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Expect up to 100,000 people to attend the two-day Adams Avenue Street Fair on Sept. 24-25. (Photo © Michael Klayman)

Adams Avenue Street Fair turns 35

By Margie M. Palmer

Ninety musical acts will be featured at the 35th annual Adams Avenue Street Fair in Normal Heights, which will

take place on Saturday, Sept. 24, and Sunday, Sept. 25.

Performers include The Beat Farmers with Dave Alvin, Sebadoh, Mrs. Magician, The B-Side Players, Jungle Fire and Sugaray Rayford Blues Band.

The family-friendly festival will include giant carnival rides, festival foods and more

than 350 arts and crafts booths. Craft beer gardens and beer tastings will be limited to adults only.

The street fair, which began with a modest footprint, has grown into Southern California's largest free, two-day music festival, said Scott

see Street Fair, pg 20

A median, landscaped or paved?

University Avenue re-do plan is at a crossroads

Ken Williams | Editor

City engineer Jayne Straughn got more than an earful from residents, business leaders and members of the North Park Planning Committee (NPPC) on Sept. 20, when she updated the community on the ambitious plan to make University Avenue friendlier to pedestrians, bicyclists, motorists and bus drivers.

In the works since 2001 and finally approved by the City Council on July 27, 2015, the University Avenue Mobility Project (UAMP) is expected to take a year of construction, from December 2017 to December 2018. Straughn said the design

see University Avenue, pg 5

Artists open their studio doors to the public

By Kit-Bacon Gressitt

Have you ever looked at a piece of art and wondered how it was created? Answers to this and other fine-arts questions will abound at the second annual Open Studios San Diego.

Produced by The Studio Door, a North Park arts incubator and gallery, Open Studios is a free, self-guided tour of artist studios located throughout San Diego County, from Downtown to Fallbrook. The two-day event, Oct. 15-16, will feature about 25 artists, at least 10 of who are from the Uptown and Mid-City communities.

Baring one's creative soul to the public might seem risky business for an artist, but artist Patric Stillman, owner of The Studio Door, said in a recent Uptown News interview that there is a special bond that happens between the artist and the visiting arts patron.



Abstract painter Chris Smith's studio in North Park (Courtesy of The Studio Door)

"I think it's really exciting, as a patron of the arts, to see not only the space an artist works in, but to be shown how the art is created," Stillman said. "It's not something you see when you go to a gallery — there you just see the final work."

However, North Park-based street artist turned abstract painter Chris Smith acknowledged one challenge of opening his studio door.

"It's a little nerve-wracking sometimes," he said, "because you have so much emotion in

your art, and you're putting it out there for judgment and criticism."

How does Smith overcome the fear of judgment in the same space where he creates?

"What I do is I lie to myself. I tell myself that I'm a great artist, no matter what, until I believe it. And when someone's critiquing my art, if it's not motivating me or inspiring me, I just don't listen."

Despite his trepidation, this is Smith's second year of participation in Open Studios and it's been a good experience for him.

"Last year went really well. We had a lot of people come through. I made a lot a good connections, talked with a lot people. People seem to really enjoy my work. People are usually kind and that's exciting. It gets you kind of amped up. So now I only show in the studio,

see Open Studios, pg 10

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BIG BLOCK REALTY

Donna Frye to speak to SoNo residents alliance

By SDCNN Staff

Former City Councilmember Donna Frye will be the guest speaker at the first meeting of the SoNo Neighborhood Alliance.

The alliance is about “empowering residents of South Park and North Park,” according to the group’s website, sonoalliance.org.

Frye is an environmental and community activist, and former president of Californians Aware.

The debut meeting will be from 6–8:30 p.m. Tuesday, Oct. 11, at the Lafayette Hotel, located at 2223 El Cajon Blvd. in North Park.

The Oct. 11 forum will explore the topic of resident rights, about having a say in your quality of life, about being informed of neighborhood changes before they happen, and about ensuring accountability and transparency in elected officials.

The Steering Committee for the launch of the SoNo Alliance includes:



Former San Diego City Councilmember Donna Frye, known for her activism for environmental and community causes, will address SoNo on Oct. 11. (Courtesy of ivn.us)



- Vernita Gutierrez and Lucky Morrison, *co-chairs*
- Judy Aboud, *administration*
- Cia Barron, *finance*
- Kate Callen, *communications/news media*
- Rick Pyles, *policy*

The nonprofit’s mission, according to its website, is: “The SoNo Neighborhood Alliance will serve as a platform for residents

(homeowners and renters) of the communities of North Park and South Park to work together to enhance the quality of life in their neighborhoods. The Alliance, a 501(c)(3) nonprofit, will focus its attention on residential quality-of-life issues that include land use and development, traffic, green space, parking, and code compliance. It will strive to ensure that laws are obeyed and enforced. It will call on elected officials and municipal agencies to be accountable to all their constituents and diligent in fulfilling their responsibilities. It will seek to foster diversity through special outreach to underrepresented groups, build consensus, and generate solutions.”❖

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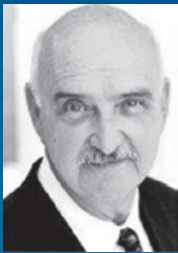
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WE ARE ALL WINNERS!

My monthly installment isn't going to be about "Home Equity Conversion Mortgages," HECM, lovingly called "Reverse Mortgages". I am going to talk about the internationally acclaimed 35th Adams Avenue Street Fair coming up this weekend. Enjoy 7 live stages of music, with 90 musical acts, a Children's Carnival, 350 Vendors and its famed Beer Gardens.

Before you go to the Beer Gardens I would like to invite you to visit the Residential Wholesale Mortgage Booth to participate in our Beer Garden ticket give away.

This is how it will work. Every half hour from noon until 7:00 p.m. on Saturday and from noon to 6:00 p.m. on Sunday we will have a drawing for 2 beer garden tickets. You will have 28 opportunities to win 2 tickets.

To participate you must prove you are 21 or older to enter the drawing. Then with a smile on your face take some popcorn with you and be entered in a drawing to win a Family Movie packet from our friend and local Realtor extraordinaire Shari Davis.



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For our non-Veteran friends, did you know that there are special programs to get you into a home with a lower down payment than even the FHA?



Hillcrest Town Council update

By Benny Cartwright

Hillcrest is a very special and unique neighborhood, and many of its residents are very passionate about the place they call home. The Hillcrest Town Council (HTC) was founded in 2007 to provide a voice for the residents of Hillcrest, whether they be renters, owners or unhoused, and our most recent meeting on Tuesday, Sept. 13 was designed to make sure we stayed true to that original mission.

The meeting was titled "Have Your Say!" and instead of the usual 10-15 minute section for non-agenda public comment, we devoted an entire hour to hearing residents concerns and wants for the neighborhood. While we were happy to provide this forum, we know all too well that just letting people share their concerns can become unproductive so we asked residents to not only share their issues and concerns, but also try to suggest potential solutions.



Community Relations Officer David Surwilo speaks at Hillcrest Town Council meeting. (Photos by David Cohen)

We had a great conversation with folks speaking about issues of concern including affordable housing, dirty sidewalks, bumpy roads, crime, drug use, building height and density, and homelessness.

Many representatives of our local elected officials stayed the length of the meeting and took notes to share with their offices, as well as answer concerns that arose during the meeting that they had information about. We are still

digesting the suggested solutions and hope to put together a plan to move forward in the next month.

One thing that I think we knew was the case but was evidenced at the meeting is that not all of Hillcrest's residents (and others who love Hillcrest but don't necessarily live here) have the same vision for the future of the neighborhood, especially when it comes to the issue of density in the neighborhood. While this is a very complex issue that affects multiple stakeholders, we look forward to providing a space for folks with varying opinions on this to work together to find reasonable solutions that will benefit all.

As the year rapidly comes to an end, we have a few more events

coming up. Our next community meeting is on Tuesday, Oct. 11 from 6:30—8 p.m. and will feature a presentation by California Assembly Speaker Emeritus Toni G. Atkins, who will talk about what she's been working on in Sacramento and take questions from the audience.

Election Day this year falls on Tuesday, Nov. 8, and we encourage everyone to get out and vote. Since Election Day is on the second Tuesday of the month this year, it falls on the day of our meeting. We will still meet that evening so please vote and then join us! More on the agenda for that meeting to come soon.

Finally, the holidays! They'll be here before we know it. This year, neighbors have two chances to celebrate. First, our friends at the Bankers Hill Community Group and Hillcrest History Guild will host the annual Holiday Potluck on Tuesday, Dec. 13 at 6 p.m. at the San Diego Indoor Sports Club, 3030 Front St. in Bankers Hill. Then, on Friday, Dec. 16 from 6—8 p.m., HTC will host our first (and hopefully annual) Holiday Social Mixer at a venue in Hillcrest to be announced soon.

