with a re-freshed interior featuring flat screens and whimsical wall art. A front patio was also added, although it only allows for eating until the bar receives its permit for outdoor alcohol consumption. There are 24 beers on tap, mostly local crafts, along with low-alcohol spirits. The food menu features salads, tacos, burgers, pizza, filet mignon and salmon. In addition, breakfast is available from 9 a.m. to 2 p.m. on Saturdays and Sundays, and happy hour is offered from noon to 6 p.m., Monday through Friday (\$1 off drafts, and \$2 off mixed drinks). *2859 University Ave., 619-677-2928.*



Seven Seas Food Festival takes place every Saturday and Sunday, from May 7 to June 12. (Courtesy of SeaWorld San Diego)

Nine different areas throughout **SeaWorld San Diego** will be utilized for the park's second annual **Seven Seas Food Festival**, which runs every Saturday and Sunday, from May 7 to June 12. The culinary journey features stations reflecting the cuisines of Nuevo Baja, South America, Asia, France, the Caribbean, California, and other regions of the globe. Dishes will spotlight local, sustainable ingredients, and they'll be paired with local craft beers as well as wines from California and France. In addition, mai tais and piña colodas will be available in the new Polynesian area. Menu items throughout the festival include grilled oysters, lamb sliders, Peruvian ceviche, jerk chicken, escargot, crepes and dozens more. Dishes can be purchased separately or through a \$40 sample package that allows guests up to five food items and five drinks from any of the areas. A food-only sampler is available for \$20. The event is included with park admission (\$89 for ages 10 and older; \$83 for ages 3 through 9; and free for children under 3). *500 Sea*

Look for one-off beers using experimental hops after **Amplified Ale Works of Pacific Beach** settles into its new, primary brewing facility and adjoining tasting room in the Sorrento Valley area. This second location soft-opened April 26, and will allow for the production of 1,000 additional barrels of beer in the coming year, some of which will include limited releases by head brewer Cy Henley as part of his "Distorted Hops Series." *9030 Kenamar Drive, amplifiedales.com.*

Everything's new at **Burnside**, the gourmet-sandwich eatery in Normal Heights that recently reopened after closing temporarily for renovation. The space now features additional seating and an extended bar, plus an expanded menu that includes several Southern-style options from barbecue master Todd Johnson — smoked turkey, baby back ribs and pulled pork sandwiches, plus many of the previously established standbys. *3375 Adams Ave., 619-501-7715, burnsidesd.com.*

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

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San Diego Uptown News won third place for general excellence at the 2016 AFCP Annual Publication Awards announced April 29 at the national convention in San Diego. This category is the top award in the annual competition, which had more than 1,400 entries from the U.S. and Canada. Parent company San Diego Community Newspaper Network won a total of six awards. ❖



(above) The combo plate with assorted meats at Al Reef Mediterranean Restaurant in North Park; (below) the No-mayo potato salad with cucumbers (Photos by Frank Sabatini Jr.)

Tikka, kabobs and pancakes

Restaurant Review

Frank Sabatini Jr.



Photographs hanging in the front windows show generic images of Eastern Mediterranean cuisine — gyros, meat skewers, falafel, and the like. Appearing prominently above is the restaurant's name, Al Reef. Unsure of its country of origin, we were drawn inside for a solid meal from a menu skirting so many cultures that we left with more questions than we had going in.

The restaurant, which opened in the heart of North Park several months ago, is the size of a dance hall. Numerous tables and super-comfy booths occupy a dining room accented in vivid, recessed lighting similar to that of a downtown nightclub.

Persian-style décor is scattered throughout, perhaps vestiges from the hookah lounge that previously resided here. With black acoustic ceiling tiles stretching across the room, it seems the further back you go, the darker it gets.

My companion shifted his interest from lunch to breakfast when we each



Pancake breakfast plate

handed two menus, one of them listing mostly American-style morning fare such as spinach omelets, eggs Benedict, and a pancake breakfast with eggs and bacon that he ended up ordering.

Yet on the same menu card were dishes that didn't fit into the puzzle: Swiss enchiladas, shepherd's pie, and something called "brioche bread on white chicken sauce."

When our young, handsome waiter with a Brazilian accent returned, I couldn't resist asking the nationality of the ownership, and what "Al Reef" means.

"He's a guy from Iraq, and the restaurant is named after his hometown there," he tenta-



Al Reef Mediterranean Restaurant
2835 University Ave. (North Park)
619-501-6680
alreefmediterranean.com
Breakfast: omelets and plates, \$8 to \$11. Lunch and dinner: soups and salads, \$4.45 to \$6.95; sandwiches, wraps and entrees, \$8.49 to \$14.95

tively replied.

Maybe so, but Al Reef only shows up on Google as a villa community in Abu Dhabi.

While perusing the lunch-dinner options listing many of my favorite Mediterranean items such as tabouli, baba ghanoush, chicken shawarma and grilled kabobs, I became further perplexed by the presence of beef and chicken tikka on the menu, which I've always associated with Indian cuisine.

Though as I discovered when devouring the gorgeous "combo mix" entrée, the Persian version of tikka offers equally tender meats grilled to a charry finish, but minus the spicy yogurt marinade they usually receive throughout southern Asia.

The menu also features a "chicken cream chop" served plated or as a sandwich. It's a Lebanese dish with vague Hungarian roots that you don't see in many U.S. restaurants. The preparation basically involves dredging poultry filets in cream or yogurt, and then breading and frying them until golden.

Our waiter didn't know the exact details of how it's made here, except that panko crumbs are used for the breading. Needless to say, I'm determined to try it on my next visit.

Despite the perplexities we

encountered, our meals were admirably well-executed and generously portioned. My companion's breakfast platter came with several strips of bacon, plus perfectly cooked scrambled eggs, fresh fruit, and reasonably fluffy pancakes. The promise of herbed potatoes, however, didn't pan out. So we requested from our apologetic waiter an order of potato salad as a substitute.

The tender spuds were encircled with slices of crispy cucumbers, and dressed in olive oil, fresh parsley and green onions. Rarely do I encounter mayo-free potato salad that hits such a refreshing mark like this did.

