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San Diego Uptown News

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San Diego Community News Network

Beware!

Bringing human trafficking into the light

Ken Williams | Editor

They run away from home or foster care, and then they run out of money for food and housing.

They run into trouble. Big-time trouble.

Desperate to survive on the streets with no support system surrounding them, they become easy prey for those who would exploit them.

They run headlong into the horrific underground world of human trafficking. Labor trafficking. Prostitution. Sex slavery. Or possibly worse.

It's a taboo topic, but one that needs to see the light of day, according to those on the front lines of fighting human traffick-

ing in San Diego.

On July 20, the North Park Community Association hosted an educational forum at Plymouth Church, designed to raise awareness about "Human Trafficking." Speakers included U.S. Rep. Susan Davis (D-San Diego), District 3 Councilmember Todd Gloria, Assistant Police Chief Terry McManus, Chief Deputy City Attorney Jamie Ledezma, and Chief Deputy District Attorney Summer Stephan.

"This is a tough topic," Rep. Davis told the audience. "I know it's hard to come out and hear about it. It's not something you can see in your daily lives."

see **Trafficking**, pg 8



Return to glory: Georgia Street Bridge

Ken Williams | Editor

The historical Georgia Street Bridge is about to undergo a \$14 million face-lift to restore the aging landmark to its original glory. The rehabilitation project is expected to be finished in summer 2017.

In 1914, the Georgia Street Bridge — a reinforced concrete structure designed by J.R. Comly to replace a 1907 all-redwood trussed bridge — was dedicated in a new city neighborhood named North Park. Charles F. O'Neill was the mayor of San Diego, a city of about 40,000 people experiencing growing pains.

The new bridge was an instant classic with its elegant Roman arches, a theme echoed on the massive retaining walls on both sides of University Avenue, below the bridge.

Vicki Granowitz, chair of the North Park Planning Committee, described the bridge's style as Mission Revival and said Comly designed it to complement the theme of the 1915-16 Panama-California Exposition at nearby Balboa Park.

At the public ceremony on July 19 to mark the start of construction, Granowitz read a prepared statement documenting the history of the 102-year-old bridge and the herculean community effort it took to preserve it from the wrecking ball.

"This is more a gateway than a bridge," Granowitz said. "It is an entrance to historical North Park."

For more than a century, the Georgia Street Bridge has been a very

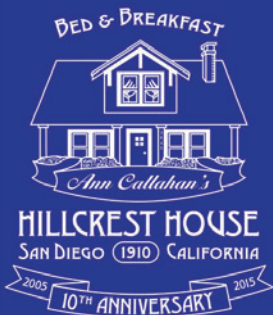
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(l to r) Views of the North Park landmark Georgia Street Bridge in 1949 (Courtesy of North Park Historical Society) and in 2016 (Photo by Ken Williams), ahead of a major restoration project.

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The end is near!

North Park Community Plan update is almost finished

Ken Williams | Editor

Years in the making, the North Park Community Plan update is all but finished. Key dates have been announced:

- Sept. 9 — North Park Planning Committee (NPPC) is scheduled to cast a final vote on the proposed update.
- Sept. 15 — The city's Planning Commission is set to vote on the update project.
- Oct. 18 — The City Council, which has the final vote, gets its first look at the proposed update.

The NPPC met July 19 to make final comments on the Programmatic Environmental Impact Report (PEIR) as well as the proposed update's elements titled "Mobility & Transportation," "Urban Design & Land Use" and "Historic Preservation."

Public comments on the PEIR closed on July 28. San Diego Uptown News previously reported on discussions about the PEIR in an article titled "How future growth will impact North Park, Golden Hill." Read it at bit.ly/1V2TTE0.

At the July 19 meeting, the NPPC moved to the consent agenda the PEIR recommendations that involved housekeeping, cleaning up errors and the fine-tuning language. The committee voted unanimously to forward the recommendations to city planners.

The Historic Preservation element continued to get intense scrutiny from NPPC members, and senior planner Kelly Stanco was grilled about the prioritization factors in determining how the city processes potential historic districts.

Stanco said the city is understaffed in the area of assessing potentially historical districts, and only three projects could be undertaken per year. She listed 11 North Park projects that have been scheduled:

- FY 2018 — Shirley Ann Expansion
- FY 2019 — Spalding Place
- FY 2020 — Park Boulevard Apartment West and East, Uptown and North Park; Kalmia Place
- FY 2021 — Valle Vista Terrace
- FY 2022 — 30th Street and University Avenue; 28th Street Residential
- FY 2023 — St. Louis Heights/Lynhurst/O'Nealls Terrace/Wallace Heights
- FY 2024 — Altadena/Carmel Heights/Fray Heights; Park Villas
- FY 2025 — Wabash Mesa

Stanco said the NPPC could reorder the priority on when the projects are undertaken.

The NPPC voted unanimously to forward a number of changes to the proposed update's Historic Preservation element.

Also, the committee voted unanimously to add comments to the update about an Impact Fee Study (IFS) that has yet to be presented to the NPPC or reviewed by the public. This unseen IFS was cited by city staff in the proposed update, involving transportation and circulation mitigation. The committee called the omission of the IFS was a "significant error" and demanded "this error should be corrected



Observatory North Park is one of the historical buildings in the community. (Photo by Ken Williams)

by immediately releasing the IFS."

In addition, the committee found that the proposed update fails to meet California Environmental Quality Act (CEQA) mandates as outlined in the city's Climate Action Plan. The NPPC voted unanimously to ask city planners to use the same quantitative modeling on the order of the Downtown plan but make it appropriate for North Park.

Vicki Granowitz, chair of the NPPC, expressed hope that the committee could finish its work on the proposed update at the Aug. 16 meeting. If that happens, the NPPC would cancel the special meeting set for Sept. 6.

Other business

- The Urban Design/Project Review subcommittee meeting on Aug. 1 has been canceled. The next meeting will be Sept. 6, at 6 p.m. at North Park Rec Center's Adult Center, located at 2719 Howard Ave.
- The Public Facilities & Transportation subcommittee will meet at 6 p.m. Aug. 10 at the North Park Adult Center.
- The NPPC heard an update on the Georgia Street Bridge renovation, which is covered elsewhere in this edition.
- U.S. Rep. Susan Davis, home since Congress is on recess, updated the audience about issues such as her participation in the gun safety "sit-in" at the House of Representatives; human trafficking; and opposing a postal bill that would have ended home delivery of mail.
- Adrian Granda, representing Councilmember Todd Gloria, said the City Council on July 19 voted 6-3 to become the 150th community in California to ban single-use plastic bags from groceries and convenience stores. The ban will take effect in early 2017, he said.

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

How to Sell Your San Diego Home 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 home sellers like you. You'll find that selling your home by yourself is entirely possible once you understand the process.

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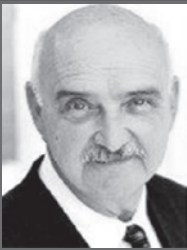
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Asset or Legacy?

When you look at your personal worth how do you look at your real estate holdings?

Do you consider it an asset or part of your legacy?

Robert Merton Nobel Prize-winning economist in his article, “Retirement Income Crisis” states that we the Boomer home owners need to start thinking about the house differently viewing it as an asset rather than treating it as part of our legacy.

“The house is like an annuity: it provides the housing you need for as many years as you need it,” he says, adding that the idea of leaving the house as a bequest is flawed. “In our society, and even in Asian societies that are transforming from agrarian to industrial, the children don’t move into the house. No mater how precious the house is, how sacred, in any culture in the end when you don’t need it anymore, it’s going to get sold and that makes it a financial asset. So it’s an annuity while the retiree needs it and then it becomes just a financial asset”

The Insured Retirement Institute, IRI reports the Retirement confidence is dropping Baby boomers today are less confident than they were five years ago that their savings would last through retirement. The report states that in 2011, 37% were confident and in 2016 only 24% were confident. I agree even my confidence is waning when looking at how the market has been behaving for the last year.

Unlocking the equity in the home is the next challenge for the senior. Many seniors do not qualify for a traditional loan to unlock the equity due to their inability to meet financial requirements. The qualifying dilemma even applies to doing simple rate and term refinances to get a lower rate.

The HECM or as it is lovingly called a Reverse Mortgage is the answer to helping the senior live; more comfortably, keep their home in good condition, pay property taxes and insurance and have reserves for un expected medical care without depleting their liquid monies.

If you are the senior or a child of an aging parent take some time to start investigating the options that are developing every day as our senior population grows. Over 10,000 people are turning 65 every day and 53% of the senior population depend on Social Security for their primary survival.

Take the time to visit my Facebook page the REVERSE MORTGAGE GUY and enjoy the conversation.



(left) A model of the Airplane Coaster at Rye Playland in Rye, New York (Courtesy of Tim Cole); (right) Tim Cole working on the Airplane Coaster model. (Photo by Gary Poirer)

A roller-coaster life

By Margie M. Palmer

North Park resident Tim Cole has been making replicas of things since he was 5 years old. You may have seen Cole at your friendly neighborhood coffee shop; he’s the man who’s reconstructing a model of the Rye Playland Airplane Roller Coaster. Not only does working in public help prevent him from being cooped up at home all day, it also helps him keep the project to a manageable size. “If I worked on it only at home, I would have pieces all over my apartment,” he said, laughing. His love affair with roller

coasters began in the early 1970s, Cole said, after seeing one featured on “The Partridge Family” TV series, although he admits he didn’t ride his first until his 15th birthday. “The first coaster I rode was [the Giant Dipper] in Belmont Park. I was nervous, because the cart was one of the old ones and it didn’t have seatbelts. I remember it being a rough-and-tumble kind of ride; it was exhilarating,” he said. The Airplane Coaster is the fourth coaster model he’s worked on. His first was a replica of the Belmont Park coaster back in

1981, after he learned it was supposed to be torn down. That project wound up morphing into a full-fledged effort to save it. The Giant Dipper was erected by John D. Spreckels in 1925 in an effort to bolster local real estate sales. By the late 1960s and 1970s, Belmont Park had lost its appeal. Both the park, and the coaster, closed in 1976. Residents eventually started to complain that the abandoned amusement park was becoming an eyesore; calls for its demolition began to rumble through the city. “A group of us formed the Save the Coaster Committee. We were a group of citizens who were dedicated to saving the Mission Beach Giant Dipper Coaster from the wrecking ball because

we hoped it would one day be restored and reopened,” Cole said. The efforts of the Save the Coaster Committee proved successful and with the help of a newly formed company called the San Diego Coaster Company, the Dipper was restored and it reopened to the public on Aug. 11, 1990. Cole hopes his latest project will help generate interest in rebuilding the Airplane. That coaster first opened at Rye Playland, a beachfront amusement park in Westchester County, New York, in the late 1920s. It was torn apart and taken down in 1975. Cole notes that while memorializing the Airplane Coaster in

see Roller Coaster, pg 5

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A section of the Airplane Coaster model. (Courtesy of Tim Cole)

FROM PAGE 4
ROLLER COASTER

model form wasn't his idea, it has lit an internal fire.