Keep an eye on this column, Hillcrest Town Council on Facebook, and hillcresttown-council.com for updates and more information!

—Benny Cartwright is the vice chair of the Hillcrest Town Council.✧

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AWARD-WINNING JOURNALISM: San Diego Uptown News won third place for general excellence at the 2016 ACP Annual Publication Award. This category is the top award in the annual competition, which received more than 1,400 entries from free community newspapers across the U.S. and Canada. Parent company San Diego Community News Network won a total of six awards.

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GUEST EDITORIAL

Know your Medicare rights

By Cate Kortzeborn

As a person with Medicare, you have important rights. One of them is the right to appeal.

An appeal is the action you can take if you disagree with a coverage or payment decision by Medicare or your Medicare health plan. For example, you can appeal if Medicare or your plan denies:

- A request for a health care service, supply, item or prescription drug that you think you should get.
- A request for payment of a health care service, supply, item or prescription drug you already got.
- A request to reduce the amount you must pay for a health care service, supply, item or prescription drug.

You can also appeal if Medicare or your Medicare Advantage plan stops providing or paying for all or part of a health care service, supply, item or prescription drug you think you still need.

If you decide to file an appeal, you can ask your doctor, supplier or other health care provider for any information that may help your case. Keep a copy of everything you send to Medicare or your health plan as part of your appeal.

How you file an appeal depends on the type of Medicare coverage you have. If you have Original Medicare:

Get the “Medicare Summary Notice” (MSN) that shows the item or service you’re appealing. Your MSN is the notice you get every three months that lists all the services billed to Medicare, and tells you if Medicare paid for the services.

Circle the item(s) you disagree with on the MSN, and write an explanation of why you disagree with the decision on the MSN or a separate piece of paper and attach it to the MSN.

Include your name, phone number and Medicare number on the MSN, and sign it. Keep a copy for your records.

Send the MSN, or a copy, to the company that handles bills for Medicare (known as the Medicare Administrative Contractor) listed on the MSN. You can include any additional information about your appeal. Or you can use CMS Form 20027 and file it with the company that handles bills for Medicare. To view or

print this form, visit go.cms.gov/2b6H-Qty. Or call 1-800-MEDICARE (1-800-633-4227) to have a copy mailed to you. TTY users should call 1-877-486-2048.

You must file the appeal within 120 days of the date you get the MSN in the mail. You’ll generally get a decision from the Medicare Administrative Contractor within 60 days after they receive your request. If Medicare will cover the item(s) or service(s), they’ll be listed on your next MSN.

If you have a Medicare Advantage or other health plan, read the materials your plan sends you, call your plan, or visit Medicare.gov/appeals. In some cases, you can file an expedited, or fast appeal.

If you have a Medicare prescription drug plan, even before you pay for a given drug, you have the right to:

- Get a written explanation (called a “coverage determination”) from your Medicare drug plan. A coverage determination is the initial decision made by your Medicare drug plan (not the pharmacy) about your benefits, including whether a certain drug is covered, whether you’ve met the requirements to get a requested drug, how much you pay for a drug, and whether to make an exception to a plan rule when you request it.
- Ask for an exception if you or your prescriber (your doctor or other health care provider who’s legally allowed to write prescriptions) believe you need a drug that isn’t on your plan’s formulary.
- Ask for an exception if you or your prescriber believe that a coverage rule (like prior authorization) should be waived.
- Ask for an exception if you think you should pay less for a higher tier (more expensive) drug because you or your prescriber believe you can’t take any of the lower tier (less expensive) drugs for the same condition.

For more information on exceptions and your other Medicare rights, read the “Medicare & You 2016” handbook at bit.ly/2byPiQE.

—Cate Kortzeborn is Medicare’s acting regional administrator for Arizona, California, Hawaii, Nevada and the Pacific Territories. You can always get answers to your Medicare questions by calling 1-800-MEDICARE (1-800-633-4227).❖

San Diego Uptown News

Readers Poll



Poll results

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New poll

Will you watch
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- ☐ Yes
☐ No
☐ Maybe

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Letters

Alley improvements

Re: “How green is your alley?” Vol. 8, Issue 19 or at bit.ly/2dn7hsM.

The alley article is so interesting and full of resources. It is a textbook for renovating our public right-of-ways. I hope there will be a series of articles that will follow on how alleys evolve into community assets. There is not much land left in Uptown, so now it is time to incorporate whatever public space is available into pleasant places. —Carol Emerick via our website

Dates matching ZIP codes

Re: “When the date meets the ZIP code,” Vol. 8, Issue 19 or at bit.ly/2cGrbuP.

That’s very cool! I wish we would’ve thought of that in 2003 for 9-21-03 day in Hillcrest :) —Benny Cartwright via our website

Why not restore?

Re: “Reaching out from behind The wall,” Vol. 8, Issue 18 or at bit.ly/2cUvZjm.

Building could look like their rendering or could be tastefully restored to the building’s original Spanish/Mission splendor! —Gregory via our website

Save our Gills

Re: “When prophet meets profit,” Vol. 8, Issue 18 or at bit.ly/2cp74QW.

Beating a documented Irving Gill is not enough to prevent demolition in this town. Since I have been studying Gill, over the last 20 or so years, we have lost the Bertha Mitchell, Mary Johnson, “Windemere,” Hugo Klauber, Edmund Parmalee, and E. Milton Barber houses. The city of San Diego finds an excuse to allow a teardown every time. —Erik via our website

The tea is good, too

Re: “Refill café specializes in cold brew coffee,” Vol. 8, Issue 18 or at bit.ly/2dejtx7.

Refill in Hillcrest is my new favorite place! Although I don’t drink coffee, the iced tea is delicious! I’m a big fan of Refill! —Benny Cartwright via our website

Great resource

Re: “Urban hike: Golden Hill’s 32nd Street canyon wasn’t always so nice,” from 2009, or at bit.ly/2dekO7o.

This article is so relevant, now, in 2016. It is filled with resources to continue the work of canyon restoration/preservation in Uptown. I am grateful I am able to download this article and access the resources, seven years after it was written.

The reason I found the site was Tershia D’Elgin. Her new book, “The Man Who Thought He Owned Water,” led me to her website that led me to the 32nd Street Canyon information that led me to Uptown News. Thank you.

—Carol Emerick via our website

Look out for each other

My name is Eryn Pecka, owner of Mission Hills Bikes. Saturday Sept. 2, my bike store was broken into about midnight. Thanks to the SDPD the bad guy was caught shortly afterwards. While he tried to make off with a lot of products, including an employee’s bicycle, the suspect was caught 20 minutes later. As neighbors, fellow business owners and concerned citizens, we need to continue to look out for ourselves, and for our neighbors.

—Eryn Pecka, via email

—Send letters to the editor to ken@sdcdn, or post comments on our website or Facebook page. ❖

GUEST EDITORIAL

What parents need to know about opioid abuse

By Dr. George Koumaras

For many teens, their first exposure to prescription painkillers is when they have their wisdom teeth pulled.

However, this rite of passage and the painkillers prescribed to manage the post-surgery discomfort may be the gateway to other problems such as the addiction potential of opioids.

Morphine, OxyContin, Vicodin, Percocet or codeine are some of the opioids commonly prescribed to relieve pain after wisdom teeth are extracted. While opioids can be effective at relieving pain, they are also highly addictive, which is why the American Dental Association and associated professional organizations such as the American Association of Oral and Maxillofacial Surgeons are educating their members about the pitfalls of using opioids as pain control substances.

A Harvard Research Team reported in the Journal of the American Medical Association (JAMA) that dentists are among the leading prescribers of opioid analgesics, particularly for tooth extractions. The study also found 61 percent of 14- to 17-year-olds who had a tooth pulled walked out of the dentist’s office with a prescription for painkillers. Painkillers — typically prescribed for short term use — are often taken for years after the initial prescription.

In fact, research conducted by, HealthCore, a health outcomes company,

the University of Arkansas for Medical Sciences, and the University of Washington found that more than half the people who take opioids for chronic pain are likely to still be taking the painkillers five years later.

As a health insurance company, we believe we are in an especially unique position to help individuals avoid dependence and curb prescription drug abuse because we have real-time access to records for medication use that many doctors and pharmacists do not. This means we can help flag individuals who may be getting prescriptions from multiple doctors or pharmacies, or whose refill patterns fall outside of established norms. And through our integrated health care approach, we can share this important information with a member’s primary physician.

In April, Anthem Blue Cross launched the Pharmacy Home program. Designed to help reduce addiction to opioids and other prescription drugs, the Pharmacy Home program enrolls high-risk members in a “pharmacy home,” which limits their drug coverage to one member-chosen home pharmacy (select exceptions are made where clinically prudent and in cases of emergency).