A bowl of yellow lentil soup was also memorable, thin in consistency yet aromatic and comforting. I used a portion of it as gravy for the mound of saffron rice on my combo platter, which came with sizable chunks of tikka beef and chicken, both moderately juicy, plus a ground-beef kabob sporting the customary flavors of onion, black pepper and parsley found in Middle Eastern kofta.

Minty house-made tzatziki, along with grilled tomatoes and onions, and a lively Greek-style salad strewn with creamy feta cheese tied everything together in what constituted as a splendid feast priced fairly at \$13.95.

With its ambiguous culinary concept and a near-empty dining room on this particular weekend afternoon, Al Reef is nevertheless a restaurant that warrants repeat visits. And it's one that I suspect still remains largely undiscovered.

—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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Tropical shots

Come On
Get Happy!
Dr. Ink

Good thing I don't live in proximity to El Zarape Restaurant & Tequileria, where I would likely stagger out of happy hour all too frequently from their \$6 spicy mango margaritas and \$5 rum horchatas. Or as I learned in my last visit, I'd be powerless in resisting their \$4 pineapple-infused La Fortaleza tequila shots, which verge on two-ounce pours.

The temptations, however, don't end there. Happy-hour tacos cost \$2.25 apiece, and they are no less bulgy and sumptuous than the ones you'll find at El Zarape's smaller, original location in University Heights.

In fact, these might be better because the ingredients are folded into supple corn tortillas made at a tortilleria station in the main dining room. If you want to take some home and butter them up, which I did, an easy dollar buys you four.

Despite a crowded bar lounge, I was able to seize a table quickly in the colorfully decorated dining room, beneath copper pots hanging from the ceiling and with Mexican statuary and folk art staring at me from a few wall niches as I vigorously sipped down two shots of the tequila.

The pineapple element offered a caramelized sweetness up front,



(top) Carnitas and chicken taco at El Zarape Restaurant & Tequileria; (right) pineapple-infused tequila (Photos by Dr. Ink)

followed by the natural, spicy smoothness of this same tequila I recall enjoying without any flavoring at Cantina Mayahuel. The fruity infusion, though, is a bonus.

So were the three servers who promptly kept refreshing my chip basket within the course of an hour, as if they sensed the tequila was affecting my motor skills. Fresh salsas came with each refill — a standard tomato version brightened by onions and cilantro, and a green puree of avocados riddled by too much vinegar or citrus.

The two tacos I ordered were stabilizing, one of them brimming with moist pollo asado, and the other packed with tender carnitas, which harbored a few





end pieces sporting prized, crispy edges. Both were loaded with cubes of fresh avocado.


If you come knocking for margaritas during happy hour, they range from \$5 to \$7, and \$15 to \$18 for pitchers. Draft beers of common labels such as Pacifico and Negra Modelo sell for \$3.50 (16 ounces) and \$5.50 (21 ounces). But with so much tequila flying around in this spirited atmosphere, drinking the low-alcohol suds doesn't quite jive to the vibe. ❖

**El Zarape
Restaurant & Tequileria**
3201 Adams Ave.
(Normal Heights)
619-578-2600
elzarape.biz
Happy Hour: 4 to 7 p.m.
Tuesday through Saturday


RATINGS

Drinks: 
In addition to Mexican beer and classic and flavored margaritas, the happy hour menu features shots of smooth La Fortaleza tequila infused delicately with pineapple.

Food: 
The tacos are hearty and made with fresh-off-the-grill corn tortillas. Expect to use a fork when eating them because of their soft, delicate shells and abundant fillings.

Value: 
Happy-hour prices for tacos, tequila shots, margaritas and draft beers don't break the bank. You can essentially come away with a moderately full stomach and a manageable buzz under \$10.

Service: 
The dining room was well staffed when I last visited, with various servers coming to my table from every direction.

Atmosphere: 
Think Old Town without the tourists. The main dining room is big, busy and boldly decorated with homey décor. It leads into to a cozy, festive bar lounge that can fill up as equally fast with devoted neighborhood folk.

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

9/6

Sudoku
Puzzle

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

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Puzzle answers on page 20

Uptown Crossword

Sunday Business

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		

CREATORS NEWS SERVICE

By Charles Preston

ACROSS

1

Idaho product

6

Lawyer's concern

10

Hardy flower

13

Vietnam site

14

Begin

17

Foreign

18

Complete views

19

Moist

20

Restrain

22

Western Indian

23

___ rays

24

Chastise

26

Befoul with mud

29

Kitchen container

33

Make amends

34

Subject

35

Pub favorite

36

Milk part

37

Exists

38

___ ranch

39

Type of poem

40

Mistake

41

Was sullen

42

Reserve funds

44

Destructive insects

45

Curved molding

46

Narrative

47

Dish

50

Excellent

51

Ex-fighter, for one

54

Retaining wall

57

Biblical queen

59

Exaggerate

60

Teacher

61

Personal attitude

62

Check

63

Building material

DOWN

1

Dramatist

2

Show fear

3

Single thing

4

John ___

5

Genuine

6

Dried coconut meat

7

Man from Mecca

8

Original ___

9

Conceit

10

Family member

11

Where Cedar Breaks is

12

Desert tabletop

15

Sarcastic

16

Titles

21

Western American

23

Fasten

24

Prance about

25

Blackbirds

26

English philosopher

27

Musical work

Puzzle answers on page 20

Classifieds

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BUSINESS SPOTLIGHT

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It's back! Valley Vintage & Artisan Market sponsored by Valley Furniture and Cash & Carry Furniture (C&C) takes place Saturday, May 21st from 9 a.m. – 3 p.m. in the front parking lot of Cash & Carry Furniture located at 850 E. Main St., in El Cajon.

This market is going to be a blast with an eclectic mix of antiques, vintage home and garden, jewelry, and reclaimed and repurposed goods. The artisans have prepared some amazing items just for this market! Plus new this year, we have Valley Farms BBQ and live music.

Come out Saturday, May 21 and check out our fabulous, super talented vendors and grab a bite of food while listening to music.

Also, be sure to visit Valley Furniture, our sister store, located just across the street, specializing in American-made home furnishings and offering the largest selection of Amish furniture in San Diego. We hope you will join us for this fun event and browse our store with its eclectic mix of priced right furniture, offering brands you know at prices you love.