"Building the model was the request of Richard Munch, who was one of the founders and first president of the American Coaster Enthusiasts organization. He's now on the board of directors for the National Roller Coaster Museum," Cole said. "The Airplane was special to me because I always remember my first impression of seeing an aerial image of the clover leaf-shaped coaster in a magazine. This model is an attempt to spark an interest of having the ride rebuilt again someday, after all, that happened to me

once before."

Cole's model is comprised of more than 70,000 inches of styrene plastic strips. It stands 17-inches tall, weighs about 40 pounds and has cost more than \$3,000 to build.

In October, the model will be on display at Balboa Park's "Maker Faire." In November, it will be shown at the International Association of Amusement Parks and Attractions convention in Orlando, Florida.

"This is more than just a model," Cole said. "This is something that tells a story about a community that rallied to preserve a special piece of the past through a model of an abandoned coaster."

—Margie M. Palmer can be reached at margiep@alumni.pitt.edu.



Tim Cole at top peak of Belmont Park's Giant Dipper in 1982 (Courtesy of Tim Cole)

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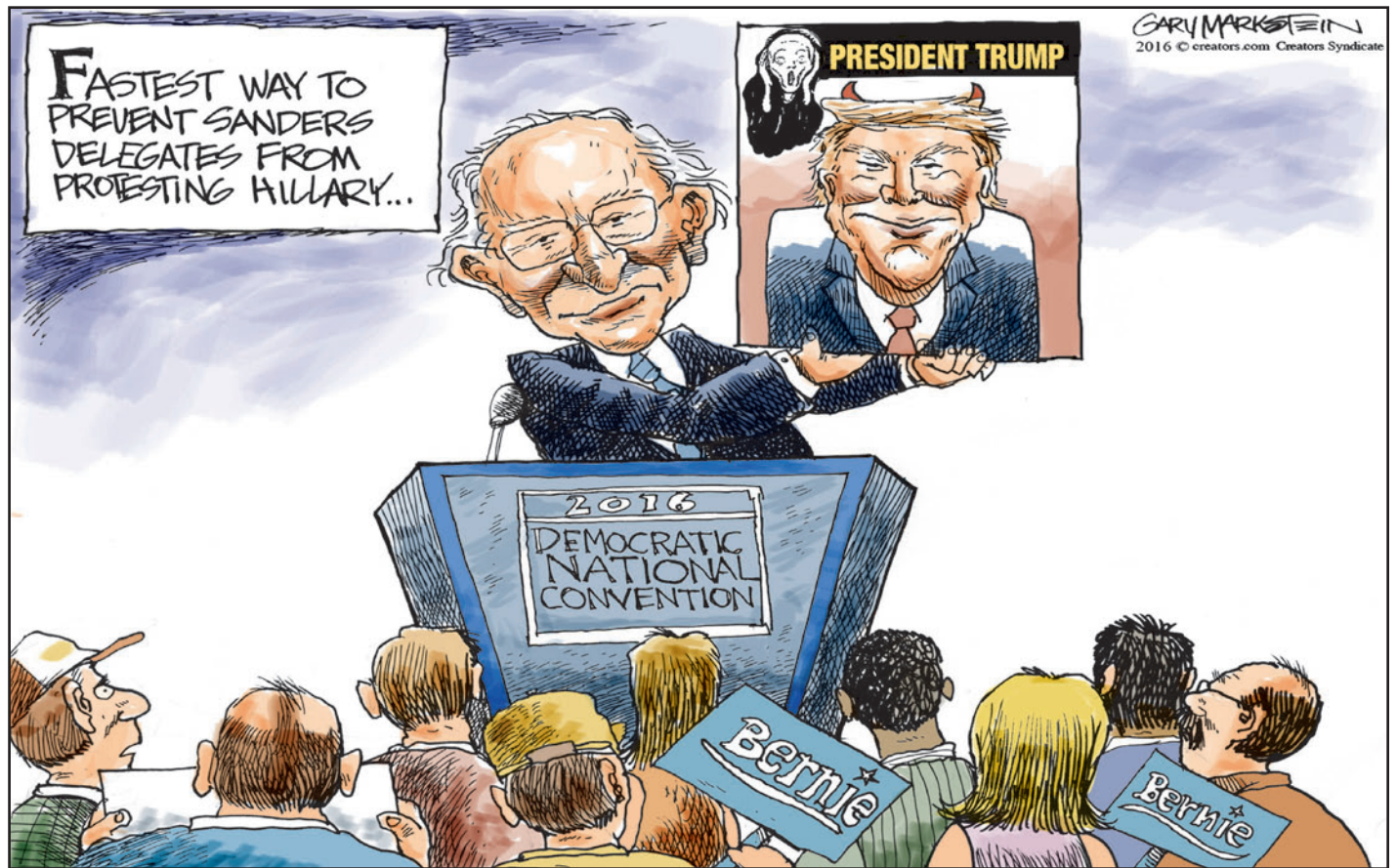
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GUEST EDITORIAL

If you can read this, thank a teacher

By Rep. Susan A. Davis

Ask any teacher and they will tell you it takes strength and perseverance to lead a classroom. Grading papers, inspiring students, calling parents, and moving from one subject or class to another, are some of the tireless activities we think of that teachers toil away at throughout their long working days.

This is the image many of us have of our best teachers — individuals whose persistence would stop at nothing to deliver us an excellent education. Yet, the required attributes of a great teacher-leader go well beyond relentlessness.

The attributes of a great teacher-leader require analytical and social skills that are on par, and in some cases beyond, what it takes to be a great doctor or lawyer. It requires an incredible intelligence of people, individually and within groups.

Unfortunately, the widespread perception of teachers often falls short of the truth. Our typically limited image of what a teacher does comes from many places.

It originates when we're children and on the receiving end of lessons that seamlessly fit into our schedule, one after another. Unbeknownst to us is the intense research, planning, and experimenting that goes into each day. Afterwards, teachers evaluate the day's wins and losses and confer with colleagues on strategies moving forward.

Then they perfect their next lesson plan by using the day's data so they can meet students where they are. They will reexamine the next day's content and break it apart, piece by piece, like an engineer might do with a computer. The teacher must understand a concept from all of its angles so they can help a student do the same.

Our shorted image of teachers may also come from how much they are paid. A recent study from the Brookings Institution reported that teachers in the U.S. are paid lower than in other industrialized nations. The average teacher salary in the United States was \$56,310 in 2014.

I was proud to vote for the Every Student Succeeds Act that will replace No Child Left Behind beginning in the 2017-18 school year. It provides more flexibility for teachers whose credibility and ability should be held in high regard. Instead of bringing down the hammer on teachers when students don't perform to expectations, we should offer a supportive hand.

Lifting up the teaching profession will provide us the best return on investment

for raising academic achievement, especially for students of color and in low-income communities.

Students in low-income schools often receive the most inexperienced teachers and this is a major factor in the opportunity gap that exists today. A recent study from Harvard showed that replacing the lowest performing teacher with an average teacher could improve a student's lifetime earnings by \$250,000. The performance of a teacher is often cited as the most important factor in the achievement of a student.

Yet again our focus should be on improving the performance of all teachers. That is why I am proud to announce myself as an official champion of the Teach Strong campaign. More than 60 diverse education organizations are stakeholders in the Teach Strong campaign that seeks to make modernizing and elevating the teaching profession the number one education issue in the next few years.

Teach Strong Champions are elected officials and other public figures that stand by the nine Teach Strong Principles. These include diversifying the teacher force and increasing compensation to attract and reward teacher professionals. All nine principles can be viewed at teachstrong.org.

We also believe in reimagining the profession so teachers are given increased autonomy in structured and rewarding ways. This may include leading federal, state, and local policy initiatives, building curriculum for the district, or advancing ideas of their own. We must expand federal programs such as Teach To Lead that provide grants directly to teachers so they can execute projects to advance student growth as they see fit.

By elevating the teaching profession, we will drive more highly qualified college graduates to pursue a role that is both highly intellectual and tremendously prestigious. More and more millennials have skirted the idea in recent years leading to drops in enrollment at teacher colleges across California.

But most important, we must bring our attention to teachers because they are our nation's builders. They have always deserved our respect and now we must fully act on it.

—Rep. Susan A. Davis represents Congressional District 53, which includes including the San Diego communities of Old Town, Kensington, Mission Hills, University Heights, Hillcrest Bankers Hill, North Park, South Park, Talmadge and Normal Heights, as well as La Mesa, Lemon Grove, Spring Valley and parts of El Cajon and Chula Vista. ❖

San Diego Uptown News

Readers Poll



Poll results

Will you watch the Republican and Democratic conventions?

54% Yes

46% No

New poll

Who will you support for president?

- ☐ Hillary Clinton
☐ Donald Trump
☐ Someone else

To cast your vote, visit sduptownnews.com.

GUEST EDITORIAL

A few truths about Chargers’ stadium proposal Downtown

By Omar Passons

A friend asked my honest opinion about the San Diego Chargers’ proposal for financing a new football stadium Downtown in East Village near the 12th & Imperial trolley station.

I can’t possibly explain it all in a tweet, so I thought I’d write a bit more. One problem with this conversation is that we don’t usually set the table so that every citizen has the information they need to make a decision. So before I get to the truths, let’s just get a few things out of the way first.

This decision is about a choice among priorities.