As a parent, you can help curb prescription drug abuse by taking two simple steps:

• Talk to your dentist. If your child has an upcoming dental surgery, talk to your dentist about starting with an over-the-counter pain medicine post-surgery. If a weaker drug provides relief, there may be no need to take a prescription opioid. If the pain requires a



Dr. George Koumaras (Courtesy of Anthem Blue Cross)

prescription, follow your doctor’s instructions and take the minimum amount you need to cope with the pain.

• Dispose of unneeded medications properly. Those extra bottles of prescription drugs you have in your medicine closet? Get rid of them — and do so properly. Hospitals, police and fire departments often host medication take-back days. Getting unneeded prescription drugs out of the house will not only help a loved one avoid mistakenly taking the wrong medication, it will also keep opioids out of the reach of children and teens.

There are no silver bullets to ending America’s opioid crisis, but taking small steps like these can help keep your teens from being the next victims.

—Dr. George Koumaras is the dental director for Anthem Blue Cross. Since joining the company in 2013, Dr. Koumaras is responsible for clinical and dental policy, dental and medical integration initiatives, fraud and abuse, grievance and appeals and Professional Review.❖

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 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 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@sdcdn.com for inclusion of your organization or committee meeting.❖

Art as therapy

Saori weaving embraced by developmentally disabled adults locally

By Cynthia Robertson

On current exhibit at the Japanese Friendship Garden is “Constructs: The Art of Saori Weaving,” showcasing articles of clothing and other items made by students of Sophie’s Gallery, an arts program of St. Madeline Sophie’s Center for developmentally disabled adults.

The students learned this freeform style of weaving from their teacher Liz Walk.

Loosely translated as “free-style weaving,” the phrase was coined by weaving artist Misao Jo, who created the art form. “Ori” means weaving in Japanese, and “Sai” connotes the beauty and dignity of each individual being in the world.

Because of its spontaneous nature, Saori weaving is meant to convey something of the

unique qualities of each weaver. In contrast, traditional weavers usually spend time planning and calculating patterns and a specific structure for their weaving, Walk explained.

“Saori weaving is very much about the feelings and the choices of the weaver in the moment as they are weaving. All variations in the cloth are not looked at as mistakes, but are rather viewed as evidence that the cloth was handmade and are prized for their one-of-kind nature,” said Walk, who has taken classes by Jo and other Saori artists.

Cali Williams was one of Sophie’s Gallery artists on hand at the exhibit’s reception on Aug. 25.

“Doing this weaving makes me feel very happy. It calms me. When I get worried about things, I can do this, and the problems all go away,” Williams said.

The beauty of Saori weaving is its accessibility to nearly anyone who desires to weave. The loom has a great many innovative design features that make it adaptable for weavers of varying physical abilities. Weavers enjoy seeing the immediate results of their work. Artists who may not have an interest in

working with other media such as paint can find an outlet to express their love of color.

A typical weaving class at Sophie’s Gallery consists of six to eight students taking turns using the floor loom. Each student chooses the yarn they would like to use. The class might vote on a particular color palette to use for a shawl or a scarf. Some students are able to weave quite independently and may even wind their own bobbin of yarn and load their shuttle. Other students may occasionally need a verbal reminder of where they are in the weaving sequence.

Most artists are able to work with minimal assistance after becoming familiar with the loom over the course of a class period. As the weavers wait their turn on the floor loom, they may work on finishing another woven item by tying off fringe at the ends. Several students might work at measuring, cutting, and sewing pieces for a garment. The class encourages the students to work as a team and to share their talents and resources. The items are sold as a group project and weavers are paid for their contribution to the finished piece.



Cali Williams demonstrates how to use the Saori loom at the Aug. 25 reception in the Japanese Friendship Garden. (Courtesy of Sophie’s Gallery)

Saori cloth tends to be very textural, even sculptural. Sophie’s Gallery students often add pieces of dyed fibers and strips of recycled fabrics to their work. They incorporate various methods of manipulating the yarn to create variations in the density and texture of the fabric.

A Saori loom is unique in that it is designed to use a pre-made warp — weaver’s lingo for the set of lengthwise yarn held in place on the loom — that can be purchased from the Saori company in Japan. Most weavers spend a great deal of time making their own warps, while the Saori warps come in big rolls that are ready to be loaded onto the warp beam that looks much like a giant roll of paper towel.

“Then we can enjoy choosing our own spontaneous color combinations. We use two-harness looms to make what is known as ‘plain weave’ fabric. It has the familiar over/under/over/under weave structure,” Walk said.

The students typically weave lengths of fabric that are made into scarves, shawls and various clothing items. Often the class will vote on what they want to make with finished yardage. The students use Saori clothing designs, which are very simple and unconstructed garments that incorporate selvages and raw warp ends into the design.

This art form became a regular part of the curriculum at Sophie’s Gallery just within the last few years. St. Madeleine Sophie’s Center executive director Debra Emerson and the art program manager at that time, Wendy Morris, attended a conference on disabilities in Washington, D.C. in 2010. At the conference, Kenzo Jo, son of the founder of the Saori Weaving movement, Misao Jo, gave a demonstration of weaving on the loom.

The Saori practitioners in Japan had included persons with developmental disabilities in their programs from early on. Both Emerson and Morris were eager to introduce the art form to the Sophie’s Gallery students. They brought back with them an unassembled loom back to El Cajon in a flat cardboard box.

‘Constructs: The Art of Saori Weaving’

Through Oct. 27
Japanese Friendship
Garden Society

2215 Pan American Road
Balboa Park

“It’s been a long process in getting this art form in the hands of our students, but it’s been worth it — for everyone,” Emerson said.

Wendy Morris, administrator of Sophie’s Gallery, agreed with Emerson. “To me, weaving is less about an individual project, as our weavers share the loom and all work on one item at a time. This teaches them the importance of sharing, patience and team work,” she said.

Many of the student weavers have done demonstrations at La Jolla Festival of the Arts, the New Children’s Museum, the Palomar Weaves Guild and Sophie’s fundraising events.

“It has been exciting for me to venture into this new art form along with my students,” Walk said. “It is wonderful to see that the work we are doing is appreciated by so many.”

— Cynthia Robertson is a local freelance writer.✧

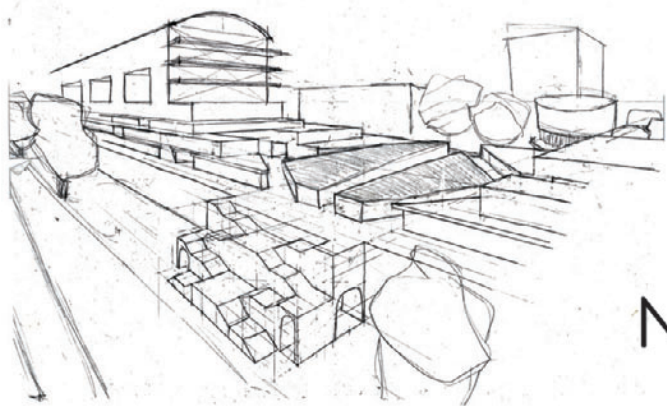


Friends of Sophie’s Gallery talk with the artists during the reception. (Courtesy of Sophie’s Gallery)



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Autumn's Arrival

10 plants with beautiful fall color for San Diego

By Gary Jones

Can't tell by the look of your garden when fall arrives? You must be missing those important trees and shrubs that provide gorgeous fall color in San Diego. As Southern Californians, we need to look beyond the classic maples and deciduous oaks that other climates revel in each autumn, since most don't grow well here. However, we do have our own fall beauties to enjoy. Here are 10 tried-and-true plants that will provide years of colorful autumn leaves.

Sweet Gum (*Liquidambar*) – Many people confuse this for a maple since the leaf shape is so similar. But liquidambar are more vertical in shape and they also have a distinct and rather large, spiny seed pod that falls almost year-round. For that reason, it is best not to plant them near sidewalks, patios or courtyards. In very late fall, the colors are stunning—from red tones to orange and peach. The foliage of Palo Alto turns bright red to orange-red. Burgundy provides deep, reddish-purple leaves. Festival will give you a range of autumnal hues including peach, rose, orange, yellow and red.

Oakleaf Hydrangea – The flowers as well as the leaves provide beautiful color each fall. Huge, conical flower clusters of white take on bronze and pinkish-red tones as the flowers mature. As the summer season wanes, the large, deeply cut leaves turn bronze and red and even stay on the plant for a very long time.



Maidenhair Tree (*Ginkgo*) – A mature ginkgo tree in full fall color is a sight to behold. The color is pure, clear yellow. It seems as if every leaf has been formed from the same sheet of bright construction paper. This angular, architectural tree is a beauty all year — with or without leaves. Be sure to plant male trees only for tidiness.