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BUSINESS SPOTLIGHT

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When Keith Comey finished working on the 1920s bungalows on Madison Avenue in University Heights 19 years ago, he never guessed one day he'd live in one of them. Now a University Heights resident, Keith is expanding his construction business to San Diego's historic neighborhoods.

KC Construction's projects range from commercial tenant improvements to historic home restorations — and everything in between. KC Construction is a full service construction company providing professional, contentious, high-quality work at a fair price.

Keith's appreciation for historic homes is reflected in his effort to retain and work around unique features while providing necessary modern conveniences to homeowners.

KC Construction's work has been featured in West Coast Craftsman and was the August 2015 Home & Garden section feature story in Quad City Times, about a historic house renovation in the Midwest that won a Preservation Award from the local preservation society.

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PUZZLE SOLUTIONS

Sudoku

Puzzle from page 19

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

Sunday Business

Crossword from page 19

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

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SAN DIEGO COMMUNITY NEWS NETWORK



The cast of “Nobody’s Got a Clue” includes a skeleton and an assortment of suspicious characters. The murder mystery, loosely based on “Clue,” is presented by Mystery Café Dinner Theater at Imperial House Restaurant in Bankers Hill. (Courtesy of the theater)

FROM PAGE 14
CAFE

Even though Greiner and Mary became owners in 2015, not much has changed in terms of management. Yet, one of the biggest accomplishments recently is they helped increase attendance by over 60 percent. The main rea-

son that more people have been visiting, Greiner noted, is because of positive customer service. “Our goal is that visitors are happy from the moment they call us to the moment they leave the theatre,” he said. The other reason why more people are taking a trip to the café is because many are familiar with Clue. “Everybody knows the board game,” he said. “Even if the char-

acters names are a bit different, guests can still completely relate to the plot.” “Nobody’s Got a Clue” is going to run at least through June, but Greiner wants future shows to have a similar tone. “My future plans are to continue to produce original plays that have never been seen before,” he said. “Although murder mysteries are going to be included as

subplots, our main focus is on the comedy aspect.” He hopes that San Diegans who have never been to a single mystery dinner event give “Nobody’s Got a Clue” a chance. “I was talking to a cashier recently who really wanted to go to a mystery dinner,” he said. “I’ve heard that kind of comment very often. I encourage them to give it a try.”

Greiner has preserved the appeal of the unique interactive experience. Bring a big appetite and be prepared to get involved in the action. —A fan of film and theater from a very young age, David Dixon has written reviews and features for various print and online publications. You can reach him at daviddixon0202@gmail.com. ❖

Californians Weigh in on Small Business

Survey Shows Overwhelming Consumer Support for Small Businesses

When Californians were asked which political candidate is most likely to support legislation that provides more opportunities for small businesses, Bernie Sanders edged out Hillary Clinton and cruised past Donald Trump, according to the 2016 Cox Consumer Pulse on Small Businesses survey. Additionally, more California consumers (47%) believe the Democratic Party contributes more to small business growth compared to Republicans and Independents.

The national blind survey, commissioned by Cox Business in recognition of National Small Business Week (May 1-7, 2016), polled consumers from around the country, including California.

Other key findings from California respondents included:

- 90% frequent small businesses at least once a week, with 43% shopping small businesses three times or more per week;
- 59% say WiFi is the best perk to have while waiting (coffee came in second at 20%);
- 66% didn’t feel it is necessary for small businesses to stay open on holidays;
- When asked which digital channels they use to interact with small businesses (and to select all that apply), 55% use websites, 47% email and 41% Facebook compared to Instagram (21%), text (20%) and Twitter (14%);
- 72% of California consumers feel the federal government does not do enough to promote small business growth on a national level;



- The entrepreneurial bug starts early. According to survey responses, California consumers have tried their hands at a variety of business ventures as kids, including: babysitting (44%), neighborhood lemonade stand (28%), mowing lawns (27%), paper route (26%), and dog walking (12%).

More details on the 2016 Cox Consumer Pulse on Small Businesses are available at coxblue.com/newsroom. Follow @CoxBusiness and @CoxCalifornia on Twitter and join the conversation using #GoSmall to share the results with your business network.

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Does historical preservation matter?

Ask a fifth-grader

PastMatters Katherine Hon

Does preserving our community's historical landmarks and buildings matter? Or are those old, rusty, outdated structures just in the way?

North Park Historical Society (NPHS) member Pat Taylor

thought some good answers could come from the fifth-graders at McKinley Elementary School, a place where she has spent countless volunteer hours since 2001 as tutor, mentor and friend. And she was right. The essays written in April 2016 by the students in classes taught by Ms. Phillips, Cheesman and Knox are thoughtful, touching, inspirational, and simply "terrific," as Taylor would say.

Much tougher than the writing assignment for these engaged students was NPHS's task of choosing three "Gold Star" essays from more than 60 excellent submittals. Each of these winners received a copy of "Images of

America: San Diego's North Park" written by NPHS and published by Arcadia Publishing Co. in 2014. In preparing for their essays, the students viewed photos in this book, including historical photos of McKinley Elementary, which was built in 1924 and replaced in 1973. Purchase your own copy of this important North Park history book with more than 200 vintage photos at Paras News on 30th Street, North Park Hardware on University Avenue, or the West Grove Collective on Juniper Street in South Park.

NPHS also picked seven honorable mention essays. Each of these students received a gift



North Park Historical Society member Pat Taylor (yellow blouse) with award-winning essay writers from McKinley Elementary School. The students were asked to write essays about whether historical preservation matters to them and their community. (Courtesy of North Park Historical Society)

certificate to Verbatim Books, a rare and used bookstore newly arrived in the heart of North Park at 3793 30th St.

The essays were part of a pro-con reasoning exercise, and the students overwhelmingly took the pro position in favor of historical preservation. Let's listen to what they had to say.

In the Gold Star essays, Marlo made the point that having historical buildings "helps us understand how people built things in the past" and "shows that they used a very different style of buildings than we do today." Katie said "Landmarks from the past are important. They could be part of other people's religion or culture ... By tearing down an old landmark, you are taking away a piece of the history of your city and of other people." Nemesis said that historical preservation "provides a way of saving history for others to enjoy. It provides a sense of community, and it also provides us with information." She noted that the cave dwellings she had seen travelling in New Mexico "are perfect examples of how historic preservation is a benefit. If we hadn't saved these we wouldn't have a clue how they lived back then."