Politicians have made an art form of cleverly telling us what the only choices for important public decisions are. If I ask my wife whether we should go out for Italian or Chinese food for dinner, a few things have happened. At first blush, it seems like a harmless question about delicious food to be found in great San Diego neighborhoods like North Park, Little Italy or Convoy. But I asked the question in a way that forces us to spend money going out to eat and takes “eat at home” off the table. It also rules out Thai or sushi or some other type of food.

Takeaway: When politicians or interest groups skip right to “how should we fund the stadium,” they’ve already forced us to assume funding a stadium is the right priority. It cuts out any talk of helping youth get ready for educational success or rethinking how we fix infrastructure or solving the exodus of local police officers.

Sources of money matter

Another favorite trick embraced by public figures is to talk about how the tax used to pay for the stadium shouldn’t be a concern because San Diegans won’t pay for it. A hotel tax (called a transient occupancy tax in San Diego) is an added percentage for the right to stay in the hotel that goes mostly into the city’s general fund — which is the equivalent of a person’s primary checking account. The reality of that hotel tax is that it is paid primarily by out of town visitors (and staycationers like my wife and I). The less obvious part, though, is that a city is a lot like a household in certain ways. Let’s say you have two incomes at home, maybe also a rental property, and a side consulting business. These items make up all the ways your household can increase its income. If you raise the rent on your rental property, it has a couple important effects.

First, the extra money you raise can’t be spent twice. That means once you raise the rent as much as you can, and you put it towards some new Netflix membership, that’s it. No more new revenue to play with. Second, you can’t raise the rent indefinitely. At some point your tenant will just make a different, cheaper decision on where to live.

Applied to the stadium situation, the city of San Diego has only a few good sources to raise money to pay for things. It has sales tax, property tax, fees for



Artist renderings show two views of proposed Chargers stadium in East Village (Courtesy of MANICA Architecture)

things like building a house or collecting trash, and hotel taxes. Even though the hotel tax is being paid by someone else, once the city “raises the rent,” so to speak, there is no using that money for something else. No staffing 911 call centers, no fixing the billions of dollars in maintenance we’ve ignored while taking victory laps on budget “surplus” claims, and no creative centers of reading and coding excellence in libraries to make area youth more competitive even though our city has the world’s most important Bioinformatics hub and a billion dollar software industry. None of these great alternatives are possible once we check the box to spend the money on the Chargers.

Takeaway: If as a city we vote to raise the hotel tax for one purpose, we won’t have other new revenue sources to pay for some other things we care about.

About the Chargers measure

Now that we’ve covered a little background, let’s get into the Chargers’ measure itself [bit.ly/1RrrDh1]. First, you’d be forgiven if you didn’t know exactly where the proposed stadium would go. The boundaries are in Downtown — K Street, 16th, Imperial, 12th — in East Village. All of the tax increase would go to pay for the convention center and stadium. That’s millions of dollars that our leadership could choose to make a case for spending on our multibillion-dollar infrastructure deficit, on properly funding and staffing our Police and Fire Departments, or — gasp — on improving economic growth and opportunity for all San Diegans so that our children in Clairemont, Encanto, Pacific Beach and City Heights all could find a path into our high-growth innovation sectors.

Specific clauses to consider

[Download full text at bit.ly/29rLkaz]

Usually what happens in these proposals is that supporters and opponents will deceive us not with outright lies but by being selective about which truths they share. To some extent, being selective is necessary because the proposal is more than 100 pages long. That said, I’ve chosen sections below that I think are important to consider regardless of what you think about the issue — some are positive, some are negative. But you decide how important they are.

- 30-year agreement — This section requires the Chargers to enter into a 30-year agreement not to relocate the team. I can’t imagine such an agreement not having a loophole, but if we take them at their word this is a reasonable requirement that helps protect the investment.

- Prohibition on cost overrun payments — There is an explicit prohibition on having the city of San Diego pay any cost overruns to construct and operate the stadium. At first blush, this seems great for San Diegans. There are, of course, several likely flaws. One that stands out is the magic modifying language “... except for certain costs resulting from the integrated nature of” the project. This creates the first big loophole because it requires someone to decide what is or is not related to that integrated nature.

- Fine print — mayoral absolute design modification discretion — This section allows “minor modifications” to be made without design review. It also allows the mayor or a designee to have someone define what constitutes a minor modification. Importantly, it also requires the

mayor or designee to make this determination — they aren’t allowed to have someone independent do it. Finally, any determination is final with no process for review. A city that has no history of allowing retroactive changes to construction might be entitled to the benefit of the doubt. Given the city’s recent appellate loss [bit.ly/29sYMaC] for doing essentially exactly that for a North Park Jack in the Box that turned a remodel into a tear-down, there’s more than a little reason to be skeptical.

- City barred from paying debt service — The city is not allowed to pay the debt service on any bonds for the stadium out of the general fund. If true, this is actually a really strong aspect of the measure.

- Independent review for conflicts — It’s a complicated provision, but appears to actually be a pretty fair way to set a review panel because it involves all sides getting to nominate their own panelists and the mayor getting to choose all but the tie-breaking panel vote. That fifth person must be selected by the four nominees chosen by the mayor. This all sounds super convoluted, but I read it as a reasonable way to get a fair review panel — provided the City Council acts independently.

With more than 100 pages of text and a hugely complex web of changes to local laws and procedures, it is understandable if the average citizen doesn’t read the whole measure. I’ve tried to capture a few highlights. My bias is that as a native San Diegan I think we should be focusing on making San Diego a great place for all of the families who live here rather than always focusing on some giveaway or another. Hopefully this piece will give regular San Diegans enough information to ask tough questions before casting a vote in November.

—Omar Passons works in economic development and is a past president of the North Park Community Association. ♦

Mark your calendars: community meetings

San Diego Uptown News encourages readers to make a difference in the community where they live. Here is a list of community organizations that meet in your area:

Adams Avenue Business Association Board of Directors: 8 a.m. on the first Tuesday of the month. Normal Heights Community Center, 4649 Hawley Blvd.

• **Bankers Hill Community Group:** 6:30 – 8 p.m. on the third Monday. San Diego Indoor Sports Club, 3030 Front St.

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

• **Burlingame Neighborhood Association:** 7 p.m. on the second Wednesday. Mazara Trattoria, 2302 30th St.

• **Greater Golden Hill Community Planning Group:** 6:30 p.m. on the second Wednesday. Balboa Golf Course Clubhouse, 2600 Golf Course Drive

• **Hillcrest Business Association Beautification Committee:** 3 p.m. on the fourth Monday. 3737 Fifth Ave., Suite 202

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

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

• **Ken-Tal Community Planning Group:** 6:30 p.m. on the second Wednesday. Copley-Price Family YMCA, 4300 El Cajon Blvd.

• **Mission Hills Business Improvement District:** 3:30 p.m. on the third Wednesday. Visit missionhillsBID.com for meeting location.

• **Mission Hills Town Council Trustees:** 6 p.m. on the second Thursday of alternating months. 902 Fort Stockton Drive

• **Mission Hills Town Council Town Hall:** 6 p.m. on the second Thursday of alternating months. Francis Parker Lower School, 4201 Randolph St.

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

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

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

• **North Park Main Street Board of Directors Meeting:** 7:30 a.m. on the second Wednesday. North Park Main Street office, 3076 University Ave.

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

• **North Park Maintenance Assessment District:** 6 p.m. on the

FROM PAGE 1

TRAFFICKING

Slavery: big bucks

Human trafficking is a thriving \$810 million underground business in San Diego and it's largely run by organized gangs, organizers said.

How big is the problem? Astonishingly, that dollar amount represents about 3.5 percent of the local economy, moderator Joseph Balestrieri calculated.

Rich or poor, no neighborhood and no socioeconomic or ethnic group is immune from this unsavory criminal operation.

"They prey on the vulnerable; girls and boys, young women and young men, LGBT and straight," Stephan said.

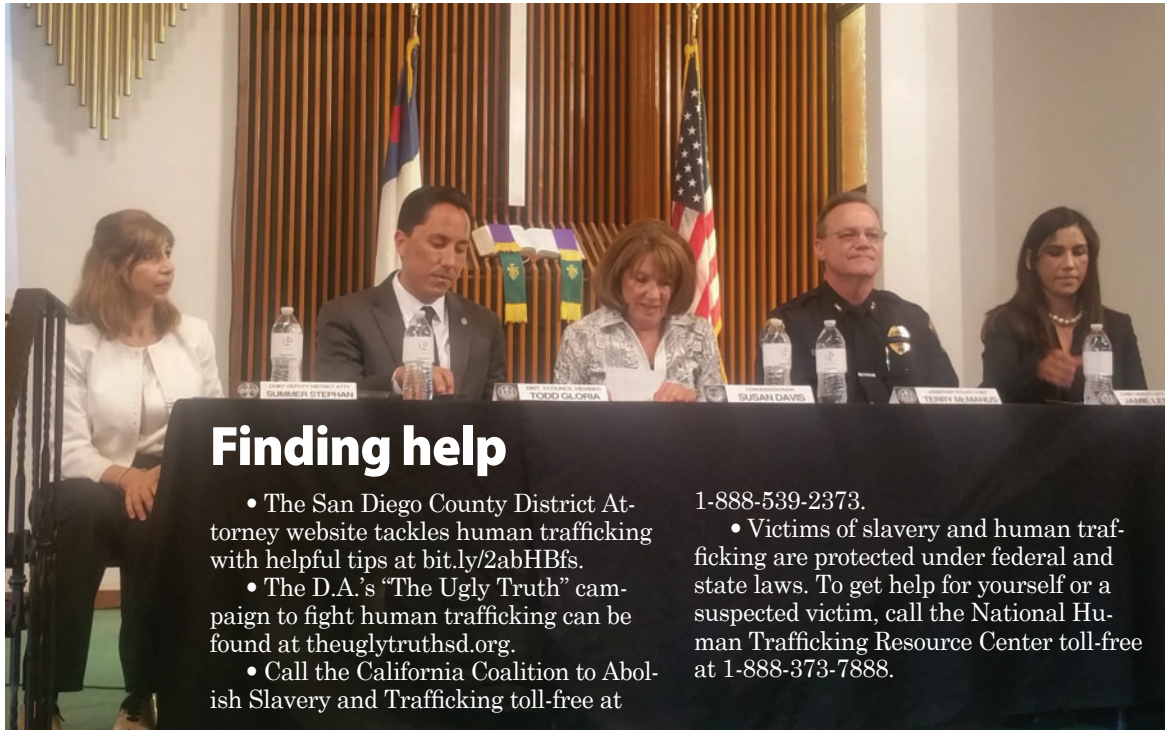
"There is no gender distinction; there are men and boys who are also victims," Ledezma said, dispelling the notion that only girls and women are forced into sex slavery.