Boston Ivy, Green Showers – Clothe an unsightly or boring wall with this verdant, shiny-leaved ivy. You will be enveloped in a rich robe of green. This self-clinging vine turns rich red in fall and covers a lot of area fast.



Chinese Pistache – Pistaches provide a wonderful, umbrella-shaped canopy of feathery shade all summer. Come fall, leaves turn red, orange or yellow, depending on the climate. Chinese pistaches are very adaptable to soil types and a wide range of water conditions, including very little.



Lombardy Poplar – These deciduous trees make a strong vertical statement. They are softer and wider than Italian cypresses, but punctuate landscapes in much the same way. Bright green in spring and summer, its leaves turn golden yellow in the fall.

Crape Myrtle – You certainly get a unique color combination with crape myrtles. It includes wonderful white, lavender, pink and red flowers from summer into fall and brilliant orange and red fall foliage. If you live near the coast, be sure to plant a variety bred to be resistant to mildew. There are ten or more resistant varieties to choose from.



Callery Pear – Bradford is the most common variety of this tidy growing, inviting spring-flowering pear, but newer forms have much better fall seasonal colors. Consider columnar types Whitehouse (purple-red fall color) or Capital with its copper fall

leaves. Rounded varieties are Aristocrat, Chanticleer and Trinity, all with autumnal shades ranging through orange, yellow and red.

Pomegranate – The arching branches of this large shrub sport magnificent red fruit by autumn that will stay on long after the tiny leaves turn orange, red and yellow then drop. Pruning will keep pomegranates smaller. They will tolerate poor soil and considerable drought if needed.



Roger's Red Grape – This selection of California's native grape, *Vitis californica*, turns a delightful red in the fall. Plant it where it can be back lit by the low autumn sun, but not where the fruit drops on a patio or sidewalk. Roger's Red is fast-growing and splendid in both fruit and flower. The small fruit is edible, but has large seeds and birds absolutely love it.

—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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FROM PAGE 1 OPEN STUDIOS

with the exception of two local galleries. It's a good place for it because that's where it's created — it's a natural habitat."

North Park fused-glass artist Crisinda also enjoys the personal encounters that occur in her studio.

"I love interacting with people, so it's a lovely part of what I do," she said. "When people are interested enough to come into my studio, I want to make sure they know what I do, that they're educated in my particular medium. You get people that have more questions, are more interested in the process, than you do in a gallery. It's absolutely inspirational. First of all, people don't know a lot about fused glass, so I spend a lot of time explaining what it is. That renews my interest and my enthusiasm. I'm explaining to this person who's really curious, really interested, and every time I do, for me it's like 'Wow, this is really cool — and I'm so lucky!' I love the medium. I think about glass all the time. I even dream about it."

Crisinda enjoys visitors in her studio so much that she has been known to involve them in her creative process: "Sometimes I'll have sculptures in progress and sometimes they comment and I can incorporate that."

She also envisions an experience that is rewarding for both artist and visitor. "I hope that they see the joy and beauty in the glass," she said, "that they'll go away thinking, 'That was a lovely experience' — and possibly come back and make a purchase."



Crisinda and artwork
by Elizabeth Zaikowski



"A Matter of Time" by Chris Smith (Photos courtesy of The Studio Door)

The Open Studios tour is accompanied by two related events at The Studio Door that will transform October into an artful month: an exhibit of the participating artists' works, Oct. 1-22, and an opening reception on Oct. 8.

—Kit-Bacon Gressitt writes commentary and essays on her blog, *Excuse Me, I'm Writing*, and has been published by Ms. Magazine blog and Trivia: Voice of Feminism, among others. She formerly wrote for the

North County Times. She also hosts Fallbrook's monthly Writers Read authors series and open mic, and can be reached at kbgressitt@gmail.com.

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Madeleine’s baby sister

Restaurant Review

Frank Sabatini Jr.



Her christening party two weeks ago featured free crepes for everyone and the arrival of flower boxes outside her home. Inside, a freshly built kitchen and espresso bar were already in place for the early-August birth of this darling newcomer to North Park.

Say hello to Café Madeleine. She’s the namesake sibling of the humble crepery in South Park, which Christine Perez launched several years ago under the culinary guidance of two French transplants: restaurateur Jerome Gombert of the former Vagabond, and chef Patrick Ponsaty, who headed up fine-dining kitchens locally and internationally before landing at Bellamy’s in Escondido.

With a similar Parisian-style façade as the café in South Park, Madeleine’s second location is bigger. And in terms of food and ambiance, it’s the closest thing you’ll find locally to an authentic French brasserie.

A generous row of café tables occupying the inviting sidewalk patio leads into a roomy and solid interior. Detailed wood trim wraps around the espresso bar and order counter while Venetian-plastered walls set a neutral backdrop for such elegant touches as a large marble-top table displaying magazines and fresh flowers. Perched against a front wall are antiquated trolley doors, which based on their inscription, likely originated from France.

Fronting the semi-open kitchen is a crepe-making area that allows customers to watch the cooks pour batter onto traditional, round grills before nudging it around with wood turners as it bubbles and cooks — just like you’d see of crepe vendors in any French city, but sans their animated maneuvers.

I’ve had Madeleine’s savory and dessert crepes in South Park, and the lemon-butter crepe here. Cooked consistently to golden outcomes and folded craftily into rectangles, they’re a tad thicker than what I’ve had in France, but transporting nonetheless.

Unique to baby Madeleine’s menu are classic French sandwiches using crusty melt-in-your-mouth baguettes sourced from Bread & Cei. Also newly introduced are a few egg dishes, such as an exquisitely earthy mushroom omelet folding in



A crepe in the making (Photos by Frank Sabatini Jr.)

Café
Madeleine

2850 El Cajon Blvd.
(North Park)

cafemadeleinesd.com
619-693-5733

Prices: Salads and sandwiches, \$7.50 to \$12.50; egg dishes and crepes, \$4 to \$12.50

sautéed shitake, Portobello, oyster and crimini varieties.

In addition, there’s nicoise salad arranged in traditional sections of haricots verts (thin green beans), hard-boiled egg, small dark-purple olives, capers and baby potatoes. The spuds, however, were plain and undercooked compared to those served with the mushroom omelet and kissed by herbs de Provence and roasted red bell peppers.

In the French city of Nice, this composed salad is accented with sardines. Yet in the casual brasserie culture of Paris, and at Madeleine, it’s topped with canned tuna — in this case perfectly acceptable albacore. Apparently some customers have squawked about it, preferring seared ahi or the sardines instead. I vote for not changing a thing.

The saucisson baguette sandwich I consumed was divine. Similar to what bakeries and street vendors throughout Europe start selling at the crack of dawn, this adhered to the

less-is-better approach with a single layer of

French-cured salami, semi-sweet cornichons, tomatoes and thinly sliced cucumbers. No cheese or condiments are needed; it’s just a basic sandwich with sophisticated flavor.

Other sandie choices include brie, country pate, French ham and Moroccan lamb sausage. Coming at the end of September are a few dinner entrees such as coq au vin and beef bourguignon, which will coincide aptly to beer and wine when it becomes available later in the season.

For now, the beverage list comprises a slate of coffee drinks using beans and techniques by Illy, and an alchemical presentation of lemonade that starts with fresh-squeezed lemon juice filling about a third of a tall glass.

It’s served with a small pitcher of cold water, a bowl of sugar cubes and sprigs of mint, thus allowing you to control the strength and flavor of the drink. (I achieved desirable medium tartness by using three parts water, four sugar cubes and a few mint leaves.)

Confections include everything from house-baked croissants and pastries to scratch-made Madeleine cookies and dessert crepes spiked with fresh fruit, Nutella or pastry cream.

As I learned from Madeleine’s original location, and I will do so here, it takes multiple visits to fully discover all of her French delights, which strongly resemble any you’ll find while lolling in a café along the Seine River.

—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.❖



Nicoise salad



Wild mushroom omelet with roasted potatoes

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Visit **Ponce's Mexican Restaurant** in Kensington from noon — 4 p.m. on Sunday, Sept. 25, and the meal will amount to what you'd pay the year man first walked on the moon. The restaurant, which usually is closed on Sundays, will open that day in celebration of its 47th anniversary, allowing customers to savor the original menu and its prices from 1969. A bean burrito, for example, will cost 70 cents while a three-item combo plate sells for \$2.10. The deals extend to many other dishes, except for take-out items and bar drinks.

"We celebrate our anniversary in some way every year, but this is the first time we're offering a throwback menu," said Mikey Knab, Ponce's director of operations.

The promotion coincides with the second day of the **Adams Avenue Street Fair**. 4050 Adams Ave., 619-282-4413, ponces-restaurant.com.