In the honorable mention essays, Chris reminded us that "we shouldn't just get rid of things because they are old. We should still use them in some way." Kira emphatically stated, "There is no reason why we should destroy important historical structures!" Sail pointed out that "we can always learn from what we did well and not well at all. We can learn what to do and what not to do!" Miles noted that historical places "give us our memories ... these great things took time to make and most of the time still have use."

NPHS likes Charlie's point that historical preservation "reminds us of our past, helps us with the present, and gives us great ideas for the future." And NPHS strongly agrees with Marley, who said, "both the Georgia Street Bridge and the North Park Water Tower should stay up for people to see them ... They are very old, special and beautiful." We hope everyone can agree with Amandy, who ended her essay with the plea, "So please don't destroy historical places because like I said, once it's gone, it's gone."

All 10 of the winning essays will be displayed at the upcoming historical presentation NPHS is sponsoring to celebrate May being National Preservation Month. The free presentation by author and historian Chris Wray is a photographic journey along "Historic Highway 80 across California." The free event will be held on Thursday, May 19, starting at 6:30 p.m. in the second floor Fellowship Room at Grace Lutheran Church, 3967 Park Blvd.

NPHS thanks Taylor; teachers Phillips, Knox and Cheesman; and all of their students at McKinley Elementary School for their well-reasoned essays about why historical preservation matters. Until these motivated students are in positions of authority to protect the historical resources of our community, we should keep in mind what the National Trust for Historic Preservation said: "The past matters. Pass it on. The next generation will only inherit what we choose to save."

—Katherine Hon is the secretary of the North Park Historical Society. Reach her at info@northparkhistory.org or 619-294-8990. ❖

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McKinley Elementary School students do good work in 1954, and they continue to do so generations later. (Courtesy of McKinley Elementary School)

Bankers Hill rich in talent

By Kit-Bacon Gressitt

The Bankers Hill neighborhood has been known for many things over the years, from its first, affluent residents in the 1890s to its lush landscapes and canyon trails to one of the nation's first AIDS hospices, in the historical Truax House. Today, it enjoys the serendipity of being home to the top two winners of the San Diego Watercolor Society's March Member's exhibit, a competitive juried show.

Brent Foster's "The Russian Artist" won first place, and Bonnie Woods' "In a Purple Mist" took second.

Watercolor painting is technically challenging. Its transparent nature can make the medium much less forgiving than others — mistakes cannot be hidden under an additional layer of paint — so winning in such a competitive venue is all the more rewarding. But both artists are seasoned and accomplished, and both have been painting since childhood, with lots of maternal encouragement.

In a recent interview with San Diego Uptown News, Foster, with her pixie-ish persona and personality, drew a timeline of her artistic training.

"My mother kept a painting I did when I was two-and-a-half," she said. "It's just part of my life."

Foster attended the studio arts program at Scripps College, studied with landscape artist Millard Sheets, and was pursuing a master of fine arts degree in medieval architectural art on a Fulbright scholarship, when her advisor died — and no one else would take her on. Out of funding, Foster made her way to New York and, from 1957 to 1960, pursued her studies at the Art Students League, with a multitude of artists painting their way to fame. Foster eventually returned to California and taught in public schools, incorporating art in her academic classes. Upon retiring in 2003, she moved to Bankers Hill.

"I love it — it's wonderful," Foster said of her neighborhood. "I'm so glad I stumbled into it. It's like being in the country. I have a studio that I love. Large sliding doors open onto a ravine. I started taking classes here. There's so much going on for watercolors, so many good teachers and the climate, and the society is wonderful. It's really watercolor heaven here."

As inspiring as her location might be for plein air — or outdoor — painting, Foster also embraces portraiture. Her winning painting, "The Russian Artist," was influenced by a fellow artist who sat for a group with which she regularly paints.

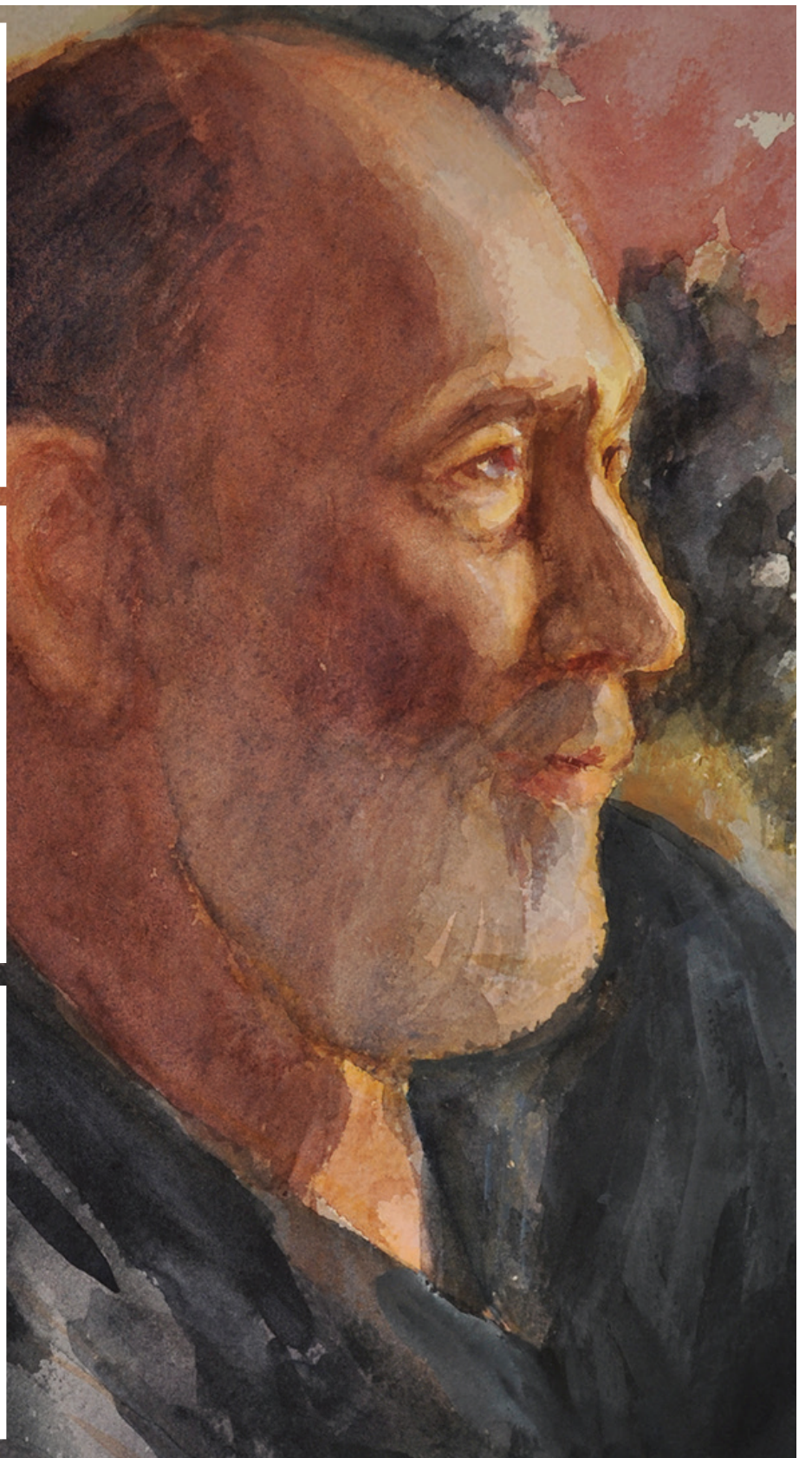
"He had a wonderful face," Foster said. "He projected a lot of humor, a lot of pain."