"This is a problem citywide and countywide," she said. "It happens in Poway, in Miramar, in La Jolla, in Del Mar and in North Park."

It's a growing problem across the U.S.

"President Lincoln thought he ended slavery when he signed the 13th Amendment" in 1865, Stephan said. "But human trafficking is in all 50 states today. We thought this only happened in third-world countries, and that we couldn't do much about it."

Worldwide, an estimated 27 million people are held against their will and forced into slavery, Stephan said, adding that the



Finding help

- The San Diego County District Attorney website tackles human trafficking with helpful tips at bit.ly/2abHBfs.

- The D.A.'s "The Ugly Truth" campaign to fight human trafficking can be found at theuglytruthsd.org.

- Call the California Coalition to Abolish Slavery and Trafficking toll-free at

1-888-539-2373.

- Victims of slavery and human trafficking are protected under federal and state laws. To get help for yourself or a suspected victim, call the National Human Trafficking Resource Center toll-free at 1-888-373-7888.

(l to r) "Human Trafficking" panelists Summer Stephan, chief deputy district attorney; Councilmember Todd Gloria; U.S. Rep. Susan A. Davis; Terry McManus, assistant police chief; and Jamie Ledezma, chief deputy city attorney (Photo by Ken Williams)

crime is grossly underreported because many of the victims exist in the shadows and aren't known to law enforcement.

Slavery in San Diego

The FBI has identified San Diego as having one of the highest rates of human trafficking in the U.S.

A three-year study conducted recently by the University of San Diego and Point Loma Nazarene University found that there are 3,000 to 6,000 victims annually in America's Finest City, and that organized gangs control 85 percent of the illicit business. Again, the experts believe those numbers are low.

"Those numbers got our attention," McManus said. "We were far behind the criminals, who had a head start."

Stephan called trafficking a lucrative business.

"This is an illegal industry driven by profit ... this is all about making money," Stephan said.

The landmark study surveyed 1,200 respondents, 800 victims and 146 traffickers. On average, each trafficker or pimp controlled four victims. And those trapped in sexual slavery were expected to earn from \$500 on a weekday to \$2,000 on weekends.

The predators target young people in particular. Locally, the average age of a first-time sex

slave is 16.

"They are minors," Stephan said. "They are being raped."

"It does start with running away," Davis said. "You need somebody to help you. Often that means turning to the wrong people who only want to exploit you."

Councilmember Gloria said many residents don't think about the trafficking problem or know it exists.

"Initially, like other people, I thought it was a victimless crime," he said. "You would see a pretty girl on the street, and think nothing of it. But it is a horrible situation ... 13- and 14-year-old children are being enticed into

prostitution by guys in passing cars.

"It's such a big business, and they prey on young people, and this also has a nexus to homelessness," Gloria continued, calling it "modern-day slavery."

Stephan and McManus outlined how the predators work.

Stephan said the traffickers use Snapchat and Facebook, for example, to make connections with gullible youth. The teenagers get invited to parties, where the traffickers ply them with booze and drugs as they cozy up to their potential prey.

They make promises to them: "We'll take care of you. We'll show you how to make easy money. We'll be there for you." The victims get lured in, the traffickers photograph and market them online, and post ads on Backpage.com, for example.

McManus said the traffickers are experts at using social media to market their victims.

"They used technology to stay under the radar for years," before the authorities figured it out, he added.

"Technology is a wonderful tool to try to track the traffickers and the horrific nature of the crimes; but it's the same tool used by the traffickers," McManus said. "You see them on the internet and in the digital world."

Fighting back

The San Diego County District Attorney's Office has been aggressively putting out the word about human trafficking through a website, TheUglyTruthSD.org, public service radio ads, bus stop

see Trafficking, pg 9

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The San Diego County District Attorney's Office is fighting human trafficking with public service radio ads, bus stop signage, posters and (above) messaging on vans. (Courtesy of TheUglyTruthSD.org)

FROM PAGE 8

TRAFFICKING

signage, and posters in a number of languages spoken in San Diego. Stephan said the website crashed the day it debuted due to heavy web traffic, and that the site is now averaging 3,000 hits per day.

Additionally, The Guardian newspaper did a big feature on San Diego's proactive response to fight sex trafficking.

"The crime victims suffer in silence," Stephan said, explaining why the website was created. "No victim is calling 911 to report a crime. How do we let them know we care about them?"

The message the website presents is simple and effective:

She explained how victims are often beaten, sexually abused, raped, and have a greater rate of HIV infection than the general population. Many are runaways or come from foster homes.

"Bring human trafficking into the light," Stephan said.

"The County of San Diego has done a masterful job educating the public," Gloria said.

Helping the victims

Another city program reaches out to victims who are arrested and charged with sex crimes.

"First-time offenders are

offered an educational program to teach them that this is not a victimless crime," Ledezma said.

Participants in the program hear from former victims and experts, with the goal of encouraging the offenders to get out of the sex industry.

"Since 2002, we've had 1,400 participants and 97 percent of them have left prostitution," Ledezma said. "Only 38 people became reoffenders."

But the people who return to their old ways often end up in more dangerous situations.

"It's a gateway crime to worse offenses," Ledezma said.

Victims include native San Diegans as well as people who don't speak English.

"They come from any walk of life," Ledezma said. "They could be your co-worker, a fellow student, your neighbor or a new-comer to San Diego."

What we can do

"The missing piece is community involvement," Ledezma said.

"We must get the community involved to stop the selling of flesh," Stephan said. "... If you see somebody in prostitution, ask yourself if they are doing this willingly. This is commercial sex slavery."

Another place where sex crimes take place is inside illicit massage parlors where sexual

acts are for sale, Ledezma said. People should report suspicious activity to law enforcement, she added, so authorities can contact landlords and tenants suspected of illegal activities.

But for victims who want to escape their servitude, they need to find a safe and affordable place to live, in order to get out of this dangerous lifestyle, Ledezma said. Those resources are hard to come by in San Diego, where affordable housing is lacking.

Gloria said residents must take up the cause of fighting trafficking.

"This has emerged as a high-priority issue," he said. "We all have a role to play in this."

"What can be done? You are our eyes on the street. Keep an eye out. Get involved," Gloria said, citing groups such as the Human Relations Commission, Citizen Patrols, community associations and Crime Watch.

"We must be proactive and get the message out," he said. "This is still a clear and present danger in our community, particularly to young women."

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

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Robust activity brings the greatest rewards, according to fitness trainers. (Photos courtesy of fitnesstogether.com/missionhills)

Healthy lifestyle demands robust activity

Fitness

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With the summer in full swing, this is an ideal time to make changes to lifestyle routines. They should be wholesale and not just around the edges.

Robust activity is a good place to start with a focus on reaching equilibrium with the work-life balance. Think beyond the typical examples such as exercising, but consider activities that enrich and empower the holistic self.

Take a look at gym memberships, running or walking with a purpose, or joining a club of like-minded individuals. The type of exercising you choose should take the body and psyche through the paces. The overall rationale is to challenge norms with variety while adding a zest to life.

Join a gym

A plethora of gyms exist that offer flexibility for schedules while providing a host of services. Gaining entrance is available 24 hours per day with a card key or personal access code. They come equipped with more than saunas and steam rooms, but hot tubs and rock-climbing walls. There are kid programs for parents who want to maximize their time, and be role models of healthy choices.

Membership fees run the gamut with specials being offered to consumers regularly. Gone are the days of long contracts, but affordable options for every budget. Month-to-month dues has opened

this opportunity to a new wave of clients. With myriad locations, completing a workout before, during and after work is easy.

Run or walk

Running like walking has been a staple on the lifestyle meter when it comes to an exercise program. For those that already engage in running, turn it up a notch, and train for a marathon. It opens the door to push you mentally and physically, making new friends, and competition.

A novel idea is to raise money for charity during annual events. Reach out to your favorite cause to find out their schedule, and dive in. This option is good for the heart and soul.

Join a club

Friendship and camaraderie are keys to a happy life so engaging in a course of action that cultivates these factors is a prudent idea. There are some individuals that fare better in their work-balance struggles when they share it with others.

Finding a group is not that difficult with colleagues, neighbors and online forums filled with potential. Bike shops and gyms are also a solid alternative.

Develop a regimen

Four types of exercises exist including endurance, strength, balance, and flexibility. Developing a program from one or a combination of all will add vigor to any lifestyle. Start a cadre of friends and family members as a way to spend time bonding and catching up.



Here is a brief list of benefits each activity adds to a healthy lifestyle:

- **Flexibility:** Stretching muscles keeps the range of motion fluid.
- **Balance:** One of the first signs of aging is the inability to maintain balance.
- **Strength:** Improving overall stamina bolsters long and busy days.
- **Endurance:** Raising heart rates helps regulate blood pressure and infuses lungs with fresh air.

Healthy lifestyles need more than sitting on the couch, humdrum exercise rituals, and heading off to work every day. Look through the prism of life experiences with a renewed resolve on the way to a stress-free and invigorating journey. The examples of robust activity discussed here will get you started.

—Blake and Gwen Beckcom
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LGBT-affirmative housing will be the region’s first

By Dave Schwab

LGBTQ leaders are hailing the July 13 groundbreaking for the first LGBT-affirming senior housing development in North Park as a “game changer for human rights.”

“Housing can be especially challenging for LGBT seniors,” Assembly Speaker Emeritus Toni G. Atkins said, referencing the 76-unit affordable apartment development that will built at 4200 Texas St. in North Park.

The history-making complex is being developed by Community HousingWorks (CHW) in partnership with the San Diego LGBT Community Center (The Center). Open to all seniors, this new development will provide an affirming and supportive environment for lesbian, gay, bisexual and transgender seniors.

CHW CEO Sue Reynolds, who was just honored with a Spirit of Stonewall “Champion of Pride” award from the San Diego Pride organization for her efforts with the project, said the new senior housing development, with its focus on affirming LGBT residents, is “the sixth such affordable community in the country.”