A popular Mexican restaurant turns back the clock on its prices for a day. (Photo by Frank Sabatini Jr.)



Oz Blackaller, owner and chef of Cueva Bar (Courtesy of Oz Blackaller)

three years ago (season five), and plans to hold a public viewing party at 5 p.m., Oct. 19, at Cueva, for his upcoming gig. The gathering will feature tapas and drink specials. 2123 Adams Ave., 619-269-2212, cuevabar.com.

Oz Blackaller of **Cueva Bar** in University Heights returns to the Food Network, this time in a Halloween "tournament of terror" on **"Cutthroat Kitchen,"** which features four preliminary matches that will run from Sept. 28–Oct. 19. The series concludes with the winners from each episode competing in a final cookoff Oct. 26.

Sworn to secrecy on the outcome, Blackaller appears in the fourth episode, in which the competing chefs used "deadly weapons" to cut steak tartare and resorted to other macabre means for preparing additional dishes. He appeared as a regular contestant on the show

100 Wines Kitchen in Hillcrest closed Sept. 10 for remodeling. A public relations rep for the 4-year-old restaurant, which is owned by **Cohn Restaurant Group**, said the company hasn't yet released details about the redesign or when the establishment will reopen. The website, however, hints at re-branding by stating, "Thanks for supporting us. Something new is coming soon." 1027 University Ave., cohnrestaurants.com/100wines.



House-made tiramisu based on mom's recipe (Courtesy of Buona Forchetta)

Matteo Cattaneo of **Buona Forchetta** in South Park is putting the final touches on the restaurant's second location in Liberty Station, which he anticipates will open in late September or early October under the name **Officine Buona Forchetta**. He launched the venture in conjunction with **BICE San Diego**, whose chef, Mario Cassineri, will oversee the pasta dishes and entrees. Cattaneo's team is in charge of pizza making, using two ovens for slinging a variety of styles such as Neapolitan, classic, gluten-free, and rectangular family-style pies called "al metro." In addition, Buona's lauded tiramisu and other desserts made by Cattaneo's mother will carry over. 2865 Sims Road, buonaforchettasd.com.

After a 10-plus-year run, **Wine Steals** in Hillcrest ceased operations on Sept. 20 due to rent and leasing issues that arose between the establishment's owner and the property's landlord. The 4,000-square-foot space functioned as a wine-beer bar, retail outlet and event venue, and eventually spawned three other locations of the same concept. The Liberty Station and East Village outlets shuttered over the past several years, although Wine Steals in Cardiff-by-the-Sea remains in business.

Wine Steals owner Ken Mills said he might look for an alternative location within Uptown for reopening "on a smaller scale." 1243 University Ave., winestealseventvenuesd.com.



Plans are in the works for a second North Park location of **Nomad Donuts**, which will open in March less than a mile away from its original address at 4504 30th St. Owner Brad Keiller said the space at 3102 University Ave. is nearly five times larger and it will allow executive pastry chef Kristianna Zabala to expand the company's rotating donut selection, while incorporating wood-fired bagels into the daily production.

"We'll be moving our entire kitchen into the new location," Keiller said, adding the bagels will be used for breakfast and lunch sandwiches and that Zabala will be given creative license for introducing a host of sweet and savory specials. Beer and wine will also be available. The original location will eventually convert into a coffeehouse stocked with menu items made at the new address. 619-431-5000, nomad-donuts.com.

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

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MARGARITA GLUTTONY

Come On Get Happy! Dr. Ink

Since learning about the humungous margaritas and free happy-hour nibbles at The Amigo Spot in Hotel Circle in Mission Valley, it finally floated to the top of my list for appraisal.

The restaurant sits off the beaten track for locals, but not so much for tourists staying at the nearly 60-year-old Kings Inn, which is also home to the more popular breakfast-lunch diner, The Waffle Spot.

That restaurant was recently remodeled along with the hotel's rooms and lobby. The Amigo Spot, however, remains colorfully frozen in time with

the exception of a new donkey mascot standing at the entrance and a few flat-screen televisions perched over the bar area.

This used to be a steakhouse called Kings Grille. It was supposedly fronted by a mini-moat and faux draw-bridge before its current owners converted it into a Mexican restaurant in the mid-1990s. As was the case when it opened, and still is now, the place takes its margaritas very seriously.

They're available in small, medium and large. The latter weighs in at 32 ounces and contains a generous splash of Triple Sec and three Torada Silver Tequila shots, depending on the bartender or waiter you ask. Priced normally at \$15.50, you can get giddily drowned in one for an easy \$13 during happy hour.



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619-981-7968

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I was leery over whether my gut could solely handle that much boozy liquid in a fairly short visit. So I got a St. Archer IPA on draft for \$5 and shared the oversized margarita with my companion.

It came as no surprise when our waiter told us the drink's mix is made in-house. We were immediately impressed by its natural citrus essence and balanced tang. Indeed, a dangerously easy margarita to drink had I ordered it only for myself.

While looking over a menu of reduced-priced appetizers falling mostly within the \$4 to \$8 range, our curiosity was piqued by a small table on the other side of the

Drinks: **★★★★**

The margaritas use a bright and citrusy house-made mixer that is exceptionally refreshing. Draft and bottled beer choices are limited to Corona Light, Pacifico, Dos Equis Amber and St. Archer IPA. The wine list is negligible unless you're a fan of the Sutter Home label.

Food: **★★★★**

The complimentary, mini chimichangas filled with rice, beans and cheese offered a pleasant and unusual smoky flavor. From the happy hour menu, an order of guacamole appeared and tasted freshly made, and the pulled chicken inside our quesadilla was tender and plentiful.

RATINGS

Value: **★★★★**

You can essentially eat for free if sticking to the chimichangas, raw veggies and house-made ranch dressing on the small buffet table. Drinks and regular appetizers, however, are reasonably priced, dropping down on average by \$1.50.

Service: **★★★★**

Aside from a 15-minute disappearance by our waiter toward the end of our visit, he was personable, fast and efficient.

Atmosphere: **★★★**

The restaurant and bar are comfortable in the now-outdated style it adopted when opening in mid-1990. The high-back booths are draped in colorful fabrics; chairs are made of rattan; and most the walls are paneled in mirrors.

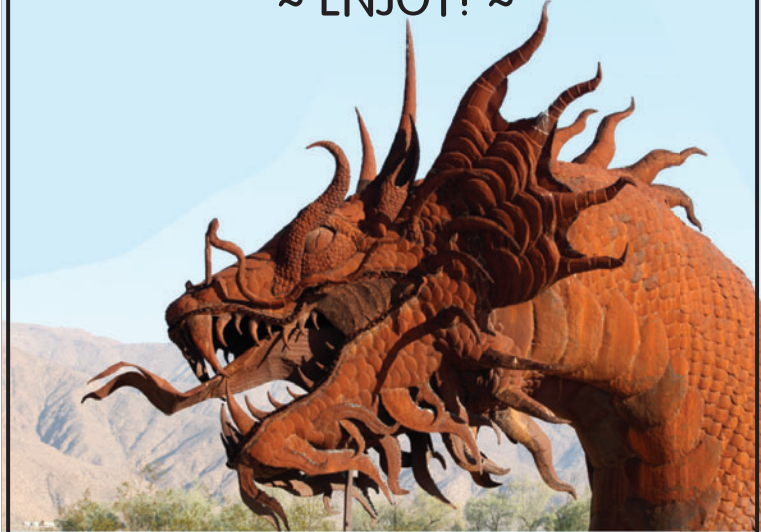


A wagon and spotted donkey mark Amigo Spot's entrance (Photos by Dr. Ink)

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Discovering Irving Gill

Cultural institutions join forces to introduce the world to architect

HouseCalls Michael Good

Like many a fledgling hooligan growing up in 1950s Oceanside, California, Milford Wayne Donaldson was introduced to the architecture of Irving J. Gill after running afoul of the law.

"I was with five or six of my buddies — we were out surfing. At that time you weren't supposed to shoot the pier on a Saturday," he said.

But boys will be boys, and Donaldson and his surf posse ventured into forbidden waters, caught the attention of the lifeguards, and were hauled off to jail — sort of.

"Back then, lifeguards didn't have arresting authority. They had to turn us over to the fire department, which was in charge of the beach. So where did they hold us? In the hose tower of the fire station."

And in this dark, damp, extremely vertical jail cell of a room, Donaldson got his first exposure to Irving J. Gill, who had designed the fire station, along with the nearby police station, in 1929.

Donaldson had already committed himself, at the age of 7, to becoming an architect. So

you'd think he'd be impressed by the work of Irving Gill, right?

"Well my dad was impressed," Donaldson said. His father was a Navy corpsman who'd been wounded in the Korean War. "When he picked us up, he wanted to know why they were keeping us in the tower with the fire hoses. He didn't like that. He kind of read the fire department the riot act."