Foster's painterly colleague, Bonnie Woods, also has a gift for capturing the subtleties of emotion — a wistful expression or a bemused shrug of a shoulder, as in her second-place painting, "In a Purple Mist."

Woods, a Signature status member of the watercolor society and of the Western Federation of Watercolorists, studied art at the universities of Houston, Oklahoma and California, San Diego. Her work celebrates the female.

"I have a passion for it," she said. "I also draw regularly with a group — we have live models every week. I take a lot of my inspiration from live models. Maybe 60 or 70 percent comes from my imagination. I love to draw women. I'm fascinated by the human figure."

"There's another thing that's always interested me," Woods continued, "the women of the street,



(clockwise, from top left) Brent Foster (Courtesy of the artist); first-place winner "The Russian Artist" by Brent Foster (Courtesy of San Diego Watercolor Society); Bonnie Woods (Courtesy of the artist); and second-place winner "In a Purple Mist" by Bonnie Woods (Courtesy of the artist)

the idea that a woman can do anything, do whatever they can to make a living. I find the costumes fascinating, the women fascinating. I have a series called 'Showgirls, Strippers and Streetwalkers.' My goodness, the outfits, the tattoos, the hairstyles, the colors — I walk down the street and it's hard for me to concentrate, because I want to take pictures of them."

Woods' eye lands on subjects who are not always light-hearted.

"Some of the faces are a little on the more somber side," Woods explained. "My paintings make people stop and think. They're impressed by the expressions. To me, the most vital thing is the attitude — of sassiness or pain or they're thinking back about something. At the very deepest level, I have to say that I was so inspired by my mother, but she was bigger than life. We're from Texas, and she was a big, big personality. I looked at her from afar and

worshipped who she was. She died early — I don't think I really got to know who she truly was — but I think her talent is coming through me and telling me some stories."

Whether stories from the past, silent pain or the beauty of local landscapes, artistic inspiration abounds in Bankers Hill.

Woods' work can be viewed at Ashton Gallery, 4434 30th St., and online at bonniewood.com. For more information about the San Diego Watercolor Society, visit sdws.org. The society's gallery is located in Liberty Station at 2825 Dewey Road, San Diego.

—Kit-Bacon Gressitt writes commentary and essays on her blog, "Excuse Me, I'm Writing," and has been published by Ms. Magazine blog and Trivia: Voice of Feminism, among others. She formerly wrote for the North County Times. She also hosts Fallbrook's monthly Writers Read authors series and open mic, and can be reached at kbgressitt@gmail.com. ❖

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Brett Smith

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If I asked 10 people to tell me what "Junk Food" is I bet 9 of them would identify something that is not good for them to eat. If I picked 10 people to tell me a simple way to start feeling better, reducing stress and get stronger I bet another 9 of them would tell me some sort of exercise or activity would do the trick. Why is this? I am not sure and I have not actually tested this theory but I have asked plenty of clients the same questions and to a fault they all knew what they needed to do, however the obstacle was finding the right motivation to take action.

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Got workarounds?

Fitness

Blake and
Gwen Beckcom



We all well know the adage; "no pain, no gain." It is true, that staying fit requires discipline and workouts that push our limits, which in reality, IS what's required to get our body to adapt.

Getting gains requires some level of pain acceptance to move the needle ... period.

No pain, no gain is about "owning it," embracing the burn, pushing through fatigue, putting in the extra — be it reps or

distance. It is a mantra for the "push" needed to make gains.

As we age, though, we tend to get associative pain with those gains we may not have been looking for, which last beyond the workout itself. Finding effective ways to work safely, within our ability and within our pain tolerance levels, continuing to train, working around pain areas, is key to sticking to it to not give back hard fought gains.

Oftentimes, we use ANY pain as an excuse to not workout, when working around the pain to help it heal, is better and more effective, than not working out at all. Look, if your upper body has

some sort of trauma; your lower body is still fine. If your lower body is compromised, you can do everything in a workout seated or lying down for that matter. So, don't let an occasional bump or bruise derail your gains. Safety is important and soreness is the body's first alarm system, while pain itself takes on a differing potentiality. A dull ache is different than a shooting pain, and even the sharp shooters have workarounds.

Let's take your grip, for instance, as a workaround. Open your palm, and let's start with the pinky first. Draw the little finger inward until the top of the little finger touches your palm at about mid-palm. Now do it again, but watch your forearm and which muscles are affected in that movement. Now do that with each successive finger all the way to the index finger paying close attention to how the forearm reacts.