Reynolds said the new complex is affirming in the sense that “all LGBTQ residents can feel completely confident they will be welcome there.”

Atkins said the new housing project addresses an immediate LGBT community housing need.

“As members of our community age, we want to be assured that we can live comfortably on a fixed, modest income, in secure housing and in a respectful environment,” Atkins said. “We want to remain connected to our community, and benefit from health care and social services that recognize our unique needs and experiences.”

Noting “we need more housing for people of all ages and backgrounds,” Atkins pointed out the complexity of financing for affordable housing projects is always an issue, as is community support.

“Fortunately, in this case, the North Park community and the adjacent El Cajon Boulevard Business Improvement District were strongly supportive,” Atkins said. “Every new project is a step in the right direction. Thankfully, there soon will be 76 new homes that will continue to cater to LGBT seniors and provide a supportive environment for the next phase of their lives.”

Reynolds said the North Park Planning Committee was “extremely supportive and welcoming” about the project, as were San Diego’s political leaders including Mayor Kevin Faulconer, Councilmember Todd Gloria and California State Assembly Speaker Emeritus Toni Atkins.

Though the apartments will be available to all qualifying low-income seniors, CHW worked extensively with The Center throughout the planning process to ensure the community provided a safe and welcoming environment for LGBT seniors.

“This collaboration between Community HousingWorks and the San Diego LGBT Community Center provides much-needed housing targeted towards the large population of LGBT seniors in the area



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New Jersey transplants Simon Wolujewicz and his wife, Karly, are preparing for a mid-September opening of **Bull & Grain** in the Google-style building in Hillcrest that recently housed Tabletop Commons.

"We're giving it a makeover and there will be no resemblance to a gaming bar when we're finished," said Wolujewicz, who worked in the liquor industry and executed interior design projects for bars, restaurants and casinos before recently moving to San Diego.

"This will be both a restaurant and a craft cocktail bar — a gastropub with a twist," he added.

The redo will include a furnished patio with railings using raw metal and ipe wood, and with the structure's historic stone façade kept intact. Modern-industrial features inside will extend to a full-service lounge on the second level.

About 25 percent of the menu will capture the couple's favorite meals from their travels to France, Holland, Ireland and parts of the U.S., although Wolujewicz is keeping the specifics under wraps until an executive chef is hired. Look for renderings and menu details in the coming weeks on Bull & Grain's Facebook page and website. 1263 University Ave., bullandgrain.com.



Visiting Chef Jensen Cummings likes cooking with beer. (Photo by Casey Campbell Photography)

Call it tank to plate. Denver chef Jensen Cummings is collaborating with local chef Chris Arzola of **The Patio** on Goldfinch in presenting a six-course dinner on Aug. 16 that will feature beers by **Green Flash Brewing Company** and **New Belgium Brewery** woven into every dish.

A certified cicerone (beer sommelier), Cummings is the founder of **Brewed Food**, a movement that celebrates the synergy between craft beer and artisan cooking. He has presented the concept at dinners around the country in conjunction with various beer makers.

The dinner will be held from 6 to 9 p.m. at The Patio. Courses include tea-smoked scallops with pickled strawberries, beef tataki with wonton soy, pork belly with cherry Sriracha, and more. They will be paired to beers by the glass as well. The cost is \$70, plus tax. 4020 Goldfinch St., 619-501-5090, thepatioongoldfinch.com or brewedfoodsd.brownpapertickets.com.



A major makeover will also include new concessions. (Photo by Ken Williams)

Fancier concessions are coming to **Landmark's Hillcrest Cinemas** that will offer moviegoers items to purchase such as sweet potato fries, steak empanadas, Southwest-style chicken egg rolls, and more. The expanded food offerings will follow renovations scheduled to begin this summer. They will occur in the lobby, restrooms and all five auditoriums. Two of the auditoriums will be fitted with electric leather recliners and the other two with oversized seats. Beer and wine will also be sold. A company spokesperson said completion of the redo is yet to be announced, but the work is expected to be during off-peak hours that do not interrupt the showing of movies. 3965 Fifth Ave., 619-298-2904, landmarktheatres.com.

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Zack Gray brings inventive cocktails to Bankers Hill Bar + Restaurant (Courtesy Wicked Creative)

Bankers Hill Bar + Restaurant has hired Zack Gray as its new bar manager, who honed his bartending skills at well-known bars and restaurants in San Francisco, such as **Volta** and **Perbacco**. Cocktails Gray recently introduced include "Bees of Bennett Valley" using honey and fennel pollen-infused gin; "Cortez the Killer," which combines Old Harbor Gin with house-made corn milk; and "Sloe Ryed" made with James E. Pepper Rye, gin and orgeat. 2202 Fourth Ave., 619-231-0222, bankershillsd.com.

Kous Kous Moroccan Bistro in Hillcrest celebrates its 10th anniversary on July 31 by providing 10 percent discounts on all food and drinks starting at 7 p.m. The evening will feature belly dancing and live music by the Grammy-nominated Gispay Kings Family. Reservations are recommended. 3940 Fourth Ave., 619-295-5560, kouskousrestaurant.com.



Olympic Café's upcoming move will result in more homemade desserts (Frank Sabatini Jr.)

The Olympic Café at 2340 University Ave. in North Park will move one door west to 2310 University Ave. by late September into the space previously occupied by **Jersey Joe's**, which suddenly closed a few months ago.

Famous for its traditional Greek fare and house-made desserts, the restaurant has maintained its current post for 31 years in a strip plaza at the corner of Texas Street.

"We worked so hard to stay in this area after our landlord decided she didn't want restaurants in the plaza anymore," said Donna Kotselas, who bakes all of the desserts while her husband, John, cooks the meals.

"We just purchased most of our new cooking equipment. We'll have a bigger kitchen and a covered patio at the new location."

The menu, she added, will retain the popular mainstays after the move — gyros, mousaka, kabobs, and chicken with lemon gravy — although customers can expect to see more baked goods and daily specials. 619-692-9082, olympiccafesd.com.

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

Q and ale

By Dr. Ink

Before the local barbecue craze took hold, there was Frankie the Bull's BBQ, which opened nearly eight years ago on an inconspicuous frontage road that runs along West Morena Boulevard. It was launched in part by Frank Terzoli, the vivacious contestant from Bravo's "Top Chef" (season two), who eventually bailed to pursue other endeavors locally and abroad.

After a name change to Bull's Smokin' BBQ, the establishment still endures in the same modest structure that visually transports you into cowboy land when passing through its saloon doors.

Bull horns and other Western bric-a-brac abound throughout the main dining area and dog-friendly patio. Canines are afforded free rib bones while humans enjoy the perks of a generous happy hour featuring pints of craft beer and wines by the glass for \$4, meaty sliders for \$2 sliders, half-sandwiches for \$3, and french fries smothered in pulled pork for \$5.

A chalk board encircled by photographs of customers drinking and sinking their chops into smoked meats shows about a dozen rotating craft beers on tap. Amid the usual suspects such as Stone Delicious IPA and Stella Artois Pilsner was the gently malted Eye of the Hawk amber ale by Mendocino Brewing Company.

Familiar with its moder-



A half-sandwich of pulled pork and side of coleslaw paired to Eye of the Hawk amber ale; (inset) a sculptured bull on the roof serves as a beacon for beer and Texas-style barbecue. (Photos by Dr. Ink)

ate sweetness and buzz-worthy alcohol content (8 percent), I chose it specifically to augment the smoky essence of pulled pork on my sandwich made with a halved, grilled sub roll. (Other meat choices include beef brisket, chicken and andouille sausage.)

The ale was expectedly crisp and slightly creamy, and without the raging hops of a San Diego-

brewed IPA, which would have competed aggressively with Bull's three barbecue sauces I applied along the way.

The "aioli" version outperformed the "sweet" and "original" recipes with its peppery notes that complimented the fruity tasting malts in my pint glass. So delightful, I squirted some of it onto a side of fresh coleslaw (\$3)

topped with slivered almonds.

My only complaint was that the sandwich could have withstood another ounce or two of the juicy pork. Although after visiting this time-honored barbecue joint a few times over the years, I can attest that what's lifted from the smoker and tapped from the beer handles never disappoints.❖

Bull's Smokin' BBQ
1127 W. Morena Blvd.
(Morena District)
619-276-2855
bullssmokinbbq.com
Happy Hour: 2 to 6 p.m. daily

RATINGS

Drinks: 🍷🍷🍷🍷

Nearly a dozen taps dispense craft beers from local and stateside breweries; all poured into true pint glasses. A modest selection of wines and bottled beers are also available.

Food: 🍴🍴🍴🍴

Meats are smoked onsite for up to 10 hours, and the tables are stocked with three excellent barbecue sauces made in-house. A half-sandwich of pulled pork had terrific flavor, and the coleslaw I ordered from the regular menu was exceptionally fresh and crispy.

Value: 🍴🍴🍴🍴

A pint of craft beer and a half sandwich of beef brisket, chicken, pulled pork or andouille sausage rings in at less than \$8.

Service: 🍴🍴🍴🍴

With a focused beer list and food menu, the operation runs without complications. Staffers are friendly, and orders come out rather quickly.

Atmosphere: 🍷🍷🍷🍷

Bull horns, wagon wheels and other Texas-themed décor pervade throughout the quaint, indoor dining area and spacious dog-friendly patio.

FROM PAGE 7 MEETINGS

second Monday. North Park Adult Activity Center, 2719 Howard Ave.

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

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

• **South Park Business Group:** 8:30 a.m. on the last Wednesday. Eclipse Chocolate, 2145 Fern St.

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

• **Talmadge Maintenance Assessment District:** 6:30 p.m. on the fourth Tuesday. Copley-Price YMCA, 4300 El Cajon Blvd.

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

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

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

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

—Email ken@sdenn.com for inclusion of your organization or committee meeting.❖



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Sharon Rietkerk and Megan McGinnis.
 Photo by Liz Lauren, courtesy of Chicago Shakespeare Theater.



Meat lasagna with house-made garlic bread from Pizza e Birra in Mission Hills (Photos by Frank Sabatini Jr.)

Discovery on India Street

Restaurant Review

Frank Sabatini Jr.