Donaldson next encountered Gill a few years later, when he was starting architecture school.

"Way back in the '60s, we put together a lecture series, with architects Sim Bruce Richards and Ken Kellogg, and clay artist Rhoda Lopez. I think we also had Jim Hubbell. We included the architecture of Irving Gill in our introduction. I was just entering into my first year of architecture at Cal Poly San Luis Obispo and I thought, 'That looks like San Luis Rey Mission.' That was the first time I made the connection between Gill and the Mission style."

But Donaldson didn't really begin to develop an appreciation for Gill until a few years later, when he started his professional career in the offices of Mosher/Drew/Watson. The firm designed many modern style



Children's Home Association Dormitory (1908), Russ Boulevard at 16th Street. Demolished 1960. (Courtesy of Coons Collection)

houses in the '50s and '60s, and had offices at the Green Dragon Colony in La Jolla, which included cottages designed by Gill (and owned by Mosher's father, Jack.) By the time Donaldson was hired as a draftsman, the firm had moved on to bigger projects, including building residence halls at the Bishop's School in La Jolla, which had been designed by Gill.

"Roy Drew was a pretty big advocate of Gill. Most architects in San Diego were not."

Working on the Bishops School, Donaldson again had that déjà vu feeling. "I looked around at the buildings and thought, 'Gee, this looks a lot like a mission.'"

After moving to Mission Hills and starting his own firm, in 1978, Donaldson kept running into more Gill buildings, especially as he began focusing on restoration work. He eventually rescued, restored and retrofitted some 120 buildings in the Gaslamp District, Balboa Park and throughout

San Diego. That was when he really began to understand and appreciate Gill.

"Then, of course, there was saving the fountain," he said. By "the fountain," he means the Irving Gill-designed fountain in Horton Plaza, which developers wanted to move to the big hole in the ground that now serves as the outdoor lobby of the San Diego Repertory Theatre.

"That was a big fight," Donaldson said. "I took the initiative. SOHO joined in. We were fortunate enough to have (then mayor) Roger Hedgecock on our side. Larry Halprin (the prominent California landscape designer famous for remaking Ghirardelli Square) wanted to move the fountain and replace it with one of his own design. Roger Hedgecock said, 'No way.' Halprin left the project in a rush."

Donaldson was surprised when, 20 years later, "I got a call from Halprin. He said, 'Let's have lunch at the Lodge.'" ("The 'Lodge' was The Sea

Lodge, a Northern California development designed by Halprin.) After lunch, Halprin invited Donaldson to paint some watercolors, en plein air. Halprin, who like all architects was not without an ego, surprised Donaldson by admitting the error of his ways. Donaldson still takes pleasure in relating the story:

"He said, 'You know I was completely wrong about relocating that Gill fountain. I didn't know that until you gave me that book on Gill — the one by Esther McCoy. And by the way, you still can't watercolor worth a damn.'"

Today, Donaldson continues to introduce architects, designers and the public to Irving Gill. Never mind that it took Donaldson himself a few decades to get the full measure of the man and his work, beginning with his subliminal introduction in that dark, dank and drippy hose tower.

see House Calls, pg 15

GET TO KNOW

Historical and Architectural Real Estate Expert

KRISTOFOR CARNEGIE



Kristofor Carnegie is known for his knowledge of architecture and historical homes. His lifelong appreciation for design stems from his involvement in theatrical arts pursuing his interests in set and lighting design.

Throughout his career, Kristofor has aligned himself with a clientele that appreciates architecture and history. He enjoys sharing his passion for design and architecture, and educate them on what to look for in the home buying process.

Kristofor has focused his practice on the sales and listings of architectural and historical homes throughout San Diego and Southern California. Over the years, he has developed a growing portfolio of designers and architects he has had the pleasure of representing. Some of his favorite architects include William Kessling, Richard Neutra, Russell Forester and Frederick Liebhardt.

What made you want to work in real estate?

Back when I was a kid, my grandmother who was a realtor, would take me to work. I'd go on showings with her, organize her paperwork, host open houses with her and even sometimes negotiate a deal with her! Through my childhood I became addicted to Real Estate, Every time I would enter a house I would wonder why it was built and who it was built for. I could not wait for the day when I too could become a top realtor, like my grandmother.

Favorite San Diego landmark?

If you know me you may know that I am very passionate about the history is San Diego and preserving the historical homes and landmarks throughout the city, so it's safe to say that I love them all. But if I had to pick one, I'd have to say it's Persidio Park because of its iconic views of San Diego where you can see everything from Mt Soledad to the iconic skyline of downtown San Diego.

Favorite restaurant?

I eat out all the time and I definitely have my "go-to" restaurants, but if I had to pick one it would have to be Starlight Lounge, in Mission Hills. It's my little hideaway, they always have a delicious seasonal menu including and a killer burger. The restaurant also features a simple mid century modern design, created by one of my favorite design firms, Bells & Whistles.

Something you can't live without?

My Herman Miller Eames lounge chair. It's my favorite place to relax or even fall asleep after a busy day at work.

Proudest Accomplishment?

I'd have to say my proudest accomplishment is my Real Estate career. I never thought I'd have a career that I love and look forward to working every day, especially one where I am able to bring so many people happiness by sharing my love, passion and knowledge for Real Estate, History and Architecture.

Contact Kristofor for more information on the historical and architectural homes throughout San Diego or with any Real Estate needs.

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FROM PAGE 14

HOUSE CALLS

“You know,” he said, “the problem is, we still don’t have enough people in the architecture profession who appreciate Gill.”

On Friday, Sept. 23, Donaldson will try to make a few more converts when he delivers a lecture called “Irving Gill: Architect, Poet, Humanist” at the First Church of Christ, Scientist on Laurel Street. The lecture is part of the all-encompassing, months-long appraisal of Gill undertaken by 11 Southern California cultural institutions.

Save Our Heritage Organisation is sponsoring the lecture, as well as an exhibit, a walking tour, and their usual guided tours of the Gill and Hebbard designed Marston House in Balboa Park.

There’s also an exhibition catalog that contains some previously unpublished images of Gill’s work, as well as Esther McCoy’s book chapter on Gill. The exhibit also includes some furniture by Gill and his partner Frank Meade, which, coincidentally, was rescued and preserved by the aforementioned Sim Bruce Richards.

As an architect, Donaldson has a unique perspective on Gill. He thinks Gill’s move to LA was a big mistake. And he disagrees with Esther McCoy, among others, about Gill’s loss of the commission to design the 1915 Panama California Exposition. “I think the loss of 1915 was devastating,” he said. “He was at the height of his practice in 1910.

“One thing I’ve found in architecture practice, when you leave a successful practice and you wish to move on, and you



Thomas Hamilton/Mary Fulford House (1908), 3500 Seventh Ave. Demolished. (Courtesy of Coons Collection)

do it by yourself, it’s almost impossible. By the time Gill went to Los Angeles, there were a whole bunch of other guys — Schindler, Neutra and others — doing Gill-like architecture. When you don’t join partnerships, it’s very difficult to get in.”

Gill’s years alone in LA after World War I were rough. In the ’20s, he had very little work. He had a heart attack in 1929, and another one in 1933. In 1936, a client even refused to pay for his services, saying Gill “didn’t build the building, he only designed it.”

Gill was living alone in an avocado orchard in a house without running water, picking

and selling fruit to Safeway and the El Cortez Hotel, when he died in 1936. He was largely forgotten, then, and is largely forgotten now. Donaldson has plans to change that, which he will announce at his lecture.

“Irving J. Gill: New Architecture for a Great Country” — the name for the collaborative celebration of all things Gill — should also help. Among the institutions, museums, schools and foundations involved: Barona Cultural Center & Museum (Gill did some of his best and simplest work there late in life), La Jolla Historical Society, San Diego History Center and Oceanside Museum of Art. No word yet on whether the Oceanside Fire Department has anything planned. Perhaps a forced tour of the hose tower? In time for Halloween?

For more information, visit irvinggill.org. Wayne Donaldson’s lecture is at 6:30 p.m. Sept. 23 at First Church of Christ, Scientist. There is a reception and tour beginning at 5 p.m. Purchase advance tickets at sohosandiego.org.

—Contact Michael Good at housecallssdun@gmail.com.



Hugo Klauber House (1908), demolished circa 2000. (Courtesy of Coons Collection)



Alice Lee/Katherine Teats Cottage (1905), 3578 Seventh Ave. (Courtesy of Coons Collection)

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Tuesday October 11, 2016 - 5:00 PM

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Kyle Selig, Connor Russell, Austyn Myers, and Patrick Rooney. Photo by Jim Cox.