What I have found is that varying your grip intensity in terms of which finger(s) are really clamping down, changes the stressor in my forearm up to, and through my elbow. I had a nice nasty case of tendonitis and with a combination of therapy modality, BUT most importantly, how I gripped bars, ropes, bands, benches etc in my workouts, I was able to adjust my grip intensity by finger, and move the tension off of the area in the elbow extracting the most pain and not miss a workout ... plus totally recover from the tendinitis.

Now, stand up and look down at your feet. North and south feet, not internally nor externally rotated, was how we were made

see Fitness, pg 25

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FROM PAGE 24

FITNESS

structurally, in the best case. If your feet splay in your normal stance; that is, rotate from say, noon to 1 o'clock right side, or say, noon to 11 o'clock, left side, which typically is a sign of imbalances in your thigh musculature, which generally is the root cause of the rotation of our feet off of noon. Consequently, that rotation puts more pressure on the inner side your knee.

A splayed foot more easily pronates; i.e., arch/ankle inward collapse and pronator's usually have inward knee collapse, which puts even more pressure on the inner part of the knee. If you have knee pain, look at your feet. Perhaps changing their alignment when you get out of a chair or walk up stairs will "work-around" your pain. Now my knees don't collapse, nor do I have pronating feet, but I do have years of wear and tear on my knees, especially my dominant side, which is right. What I have found is that by having a slight internal rotation of my right foot during ANY exercise related to my legs, that the pressure point in my knee migrates

to outer, vs. inner, and PRESTO ... I am golden. Push through the heel, even better, as that translates more to hams and glutes and less to knees and quads. See? Another work-around in the multiple, this time.

Be it a foot, a knee, or a hand — anywhere really for that matter — regardless of the pain, there are ways to work around most every bit of skeletal/muscular pain that comes your way as you age. The point is to stay in the game. "My shoulder hurts" is not cause to quit. Gravity does not quit when you do, and when you do, then the muscle that supports the shoulder joint atrophies, but gravity just keeps on pulling. You want less pain? Find and use work-arounds and keep showing up. Once you stop showing up, the body gives up, and the pain intensifies. Sweat is the body's way of giving you applause for staying in the game regardless of the pain. Hear the roar? Oh, by the way, my right shoulder hurts too. Ain't stopping me ... should NOT stop you either.

—Blake and Gwen Beckcom
run *Fitness Together Mission Hills*. Contact them at fitnessstogether.com/missionhills.

FROM PAGE 10

Q&A

of our city's infrastructure in general. However, I would like to see dedicated general obligation bond funding just for Balboa Park because it is such a regional asset that needs consistent care and maintenance. This would be something I would certainly champion if elected as the next City Councilmember.

Ward: I've committed to making a priority in my first 100 days to establish a public working group to take a fresh look at the totality of infrastructure need, prioritize the repair and new projects the city should invest in Balboa Park, and identify appropriate funding proposals to close the deficit gap and create a sustainable funding stream for the park in perpetuity. While others have made campaign promises to promote a general obligation bond as the solution, history shows that infeasible as one has never been approved by city voters because of its high two-thirds threshold required under law, nor are those funds lawfully permitted to sustainably fund ongoing maintenance needs. As someone who understands the broad range of municipal finance mechanisms more appropriate for this opportunity, I intend to engage the public with these solutions to present to the voters a thoughtful and reasonable solution to save Balboa Park.

• Why should voters choose you over your opponents?

Bernal: I believe that I have more applicable experience than my opponent, which means that I am better equipped to execute the duties of a City Councilmember starting immediately on day one. Serving District 3 residents as a member of the Todd Squad has well prepared me to deliver results and continue a culture of accountability for taxpayers. I have worked at City Hall for the

past seven years as a member of Councilmember Gloria's staff. In that time, I have served as a representative to every neighborhood in District 3 and I know the communities well. I have also built positive working relationship with city leaders and I have the background knowledge on nearly every civic issue. My opponent comes from the highly politicized environment in Sacramento and does not have those connections or history. I can and I will continue the progress and level of service that District 3 residents have come to expect from their city government, and I truly believe I am the only candidate who can do that.

Ward: I bring nearly two decades of community engagement and well-developed relationships with many of our neighborhood, regional, state, and federal partners to the office in order to provide greater leadership and participate in solving our most pressing challenges. As a former urban planner in the private sector and current Senate Chief of Staff, serving as your City Councilmember connects two of my career passions I pursued after obtaining my education at Harvard's Kennedy School of Government. Trusted individuals and organizations like Toni Atkins and Christine Kehoe who served in this seat; Councilmembers David Alvarez, Myrtle Cole and Marti Emerald; my own boss Senator Marty Block; San Diego Police Officers and Fire Fighters; the Sierra Club; and hundreds more have critically evaluated the candidates and offered me their endorsement based on my ability to be successful in the role. I ask for the voters' support as well on June 7 to allow me to help move our city forward.



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FROM PAGE 1
PRETZEL

Jumbo Bavarian Double Twist (\$6) and Pretzel Puffs (\$3 for five or \$5 for 10). The pretzels are vegan and vegetarian, Jeff said, but not gluten-free.

The soft pretzels are large and served with a spicy cheese dipping sauce containing flakes of green chili peppers. "We use aged cheddar cheese infused with local craft beer in our dipping sauce," Jeff said. He added that the pretzels are made with unbleached flour, unsalted butter, sea salt, olive oil, yeast and San Diego tap water.

Patrons can purchase extra cheese sauce, gourmet mustards and dips, and even beer-glazed nuts from North Park Nuttery. Gourmet ice tea, lemonade, root beer and sodas (\$2.50) are also on the menu.

Folks who want to take pretzels home can purchase a "Take and Bake" order, complete with everything you need to re-create the in-store experience. They also specialize in taking orders for beer lovers heading out for a pub crawl. And if you can't make it to the shop, you can order their pretzels via Door Dash for delivery to Hillcrest, University Heights, Normal Heights and North Park. They also plan to offer their own delivery service in North Park in the near future, via an electric car.

Soon, customers will be able to order a charcuterie board choosing sliced meats, fruits or vegetables.

But wait, what about the craft beer? That's coming soon, too. Their wine and beer license has been approved, so they are expecting to open the taps within a few weeks. The wine and hard cider won't be far behind.