It isn't until you peer through a canopy of trees that the signage for Pizza e Birra comes into focus. Drive past too quickly, and you could easily miss this Italian restaurant and its vine-enclosed patio, both of which occupy part of a mixed-use residential structure called The Charmer built in 2011 by acclaimed urban-housing architect Jonathan Segal.

The pizzeria previously served as Segal's office. In his classic neo-industrial style, the space is marked by exposed air ducts and big glass windows gracing a welcoming open-floor layout similar to Trust restaurant, located at the base of Segal's recently completed project, the Mr. Robinson lofts in Hillcrest.

Here, the bill of fare is decidedly more commonplace — chicken wings, sandwiches, traditional pasta dishes and pizzas cooked in a high-heat oven left behind by the restaurant's original founder.

Its new owner, Robert Zaitona, kept the name and concept, but elevated many of the dishes with organic produce and grass-fed beef. He also expanded the craft beer offerings from six to 24 taps while enhancing the wine list.

He uses the grass-fed beef in meatballs, lasagna and Bolognese sauce. And his pizza dough recipe calls for "00" flour and less water for achieving a crispier crust. Though not as thin and delicate as others constructed similarly, it was well-structured nonetheless.

The Caesar salads we started with were exactly how I like them, made from the crispiest inner leaves of Romaine lettuce, and adorned with wide shavings of sharp Parmesan and oversized, house-made croutons. The dressing was exquisite, smoothly emulsified, and with a sweet-tangy essence accented by a tinge of anchovy paste.

An appetizer of double-fried jumbo chicken wings coated in Buffalo sauce didn't yield the crackly skins I expected when biting into them, but they were still a significant cut above the rubbery ilk I encounter all over town.

Pizza e Birra

3625 India St.
 (Mission Hills)

619-550-5796

pizzaebirrasandiego.com

Prices: Appetizers and salad, \$1.99 to \$9.99; sandwiches, \$6.99 to \$12.99; pasta dishes, \$8.99 to \$11.99; pizzas, \$8.99 to \$19.99

Served with a slice of pinwheel garlic bread, it satisfied the craving.

The menu has likely expanded since our recent visit. In the pipeline were additional pasta dishes and sandwiches, plus desserts such as tiramisu and s'mores bars orchestrated by Zaitona's fiancée, Elizabeth Martinez, who learned the ropes of baking at an early age.

With an appealing atmosphere and side patio shaded by copious greenery, Pizza e Birra offers a good bang for the buck, as prices across the board are reasonable compared to trendier establishments charging upwards of \$20 for pizzas and pasta dishes. Here, the costs are half the amount, and for food that adheres to a respectable standard of quality.

—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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(top) Caesar salad; (bottom) pizza with meatballs and peppers

'Sense and Sensibility' and sameness

Theater Review

Charlene Baldrige



What could be more enjoyable and beautiful on a summer evening in Balboa Park than seeing "Sense and Sensibility"? It's a new musical at the Old Globe, co-produced in association with Chicago Shakespeare Theater (CST), where it premiered on Navy Pier last year. It's based on Jane Austen's romantic novel, with book, music and lyrics by Paul Gordon, remembered hereabouts for "Jane Eyre" at La Jolla Playhouse in 1999 and more recently, "Emma" at the Old Globe. Set by CST Artistic Director Barbara Gaines in 1792, the era features Empire-waist gowns, waistcoats and breeches by costumer Susan E. Mickey, a light and airy scenic design by Kevin Depinet (much flying-in of windows and chandeliers), lighting by Donald Holder and sound design by Ray Nardelli — all easy on the eye if not flattering to the bust line. Harrison McEldowney (original production) and Matt Raftery provide choreography. As envisioned, the vile are villainous; the cads, despicable; the old people, adorably dotty and comedic; the ingénues, beautiful; and the music, tuneful, tonal and bland. Whether solo, duet, trio or beyond, it has a sameness of style

and execution quite suitable to the evenly matched company, who are as if cut from the same cloth vocally — the men are high baritones and the women sopranos. I must say, however, that the sisters achieve an admirable blend. Never mind, too, that romantic poets Shelly and Keats ("So the Poets Say"), whose books are so prized by the "sensibility" sister (Marianne Dashwood, played Megan McGinnis), were born in 1792 and 1795 respectively. At least the company is uniformly attractive, there's a fine, 10-member union orchestra (led by Music Director Laura Bergquist at the piano) behind the scenes, and 20+ songs, the best of which is "Wrong Side of Five and Thirty." This, and another titled "Lydia," are sung by Colonel Brandon (appealing Sean Allan Krill), who considers himself too old to woo Marianne. She falls instead for the dashing Mr. Willoughby (Peter Saide), who is neither as available nor as wealthy as he seems. The "sense" sister, two years older than Marianne, is Elinor (Sharon Rietkerk). It's not that Elinor is cold, she is just controlled, a calm force amid chaos. When her romance with the awkward Edward Ferrars (Wayne Allan Wilcox) appears to creep along, she is patient,

see Theater, pg 18



(top) Megan McGinnis as Marianne Dashwood (left) and Sharon Rietkerk as Elinor Dashwood; (bottom) Sean Allan Krill as Colonel Brandon and Paula Scrofano as Mrs. Jennings. (Photos by Liz Lauren, courtesy of Chicago Shakespeare Theater)

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Hess Fest 6 on July 30 will take over Grim Avenue from North Park Way to University Avenue in North Park.
(Courtesy of Mike Hess Brewing Company)

Hess Fest brews up suds and fun

Suds in the city

Cody Thompson



Living in a city where the weather is essentially summer year-round, it can be difficult to narrow down which events and activities to attend. Every weekend presents an outdoor concert here or a street fair there and, of course, beer fests galore. This weekend features the sixth annual Hess Fest.

Hess Fest 6 will take place on Saturday, July 30, on a closed-off Grim Avenue in North Park outside Mike Hess Brewing Company. Combining a perfect blend of local beer, music and food, it promises to be one of the must-attend beer festivals of the summer.

"We try our best to make Hess Fest fun and innovative every year. We are a local community-oriented brewery, and that reflects in our anniversary celebrations," said Julia Baker, director of marketing for Mike Hess Brewing Company.

"San Diego has become known for making some of the best craft beer in the world. We are happy to be part of such a competitive, yet welcoming industry," she said. "Hess Fest allows craft beer enthusiasts to really enjoy what San Diego has to offer in one place, at one time and allows local brewers to get together to show off their talents."

With a \$50 general-admission ticket, guests will receive unlimited beer samples from over 19 participating breweries. Yes, you read that correctly. Unlimited. Participating breweries include

Alesmith, Bear Republic, Burning Beard, Coronado Brewing, Fall Brewing, Karl Strauss, Monkey Paw and more.

Your ticket also includes four food samples from popular local eateries such as Carnitas Snack Shack, Waypoint Public, Slater's 50/50, City Tacos and Common Theory.

Guests will also enjoy live performances from local greats The Routine and Miles Ahead. Everyone will also receive a limited edition keeper glass, which can be brought back to the tasting room at a later date for discounted fills.

Want a little more bang for your buck? Hess Fest has you covered with the VIP option. VIP guests will receive everything mentioned above, plus early entry at 12:30 p.m. and access to their collaboration cask session.

You might be asking yourself: "What exactly is the collaboration cask session?" One of my favorite things about San Diego craft beer scene is the collaborative spirit living and breathing among the key players who make our city's community the amazing place it is. San Diego's brewers work together, they stand together and they support one another. Hess Fest has always been a shining example of this spirit when they present their collaborative casks.

Select breweries are asked to take a cask of Mike Hess Brewing's Grazias — their Vienna Cream Ale — and put their own spin on it, creating limited, one-of-a-kind offerings available only during the VIP session. Some of the breweries taking part and their variations include: AleSmith with a Hibiscus & Orange Peel variant, Green Flash/Alpine's Cinnamon & French Toast, and Rip Current's Peach Puree & Vanilla Bean variation, to name a few.

Mike Hess Brewing will also offer two variations including a s'mores-themed Grazias.

"We always love to collaborate

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A 'next generation' pet-supply store opens in North Park

By Dave Schwab

Many people don't realize their pets' nutrition is just as important as their own.

Which is one reason why Tori Rosay, owner/founder of Dexter's Deli at 3773 30th St., is in business.

Rosay's month-old retail shop in North Park is her third location in San Diego County.

"We are San Diego's largest retailer of raw food diets that we have in all the freezers over there," Rosay said, gesturing toward their location. "We're kind of like the Whole Foods of pet stores. We've built quite a reputation for pet-health education."

There's a growing demand for more natural pet foods and products now because customers, Rosay said, "have been through multiple pets in their households, have had pets with health conditions like allergy problems or cancer, and they want something different. They know there's got to be something better. So they're ready, on their next pet, to try something more natural."

Founded in 1996 in Del Mar and with another store in Carlsbad, Dexter's Deli has grown to become one of the county's leading natural health food stores for dogs and cats. Dexter's is proving to be the "next generation" of pet-supply stores, proving the best in natural alternative diets, up-to-date nutritional information, fresh homemade foods and



(l to r) Dexter's Deli owner/founder Tori Rosay at the new location in North Park at 3773 30th St.; employee offers a treat to a customer's dog (Photos by Dave Schwab)

snacks, cool collars, and the wildest toys and gifts.

"It's a species-appropriate diet," Rosay said of the growing trend in the pet industry away from serving dogs and cats processed foods and toward using raw, freeze-dried and other more natural alternatives.

Noting that Americans have been "culturally conditioned" to serve pets processed foods, Rosay said pets, like people, sometimes pay a price for not eating a better diet in the form of health conflicts like "diabetes in cats; chronic, irritable bowel syndrome in dogs;

allergy issues; etc."

Rosay named Dexter's for a past pet that was the inspiration for her 20-year-old business.

"I have a human nutrition background and I was living in St. Louis and I had a dog who was really sick with horrible allergies and it was like, 'Duh, if this stuff (healthier more natural food) works for humans — let's do it for pets,'" Rosay said, noting her dog lived to a ripe old age eating only fresh, raw food.

"Fresh food is powerful," Rosay said. "It does cost a little more. So we teach people how to

do it affordably."

Dexter's has just about everything imaginable for your dog or cat, from toys and chews to leashes and collars, and all the other accoutrements.

Why should people go to Dexter's rather than any other pet-food store?