Comedy insanity, Mel Brooks style

By David Dixon

Who else but Mel Brooks could come up with a tale about the making of “the worst play ever written?” The hit stage adaptation of the 1968 movie, “The Producers,” will be coming to the Downtown’s Spreckels Theatre.

Presented by San Diego Musical Theatre, the show features the combination of irreverent comedy and clever dialogue associated with Brooks’ classic films. Brooks not only adapted the book with Thomas Meehan, but he wrote all the outrageous songs for the farce.

Set in 1959 in New York City, a once-celebrated Broadway producer Max Bialystock (John Massey) realizes he can make a lot of money if he helps finance a disastrous theatrical event. With the help of his new assistant, Leo Bloom (University Heights resident Bryan Banville), they decide to invest in a surefire bomb, “Springtime for Hitler.”

Even with his occasionally frightening neurotic behavior, Leo is the closest thing to a sane character in the outrageously satirical story. Banville wants audiences to connect with the sympathetic former accountant.

“Once Leo sings ‘I Wanna be a Producer,’ viewers see the whole tale through Leo’s eyes,” Banville said. “It can be hard to keep the role three-dimensional in the over-the-top reality.”

One of the idiosyncratic men that Leo meets is the assistant/lover of the eccentric director Roger DeBris (Russell Garrett), Carmen Ghia (Normal Heights resident Luke Harvey

Jacobs). While the roles of the couple were minor in the film, their parts were expanded for the stage version.

Jacobs said the expanded characters reflect modern society.

“In the motion picture, they were written to be made fun of in a loving way,” Jacobs said. “As it shifted into the 2001 staging, there became more of a publicly open gay presence in the arts. The task that Garrett and I have is to flesh out our roles, which is really fun.”

North Park resident Tony Houck plays several roles throughout the wild plot.

“The people I play are outrageous,” he said. “Because there is such an outrageous world, you can have a tap dancing Nazi come onstage and it’s totally fine.”

A physically demanding character that Houck portrays is one of the raunchy old women dancing in the big musical number, “Along Came Bialy.”

“Everyone, including people that are 6-feet-4, have to be hunched over,” he said. “This happens while we’re doing kicks, flips and tap-dancing with a walker. That for me has been pretty tricky.”

Almost all of Brooks’ big screen adventures include at least one musical number.

If he were to convert one for the stage, Houck and Jacobs have their own picks for his next singing and dancing hit. Houck chose “Blazing Saddles” and “Silent Movie.”

“Blazing Saddles” already has the Madeline Khan number, “Tired,” which I’ve sung in drag,” he said. “That would be hilarious. ‘Silent Movie’ would be



(l to r) Russell Garrett and Normal Heights actor Luke Harvey Jacobs



North Park actor Tony Houck
(Photos courtesy of SDMT)

interesting if Twyla Tharp choreographed the piece.”

Jacobs’ pick was the filmed love letter to Alfred Hitchcock.

“I would love to see ‘High Anxiety: the Musical,’” he said.

Although musical fans most likely will have a great time at “The Producers,” people that don’t typically go to theater might get a lot out of the wild night.

“This is a show that you can bring the guys to,” Houck said. “It’s a good gateway musical.”

The main thing about “The Producers” that Jacobs loves is that the plot is an unabashed laugh riot from start to finish.

“It is so seldom that a musical on this scale is just built and produced for humor’s sake,” he said. “That alone is a reason to see this show.”

Side-splitting lowbrow jokes and tunes make the production a nonstop hoot. SDMT’s rendition seems guaranteed to be a success. Leo and Max are going to continue to live on in infamy.

—A fan of film and theater from a very young age, David Dixon has written reviews and features for various print and online publications. You can reach him at daviddixon0202@gmail.com.



(l to r) John Massey and University Heights actor Bryan Banville

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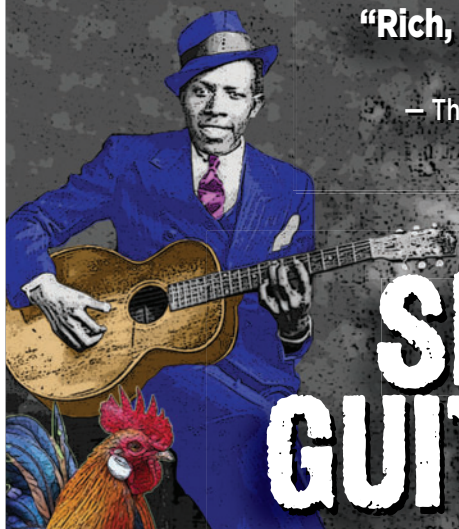


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A farcical delight



The cast of "Manifest Destinitis" at San Diego Repertory Theatre (Photo by Jim Carmody)

Theater Review

Charlene Baldrige



The residency of Culture Clash founding member Herbert Siguenza at San Diego Repertory Theatre currently bears luscious fruit with the world premiere of the playwright/actor's "Manifest Destinitis," wondrously directed by Rep co-founder and artistic director Sam Woodhouse.

The farce is based on Molière's "The Imaginary Invalid." Siguenza resets the action in 1848-50 on an Alta California cattle ranch/ hacienda called Rancho Aragon.

Don Aragon (lovable Mark Pinter, not your ordinary pantaloni) is suffering multiple ailments, diagnosed as "Manifest Destinitis" early in the first act by an obvious quack (Dr. Burgos,

portrayed by Richard Trujillo). For instance, when Don Aragon complains about his bowels, the doctor puts ear to abdomen and pronounces "vaginitis." Every diagnosis is accompanied by a request for more pesos. Declaring himself bankrupt, the hypochondriac dismisses the doctor and devises a scheme to marry his nubile daughter to a physician in order to save money.

Manifest Destinitis, which has been diagnosed in multiple area ranchers, is fear of the coming takeover of California, Texas and more by the Yankees, who are winning the Mexican-American War.

Don Aragon has two daughters, the ultra feminine Angelica and the butch Luisa, both played to great effect by Jennifer Paredes. Angelica is in love with a Yankee singer/guitarist named Charlie Sutter (Jacob Caltrider, sporting the biggest codpiece in creation). His endowments are much admired by Don Aragon's housekeeper, Tonia (Siguenza), who is Angelica's confidant and champion.

Tomas Diaz (Salomon Maya), the son of neighboring rancher Don Pedro Diaz (John Padilla), has returned, now a certified physician after medical studies abroad, so Don Aragon arranges a marriage between Angelica and Tomas, a ditsy, lecherous, slavering dolt, hilariously played by Maya with rolling eyes and wandering hands. Needless to say, Angelica revolts.

Meanwhile, Don Aragon's avaricious second wife, Belen (Roxanne Carrasco) and her fake attorney/lover (Padilla in

an amusingly turned-up red wig) finagle to gain control of the Aragon estate. The company, many playing multiple roles, also includes Scotty Atienza, who portrays a pueblo newsboy, repeatedly interrupting with news of Yankee battle triumphs.



Richard Trujillo (top) and Mark Pinter (Photo by Daren Scott)

The glories and delights of "Manifest Destinitis" and its production are the sustained, seemingly effortless physical comedy; spot-on and sincere portrayals; a magnificent hacienda set by Sean Fanning; the hilarity of Jennifer Brawn Gittings's costumes, which pair clashing print fabrics to screamingly funny effect; the music of composer/sound designer Bruno Louchouart; the lighting of Lonnie Alcaraz; and the choreography of Spencer Smith, who treats us to a group tango. All around, the work is absolutely first class.

Rather than a standard drag portrayal, Siguenza's performance as the Indian housekeeper is heartfelt, natural, wise and ultimately touching, rather like Juliet's nurse in "Romeo and Juliet." The other portrayals, outrageously funny as they are, manage to capture the essence of farce without straying from the realm of excellence.

"Manifest Destinitis" opens San Diego Repertory's 41st season. The Andrew Mellon Foundation underwrites Siguenza's three-year residency. He is author of "A Weekend With Pablo Picasso," "El Henry" and "Steal Heaven."

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



(l to r) Roxane Carrasco, Mark Pinter and unknown actor (Photo by Daren Scott)



AM I BEING CLEAR?

We live in a diverse world where people speak many languages and need to communicate effectively with people from a variety of backgrounds. Sometimes, the way we communicate gets in the way of what we are trying to say. How can you make sure you are getting your point across, especially if English is not your first language?

Many non-native English speakers are proficient at writing, reading and understanding English, but feel frustrated when ordering their daily coffee, talking on the phone or speaking in a business meeting. People may form unfair preconceptions based someone's accent. They may ask the speaker to frequently repeat what they have said, cut the conversation short or stop paying attention because it can be difficult to understand someone with a distinctive accent.

Accent reduction training can help people learn to modify how fast they talk and how they pronounce key sounds, improving how others perceive them when they speak. People often report an immediate improvement in their confidence and how easily people understand them after brief training.