On the other side of the temporary wall is a work in progress, as they prepare to showcase craft beers from their client breweries that feature their gourmet pretzels.

California Tap Room will also be one of the anchors at the Ray at Night monthly arts festival, hosting the "official beer garden" in the parking lot in front of their business. "We plan to rotate beers each month," Jeff said.

Jeff spent 25 years in the banking industry with the Bank of California, based in Irvine. "I survived the crash of the banks," he said. "I was bought, sold, merged and closed. I had enough of that, so I decided to retire."



J. Paul "Boomer" Iacoangelo, one of the co-owners of California Tap Room in North Park, holds up a Jumbo Bavarian Double Twist pretzel that pairs well with a craft beer. Gourmet mustards and cheese dips, beer-glazed nuts from North Park Nuttery and other merchandise can be purchased to compliment the soft pretzels. (Photos by Ken Williams)



But Jeff also loves the craft beer industry, and looked into opening his own brewery but found the start-up costs to be prohibitive. "I started looking for a product that would compliment craft beer."

Jeff knew beer lovers have a natural affinity for pretzels, and he searched the city and found a quality baker who could produce the products he wanted to serve. He and Boomer politely decline to name the mystery baker, but

that man was the person who introduced the future business partners.

In March 2015, Jeff started California Tap Room as a mobile business, catering gourmet pretzels and accouterments via a "pretzel trailer" to businesses and brewers, such as Mike Hess Brewing, Coronado Brewing Company, The Lost Abbey and Pizza Port Brewing Company. As the mobile business took off, he realized that he needed a

brick-and-mortar operation and a business partner. A casual conversation with his baker led to the fortuitous introduction to Boomer, who has known the baker for many years since he moved to San Diego from Philadelphia. Boomer calls the baker "my father figure out here." Jeff and Boomer met, found they share common interests, so Jeff sold half the business to his fellow North Park residents, Boomer and his wife Lauren.

Boomer, by the way, recently lost his bid to be elected to the North Park Planning Committee. But the millennial businessman isn't deterred; he plans to run again in the future. He also is keeping an eye on the presidential race, because Republican frontrunner Donald Trump was his former boss when he was a

California Tap Room
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(North Park)

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camera operator on NBC's "The Apprentice." Boomer doesn't mince words in describing Trump: "He is a lunatic!"

Incidentally, Boomer and Lauren's affection for Philly pretzels is why those are on the menu, Jeff said. They are already a top-seller.

San Diego Uptown News visited the shop on National Pretzel Day, which fell this year on April 26. Customers trickled in, including North Park resident Mike Myers, a Realtor with Team Metro Real Estate.

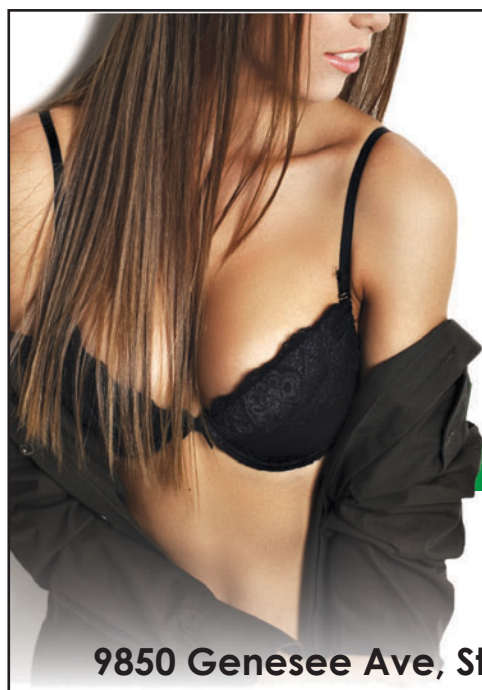
"What a great place to be, especially on National Pretzel Day," Myers said.

"I'm very excited to see them open and looking forward to their expansion with not only the store size but the menu. California Tap Room is already a great place. The pretzels are delicious! I had my first cinnamon and sugar pretzel ... and it was incredible. Boomer hooked me up with some icing drizzled on top and Jeff suggested a side of honey that knocked my socks off," he added.

"Jeff, Boomer and Lauren are all so friendly. As soon as you walk in there, they make you feel like you've known them forever. They're very easy-going and always make you leave with a smile. I usually bring my dog Riley with me and they treat her just as nice, usually winning her over with a taster Pretzel Puff," Meyer said.

"I cannot say enough about California Tap Room. With great people, a great store, great location, great pretzels, it's definitely a spot that will be around for a long time and become a staple here in the heart of North Park."

—Ken Williams is editor of Uptown News and Mission Valley News and can be reached at ken@sdcnn.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

'Dollar-A-Dish'

Through Tuesday, May 31

Restaurants throughout San Diego are participating in this annual campaign benefitting San Diego Food Bank's "Food 4 Kids" backpack program. The program provides weekend backpacks full of food on Friday afternoons for school children in need. Participating restaurants select one of their best-selling items and donate \$1 each time that dish is ordered throughout the month. Uptown restaurants participating (and their dishes) include: 100 Wine Kitchen (Melted Brie), The Patio on Goldfinch (Ahi Poke Tacos), URBN Coal Fired Pizza (Chef's weekly pie) and more. Visit sandiegofoodbank.org/dollar for a full list of restaurants.

Trolley tour of Kensington

Saturday, May 7

An old-fashioned trolley will take ticket-holders on tours of historic Kensington at 12:45, 1:45, 2:45 and 3:45 p.m. The tours will include fascinating facts about the neighborhood. Refreshments will be served after the tour. Tickets are \$25 and must be purchased in advance at the Kensington Community Church office (4773 Marlborough Drive) or at Ken Video (4067 Adams Ave.).

Toastmasters open house

Tuesday, May 10

Mission Valley Persuasive Speakers Club open house will showcase how the Toastmasters program can help people become confident public speakers. Someone will win a free Toastmasters Membership at this event. The free event (4444 Zion Ave. in Grantville) will start with a meet-and-greet at 6 p.m. followed by the open house/meeting from 6:30 – 8 p.m. Call Josh or Tom at 619-284-8444 with any questions.