"Because they're going to find foods that are more independent and more top of the line, coming out of Canada, because they have better regulations on how they handle their meat," Rosay said.

Rosay is also all about using local and regionally sourced food

and other products whenever possible. In 2014, she launched her own line of locally sourced fresh, raw food for dogs and cats called "Dexter's Naturals." She recently added original, all-natural dog biscuits and doggy pup-cakes to her product line that is being locally fresh-baked in Oceanside.

Following a natural holistic lifestyle in all aspects of her life and her business, Rosay believes Dexter's Deli has taken on a life of its own because of the amazing customers who are just as

see Pets, pg 21



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

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.

©2009 CNS/websudoku.com

Puzzle answers on page 18

Uptown Crossword

Friendship

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		

CREATOR'S NEWS SERVICE By Charles Preston

ACROSS

1 Kind of personality
5 Theme of this puzzle
10 Unconventional clothes
14 Irish exclamation
15 Attack
16 Silkworm
17 Example of 5 Across
20 Sneaky
21 Within: prefix
22 Piles
23 French bills
24 Asian ox
26 With 29 Across, an example of 5 Across
29 See 26 Across
33 The ___ of Hazzard
34 Where Moosehead is
35 Cicero's "I love"
36 Fat
37 With 44 Across, an example of 5 Across
38 Mine entrance
39 ___ Marie Saint
40 Borge, *et al.*
41 ___ With Me
42 Presented again
44 See 37 Across

DOWN

1 Pops
2 Mountain range
3 Host
4 Chinese poet, ___ - Tse
5 Do a fancy step
6 One of them was Charlie's
7 Prefix for Chinese
8 Talk
9 Pig palace
10 Warm over
11 *Caro nome*, e.g.
12 Vietnamese general

45 Dill
46 "... nor iron bars a ___"
47 Essential to friendship
50 Magus
51 Partner of he
54 Junior example of 5 Across
58 Assistant
59 Saw
60 Coward
61 Golden calf
62 Word of confirmation
63 Hill's companion

13 Back talk
18 Wants
19 ___ were the days!
23 Were wounded
24 Zodiacal sign
25 Pablo's grandson
26 Loafer
27 Smooth
28 Soup vegetables
29 Domesticated
30 Diameter parts
31 Chemical
32 Musical composition
34 Landscape artist
37 Evaluate
38 Palindrome start
40 Alighieri
41 Borer
43 Hanging decoration
44 Singer Mick
46 Beg
47 Southeast Asian
48 Foray
49 Loosen
50 Obstruction
51 Portico
52 Achilles' ___
53 Nice she
55 Tutelary god
56 Fuss
57 Well may you think this is the ___

Puzzle answers on page 18

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Classifieds

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FROM PAGE 1
BRIDGE

visible landmark for residents of North Park as well as Hillcrest. But for decades, the bridge was neglected even though major repairs were needed. Then Caltrans wanted to demolish the old bridge, prompting community activists and local politicians to forge a coalition, first to get the bridge declared historic and then to muster up the money to restore the structure to its original beauty.

District 3 Councilmember Todd Gloria played emcee at the July 19 ceremony, which was conducted on the bridge's north side.

The year-long project will result in the historical structure getting a complete seismic retrofit and rehabilitation. Gloria said the \$14 million budget included \$2 million from the local Transnet fund with the remaining \$12 million from Federal Highway Administration grants.

"I am so proud the city of San Diego can finally begin work to repair and restore the historic Georgia Street Bridge, an iconic piece of infrastructure which has connected the communities of Hillcrest and North Park for over a century," Gloria said in a statement issued after the ceremony. "Collaboration across various government agencies has allowed the city of San Diego to secure vital funding to preserve a treasured San Diego landmark."

The project will disrupt traffic for motorists and pedestrians on University Avenue and cause detours around the construction



(above) The underside of the Georgia Street Bridge from University Avenue; (below) The crumbling infrastructure exposed rebar to the elements. (Photos by Ken Williams)

site between 10 p.m. and 5 a.m., officials said. "It will be worth the wait," Gloria said.

Caltrans classified the Georgia Street Bridge as "structurally deficient" in assessments made in 2011 and 2014, Gloria said.

California Assembly Speaker Emeritus Toni G. Atkins recalled

how she was just a "little staff member" to Councilmember Christine Kehoe in the 1990s when community leaders began rallying support to save the bridge from demolition. Atkins remembered an unnamed city engineer — "no one who is here today," she said, eliciting laughs

Georgia Street Bridge plans

- Reconstruction of the bridge from the arch ribs up.
- Restoration of its original appearance by opening up the railing balustrades and replacing the light posts that were removed in the 1940s, as well as other lighting upgrades.
- New soil nails and ground anchors to reinforce the retaining walls.
- Arch and column improvements.
- Roadway lowering on University Avenue between Park Boulevard and Florida Street by about 2.5 feet to accommodate large trucks traveling under the bridge.
- New curbs and gutters constructed on both sides of University Avenue.
- Sidewalk replacement on the south side of University Avenue featuring a minimum width of 5 feet extended and ADA-compliant curb ramps.

—Source: Councilmember Todd Gloria's office

to be elected to the state Senate in November.

The Speaker Emeritus saluted Kehoe and other community leaders, including some people now deceased, who believed in preserving our local history.

"This project is proof that our stewardship can outlive us individually," Atkins said in honoring the visionaries who are no longer with us, mentioning Joe Schloss and Don and Karon Covington, among them.

County Supervisor Ron Roberts, who is also the chair of the regional planning agency, San Diego Association of Governments, noted that as an architect, he always wanted to build bridges.

"As a youngster growing up in San Diego," he said, "the bridge was always a landmark. ... It is part of our quality of life."

The project is a reminder of the importance of infrastructure in our community and the importance of preserving it, Roberts said.

U.S. Rep. Susan Davis recalled when the Georgia Street Bridge was designated historic in 1998, thus saving it from destruction.

Davis called the project "such a success story" because so many stakeholders came together to spare the bridge. "For me, seeing federal dollars come here for a historical bridge is a really good thing. ... It's to be celebrated!"

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

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Tori Rosay, Dexter's Deli owner/founder, at new North Park store (Photo by Dave Schwab)

FROM PAGE 17
PETS

passionate about their pets as she is.

Consequently, coming to North Park, for Rosay, was a no-brainer.

“North Park is a do-it-yourself community,” she said. “People are more into going to the farmers market, going organic and farm-to-table. It’s super community-oriented here. We already had customers driving from this area to our Del Mar store. So it was time to find something down here.”

Dexter’s location in a strip mall fronting on 30th Street — between North Park Way and Gunn Street — is “perfect,” Rosay said.

“It’s got a parking lot, lots of owners and dogs walking by, and two dog parks nearby at

both Morley Field in Balboa Park and Grape Street,” she said.

Rosay said natural and other alternatives to processed foods are a lasting trend in the pet-food industry.

“Consumers are going to start demanding their (pet) food be made with real food, not left-overs,” she said adding, “That’s how pet food was born — to get rid of waste material from processed food.”

The pet-food purveyor said it’s a fun business to be in.

“You make a difference in people’s lives, and their relationship that they have with their pets,” Rosay said. “For some, dogs and cats are the one living thing in their household that is happy to see them. They treat their pets like regular family.”

—Dave Schwab can be reached at dschwabie@journalist.com. ❖



Dogs can take a relief break outside Dexter's Deli in North Park. (Photo by Dave Schwab)

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UPTOWN CALENDAR

FEATURED EVENTS

Super Awesome Showdown: Galactica 3

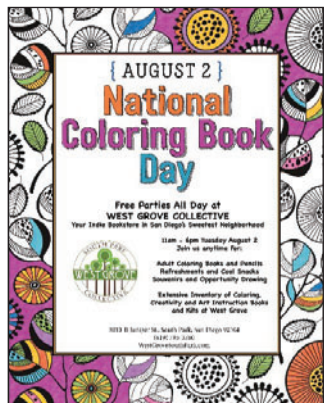
Saturday, July 30

This event is a live, action-packed sci-fi-themed video game pro-wrestling show to be held at the Natural History Museum (1788 El Prado, Balboa Park). The show features combat paired with live music and a light show to entertain all ages. Show promoters say “if you love wrestling, super heroes or space” then you will love this event. Doors open at 7:30 p.m. (VIP at 7 p.m.) and the show starts at 8 p.m. Tickets are \$5 for kids, \$20 for general admission, \$25 for VIP kids and \$40 for VIP adults. Visit superawesomeshowdown.com for tickets.

Summer camps at San Diego Art Institute

Monday, Aug. 1 – Friday, Aug. 5

San Diego Art Institute (1439 El Prado, Balboa Park) has been hosting several summer camps with morning and afternoon sessions for kindergarten – third grade and fourth – eighth grade. SDAI has a couple summer camp sessions left to finish this program. The “Fiber Arts Camp” focuses on fiber as an art material utilizing different techniques to create various pieces. This camp is for all ages and will be held from 9 a.m. – 1 p.m., Monday – Friday. “Street Art Camp” for fourth – eighth grade kids will be held from 1 – 4 p.m., also Monday – Friday. This camp teaches students to combine traditional street art-making forms such as stencils, airbrushing, wheat pasting and stickers. Visit sandiego-art.org/summercamps for full details and to register your children.



National Coloring Book Day

Tuesday, Aug. 2

West Grove Collective (3010-B Juniper St., South Park) will be hosting an all-day event for the first National Coloring Book Day from 11 a.m. – 6 p.m. Attendees can stop in any time of day for adult coloring books and pencils; refreshments and snacks; and souvenirs and opportunity drawings. The event is free to attend and the store has a large inventory of art supplies, instruction books and kits for purchase. Visit westgrovesouthpark.com for more info.

Jason Graae in ‘Perfect Hermany’

Thursday, Aug. 4

Broadway performer Jason Graae will hit the stage at Martinis Above Fourth (3940 Fourth Ave., Hillcrest) to pay homage to legendary, Tony Award-winning Broadway composer-lyricist Jerry Herman. Graae will share stories along with songs from Herman classics including “Hello, Dolly!,” “La Cage Aux Folles” and more. Tickets are \$20-\$25 for reserved seating with a \$15 food/drink minimum per person. Doors open at 6 p.m. with the show at 8 p.m. Visit ma4sd.com for more information.