'The Sunny Side of the Street' opening reception

Saturday, May 14

The Ashton Gallery at Art on 30th (4434 30th St., North Park) will open its summer art exhibit with a reception from 6 – 8 p.m. The participating artists will be hanging a show that features yellow as the prominent color in honor of the warm season to come. Art on 30th is a full-service art center with private artist's studios; and art instruction in various disciplines through classes and workshops. Visit arton30th.com.



'Anti Racism and Facing White Privilege'

Tuesday, May 17

This talk is part of a series presented by Partnership for Racial Justice. The event will start with light snacks at 6:30 p.m. at Kensington Community Church UCC (4773 Marlborough Drive, Kensington). The speaker and small group discussion will cover the questions: "What is 'white privilege'?", "Do you have it?" and "Can you use it to fight racism?" Visit bit.ly/1W6Rgat.

EAT

DRINK

READ

A Culinary Event With a Twist Benefitting The San Diego Council on Literacy

7th annual 'Eat, Drink, Read'

Wednesday, May 18

San Diego Council for Literacy will host this special event at Liberty Station (2641 Truxton Road) from 5:30 – 8 p.m. The event will feature local restaurants, breweries and more sharing their cuisine and beverages. Attendees who bring books to donate for children will receive a raffle ticket; those who buy a book at the event will also receive a raffle ticket. All donated books will be given to families in need of them. Tickets are \$95 and include beverage and food tastings. Visit literacysandiego.com.

'Science Fiction, Science Future'

Saturday, May 21 – Monday, Sept. 5

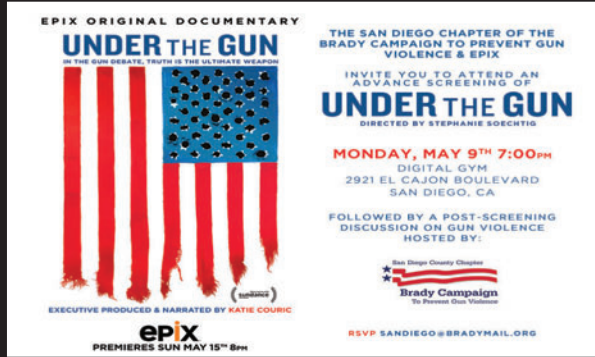
This traveling exhibition opens today at Reuben H. Fleet Science Center (1875 El Prado, Balboa Park) in the main exhibit gallery. The exhibit brings to life innovations and inventions once considered only science fiction, but now are becoming reality. Visitors will have an interactive experience with robots, holograms, invisibility and more. "Science Fiction, Science Future" was created by the Scitech Discovery Centre in Perth, Australia and produced by Imagine Exhibitions Inc. Visit rhfleet.org.

Mission Hills community garage sale

Saturday, May 21

This large community garage sale will take place from 8 a.m. – noon with stops throughout Mission Hills. A map and addresses of participating homes are available at Coldwell Banker (1621 W. Lewis St.). Call 619-800-1103. ❖

DIGITAL GYM GEMS



Monday, May 9 – check in at 6 p.m.; screening at 7 p.m.: "Under the Gun" examines the debate for and against stricter gun control laws in light of the increase of gun deaths in the U.S. It also provides a look at the families impacted by mass shootings in Newtown, Aurora, Isla Vista and Tucson. The film was produced and narrated by Katie Couric. The San Diego chapter of the Brady Campaign To Prevent Gun Violence will host a discussion on gun violence afterwards. Rated R. 110 minutes.

Friday, May 13 – Thursday, May 19: The comedy "The Family Fang" stars Jason Bateman and Nicole Kidman as siblings who return to their family home after an unlikely accident involving their performance artist parents, played by Christopher Walken and Maryanne Plunkett. Rated R. 105 minutes.



Friday, May 13 – Sunday, May 15 and Tuesday, May 17 – Thursday, May 19: In the Turkish film "Baskin" a squad policemen face a night of horror after answering a distress call at an abandoned building. The tagline for the film: "Enter a world of suffering and madness" warns that this horror-fantasy is not for the faint of heart. Unrated. 97 minutes.



Visit DigitalGym.org for show times and tickets and information on additional films.

RECURRING EVENTS

Mondays:

North Park Toastmasters meeting: 6:30 – 8 p.m., weekly meeting at St. Luke's Episcopal Church, 3725 30th St., North Park. 8469. toastmastersclubs.org.
Open Mic Night: 7:30 p.m., the mic is open to you at Lestat's Coffee House, 3343 Adams Ave., Normal Heights, free. Lestat.com.
Unsung Genius: 6:30 p.m., bi-weekly trivia hosted by Rafael Gaitan starting at 7 p.m.; \$2 to play; cash, bar tab and other prizes. Karaoke to follow at 9 p.m. on the big stage at The Merrow, 1271 University Ave., Hillcrest. Themorrow.com.

Tuesdays:

Curbside Bites: 5:30 – 8:30 p.m., gathering of gourmet food trucks at 3030 Grape St., South Park. 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. Sdfood-trucks.com.
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. RebeccascOFFEEhouse.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. Thornstreetbrew.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. Universalspiritcenter.org.

Thursdays:

Uptown Sunrise Rotary Club meetings: 7 a.m., weekly meeting at Panera Bread, 1270 Cleveland Ave., Hillcrest. Sdurotary.org.
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. RebeccascOFFEEhouse.com.
Liberty Toastmasters Club: 7 p.m., at Saint Paul's Community Care Center, 328 Maple St., Bankers Hill. Libertytoastmasters.org.
2016 San Diego Film Series: 7:30

p.m., every third Thursday view a film representative of Italian cinema at the Museum of Photographic Arts, 1649 El Prado, Balboa Park. SanDiegoitalianfilmfestival.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.

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 and Firstusandiego.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.

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.
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.
Tai Chi Qigong: 10 a.m., all skill levels welcome in Balboa Park, Upas Street and Sixth Avenue, free. Call Chris at 619-504-1557.

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

Sundays

Free Pancake Breakfast: 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.
Hillcrest Farmers Market: 9 a.m. – 2 p.m., under the Hillcrest Pride Flag, Harvey Milk and Normal streets, free. Hillcrestfarmer-smarket.com.

To view local community organization meeting information online, visit: sduptownnews.com/community-organization-meetings.

—Email calendar items to ken@sdenn.com. ❖



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