Latin American Festival and Mata Ortiz Pottery Market

Friday, Aug. 5 – Sunday, Aug. 7

Bazaar del Mundo hosts this annual festival with folk art, food, entertainment and more. It will showcase San Diego’s largest collection of Mata Ortiz pottery plus artisan jewelry, Mexican clothing and colorful collectibles. Live demonstrations will be given featuring different forms of artwork including painting clay pots, weaving hand-pulled wool and carving animals from wooden stumps. The event will be held from 10 a.m. – 8 p.m. on Friday and Saturday; and from 10 a.m. – 5 p.m. on Sunday. Visit bazaardelmundo.com for more information.

Opening reception for exhibit: ‘Endangered’

Saturday, Aug. 6

The exhibition “Endangered” will be on display at The Studio Door (3750 30th St., North Park) from Friday, Aug. 5 – Sunday, Aug. 28. This opening reception for the exhibition is free and will be held from 6 – 9 p.m. “Endangered” is a celebration of artwork, which showcases the beauty of endangered and threatened species or habitats. Ten percent of the proceeds will go to a wildlife nonprofit. Visit thestudidoor.com for more details.

Live music: Doug Ellington and A New Urban Groove

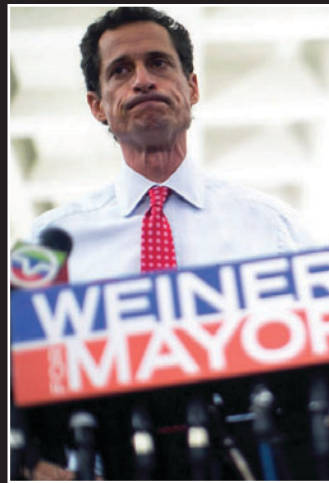
Saturday, Aug. 6

Doug Ellington and A New Urban Groove will perform at the final installment of this summer’s Bird Park concert series presented by the North Park Community Association. Doug Ellington and A New Urban Groove takes traditional jazz and puts a contemporary twist on it with improvisation and elements of various styles including funk and rock. Bird Park is located at Upas and 28th streets in North Park. The concert is from 5:30 – 7:30 p.m. Visit northparksd.org for more information.

DIGITAL GYM GEMS



Friday, July 29 – Thursday, Aug. 4: “**The Kind Words**” is an Israeli dramedy about three siblings who discover the dad who raised them is not their biological father. They travel from Israel across France to discover the truth about their real dad. Unrated. 118 minutes.



Friday, July 29 – Thursday, Aug. 4: Political drama “**Weiner**” dives into Anthony Weiner’s post-sex scandal campaign for New York City mayor in 2013 and the subsequent sexting allegations. Rated R. 96 minutes.



Sunday, July 31: As part of the “Get Hammered Horror Film Series” presented by The Film Geeks, this event will present two movies: “**Countess Dracula**” and “**Brides of Dracula**.” The former stars Ingrid Pitt as Countess Elizabeth Bathory who finds that bathing in the blood of virgins keeps her eternally young and beautiful. Unrated. 93 minutes. The latter stars Peter Cushing as Dr. Van Helsing who returns to Transylvania to destroy a handsome blood-sucker named Baron Meinster. Unrated. 85 minutes.

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

RECURRING EVENTS

Select dates:

Cinema Under the Stars: Films presented at an outdoor viewing space on various nights of the week. Upcoming films: “The Big Chill” Friday, July 29 “Arabesque” Saturday, July 30 and Sunday, July 31 “The Man Who Knew Too Much” Thursday, Aug. 4 and Friday, Aug. 5 “Jerry Maguire” Saturday, Aug. 6 and Sunday, Aug. 7 “Notting Hill” Thursday, Aug. 11 and Friday, Aug. 12 Films start at 8 p.m. \$15. 4040 Goldfinch St., Mission Hills. For more info, visit topspresents.com or call 619-295-4221.

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. Lestats.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. Sdfoodtrucks.com.

Uptown Democratic Club: 6:30 p.m., Joyce Beers Community Center hosts these meetings on the fourth Tuesday of every month. New members wanted. 1220 Vermont Ave., Hillcrest. Uptowndemocrats.org.

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.

Gentle yoga for seniors: 2:30 – 4 p.m., presented by The Center and Silver Age Yoga Community Outreach (SAYCO) at The San Diego LGBT Center, 3909 Centre St., Hillcrest,

free. Thecentersd.org.

North Park Thursday Market: 3 – 7 p.m., at 3000 North Park Way, between 30th Street and Granada Avenue, North Park free. Northparkfarmersmarket.com.

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

Liberty Toastmasters Club: 7 p.m., at Saint Paul’s Community Care Center, 328 Maple St., Bankers Hill. Libertytoastmasters.org.

Courage to Change – Al-Anon meetings: 7:15 – 8:15 p.m., a weekly meeting for friends and relatives of alcoholics at Christ United Presbyterian Church (in the chapel), 3025 Fir St., South Park.

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.

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 Firstuusandiego.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. Oldtown-saturdaymarket.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.

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

Sundays

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

Karaoke: 8 p.m., your chance to shine on the big stage at The Merrow, 1271 University Ave., Hillcrest. Themorrow.com.

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

Make an impact in your garden with succulents

By Gary Jones

Succulents are pretty darn smart. They store water in their leaves and are smart-looking. Who doesn't love their dramatic architectural quality? Better yet, they are virtually carefree plants. It should come as no surprise that they are hugely popular.

There is a dilemma involving succulents because there are so many to choose from. Although you really can't go wrong with any of them, here are five top choices to really make an impact in your garden:

- **Agave** — This is such a big family of plants that at least one of them will fit your need. Most of us know about the big, dramatic ones. Did you know that there are tiny, 1-foot tall and wide gems? There are also many varieties in between. All have striking, angular foliage and, best of all, beautiful, colorful winter blooms that rise above the foliage on tall stems. Be sure to give agaves full sun — something ideal for sunny San Diego.
- **Kalanchoe** — Pronounced kal-an-KO-ee, these include the much-loved, tidy and colorful bloomers with glossy leaves. However, there are odd and unusual ones, too. Some kalanchoes have felted or dotted leaves and can grow in tiny mounding types and big dramatic ones. These are plants to explore. Kalanchoes need afternoon shade in the hottest areas.



(clockwise, from top left) Succulents include Aeonium Cyclops; Agave; Sedum sempervivum ground cover; and Echeveria Coral Reef (Courtesy of Armstrong Garden Centers)

- **Sedum** — They range from perennial-like wonders with colorful summer blooms to low-growing and colorful groundcovers. These low spillers are fun to

place at the edge of any container to simply let them spill and trail. Sedums add color (even the prostrate ones bloom) and texture to sunny and part-shade areas.

- **Echeveria** — Echeveria hybrids are the wonderful, colorful, weird and wavy rosettes that look like they probably belong at the bottom of the ocean along

with sea urchins. The very fleshy leaves are often pink, lavender, rose, silver or striped. Don't forget to give them some afternoon shade in the hottest areas.

- **Haworthia** — You may not know the name of these plants, but you will recognize them from the lush, pointed leaves that are covered with striking little dots or lines of white bumps and ridges. Their small size makes them perfect for pots and they are especially good as houseplants. Haworthias require bright, indirect light to thrive.

Here is a quick piece of advice for planting and care: When planting in pots or in the ground, use a potting mix that is ideal for succulents and cacti. We usually recommend the E.B. Stone Cactus Mix.

Don't forget to regularly feed your growing succulents. We recommend using Grow More Cactus Juice for maximum growth and vitality.

Would you like to show off your succulents? Feel free to share your favorite photos with us. We might even include them in a future issue.

—Gary Jones is the Chief Horticulturist at Armstrong Garden Centers, which has locations on Friars Road and Morena Boulevard. Email your drought and gardening questions to growingdialogue@armstronggarden.com. ❖


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HOUSING

and couples it with support and services,” District 3 Councilmember Todd Gloria said. “Many of these folks have experienced a lifetime of rejection and prejudice. I am glad to have supported this project to provide residents a community where they can live proudly and without fear, as their authentic selves.”

A 2011 needs assessment led by The Center found many LGBT seniors suffered from fears of increasing social isolation, lack of access to culturally competent health and social services, and lack of access to safe, affordable and affirming housing options.

The \$27 million North Park LGBT-affirming seniors project was financed through several mechanisms, including Federal Low Income Housing Tax Credits, city of San Diego tax-exempt bonds, and grant funds from the San Diego Housing Commission, as well as several other public and private sources.

Reynolds said CHW was pleased to be “a part of this trailblazing effort for the LGBTQ community.”

“We cannot let low inventory and cost be barriers to housing for San Diegans,” Gloria said. “As regional leaders, we owe it to our residents, especially those in our most vulnerable communities, to create more housing opportunities and increase the availability of affordable housing in our city.”

The roots of the new complex go back a decade to when local LGBT senior advocate William Kelly asked Dr. Delores Jacobs, CEO of The Center, if he could have some meeting space to create an ad hoc volunteer LGBT senior housing committee, consisting of local LGBT community members, to look into the matter.

“As leader/chair of that effort, Delores not only provided me the space, but she and her staff gave the committee valuable advice and guidance along the way which led to the development, funding and publishing of the Needs Assessment and Recommendations in March 2011,” Kelly said.

Jacobs noted the new gay senior housing complex is an effort to give back to the seniors whose struggles helped build the community.

“Our seniors ... led us from the Stonewall riots, through the most devastating years of the AIDS crisis, to where we are today,” Jacobs said. “Yet their needs as they age have too often been overlooked. These pioneers of the LGBT community deserve our respect, our support and, when necessary, our help. Providing a welcoming, supportive and affordable place for our seniors to live is a fundamental way to show our gratitude.”

Reynolds noted that gay seniors are an at-risk population because surveys show “LGBTQ seniors are more isolated than the typical senior and are actually poorer than the typical seniors.”

Given that reality, Reynolds added the new North Park housing project “has made a [positive] change in attitude” and is a testament to all the stakeholders “who fought so hard to make it possible.”

Construction of the project is expected to take 18 to 24 months.

“This place is going to be special,” Reynolds said.

For more information on the project, visit tinyurl.com/hnmubza.

—Dave Schwab is a local freelance writer. He can be reached at schwabie@journalist.com. ❖



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