As a speech-language pathologist with almost 15 years of experience, I offer training in how to quickly and effectively modify your accent, improving phone, face-to-face conversation, and verbal presentation skills. The way people communicate can make or break a deal and learning how to put your best foot forward is essential. If you or someone you know are interested, please contact me today at **310-720-3473** or joywongslp@gmail.com for a consultation.

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

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

Small Ones

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					
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47	48	49					50				51	52	53	
54					55	56					57			
58					59						60			
61					62						63			

CREATORS NEWS SERVICE

By Charles Preston

ACROSS

1 Shut down

5 Moderator

10 "___ fools these mortals be"

14 Indian mahogany

15 "Workers of the world, ___"

16 Grand Prix

17 Quod ___ demon-strandum

18 Golfer

19 Abstract, modern and liberal

20 Glowed

22 Superlative degree of humor

24 Aggravate

25 Table talk

26 Paul ___

29 Twisting

33 ___ Unis

34 Performs as a Hambletonian

35 Creek

36 Large number

37 Glittered

38 Prepare vegetables

39 Tarzan's friend

40 Courage

41 Bengalese weapon

42 Baby

44 Dwellings

45 Rockefeller Center attraction

46 S. Am. coin

47 Squeezes

50 Like baseball and football

54 Cleft

55 William and son

57 Scotch companion

58 Let out

59 Related on mother's side

60 Patient wife of leg-end

61 Former TV line man

62 Splendid

63 Certain love matches

DOWN

1 Repetition; abbr.

2 Copperfield's wife

3 Stack

4 Sum total

5 Special framework

6 Year; Fr.

7 Fit to be ___

8 Greek letter

9 ___ and blue

10 Ghostly likeness

11 Race loser

12 Play parts

13 Atmospheric ___

21 Something put on

23 Hamelin's scourge

25 Withered one

26 Strengthen, as a position

27 Stockade

28 Compass sights

29 It's not right

30 Miss Dunne

31 Family member

32 Outbursts

34 Sign in some offices

37 Jenny operator

38 Youngsters

40 ___ home

41 Common suffix

43 Belligerents' need

44 Wool brush

46 Light shield

47 Born and ___

48 ___ bean

49 Author Ludwig

50 Scoria

51 What the poor dog had

52 Portal

53 Shropshire, *et al.*

56 Sailor's way

Puzzle answers on page 20

SDGMC presents 'Gala Cabaret'

The San Diego Gay Men's Chorus is calling their upcoming encore benefit gala, which will take place Sept. 29 in Balboa Park, a "star-studded evening." They promise "incredible acts" from across San Diego County in a night of "burlesque, comedy, song and dance."

Hosting the Gala Cabaret fundraiser will be Blanche Debris, a Las Vegas burlesque star, and Chad Michaels, winner of "RuPaul's All Stars Drag Race," will be featured. Michaels will perform as Cher at the event, which will be produced by Jason Ensign and Keith Elliott, who created "Dance for Life." Sponsors include Andrew Christian, the PGK Dance Project, Pride Resource Partners LLC and San Diego Pride.

"This will be an amazing show with some of the country's most talented singers and dancers," said Bob Lehman, SDGMC executive director. "As our biggest fundraiser of the year, we hope everyone comes out and helps support our chorus and our musical mission of outreach."

Other guest stars will include Paris Sukomi Max, DJ Artform, PGK Dance Project, the Vaudeville Vixens, the Dance Divas, Lola Demure, Frenchie Kiss, Max Cadillac, Mykul J. Valentine (Mr. Continental 2016), Hot Toddy (Mr. Exotic World), Whitney Shay and the Candy Shop Dance Troupe.

With more than 200 current members, the SDGMC is celebrating its 31st year of "changing lives, one voice at a time." They perform dozens of outreach events throughout the year. Proceeds will help the chorus continue their work.

SDGMC is still looking for underwriters for the event and auction item donations for the silent auction. Contact Bob Lehman at executivedirector@sdgmc.org.

The gala will be held Sept. 29, at the historic Prado Grand Ballroom, located at 1549 El Prado in Balboa Park.

General admission seats are \$25 and fully tax-deductible. VIP tickets are available for \$125 and include a hosted cocktail reception from 6 – 7 p.m. VIP tables are \$800 (six people) and \$500 (four people). General admission doors open at 7 p.m.

For tickets, visit sdgmc.org or call 619-432-2244.

MTS seeks public input

San Diego's Metropolitan Transit System (MTS) is working on its "Transit Optimization Plan," also known as "TOP," and is asking for public input to better meet the system's bus and trolley market demands and rider needs.

In 2004, a similar analysis saved MTS over \$10 million and increased ridership to nearly 20 million since.

With the recent addition of the Rapid bus routes from North County to Downtown, and planned the planned addition of a South Bay Rapid line and a Mid Coast Trolley extension, MTS wants to make sure their riders have a voice so they can prepare.

MTS currently operates 95 bus routes and three trolley lines across 53 miles of double-tracked railways. They carry more than 300,000 passengers every weekday.

Interested parties can take the survey online and the deadline to participate is Sept. 23. To take the survey, visit sdmts.com/TOP.

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San Diego Uptown News

3845 SACRAMENTO DRIVE



Lovely traditional style Plan 6 home with 4 bedrooms, optional 5th bedroom and 3 and a half bathrooms with bay window in highly-desirable Serramar community. The home has many upgrades and features. The four bedrooms are spacious and have large closets, including a 9x12 walk-in closet in the master bedroom and walk-in closet in bedroom 2. The third bedroom has been tastefully renovated into a state-of-the-art home office and can be easily returned to a bedroom if desired.

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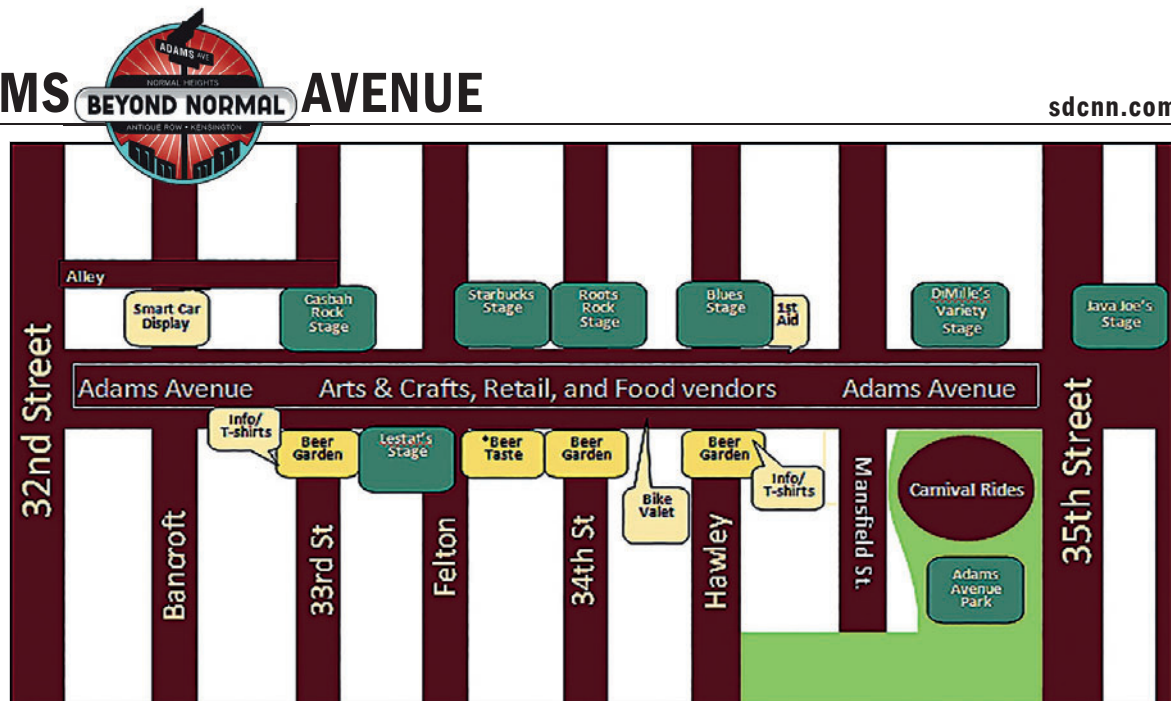
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FROM PAGE 1 STREET FAIR

Kessler, executive director of the sponsoring Adams Avenue Business Association.

"We built it one brick at a time over the years; we'd add one stage, then another," he said. "I've been here since year eight, so since then, it was just a gradual growth. We really reached our maximum footprint about 20 years ago, so the actual size of the festival hasn't grown but the attendance has grown to between 40,000 and 50,000 per day."

Initially, the event was started to celebrate the initiation of revitalization efforts in Normal Heights; today, it's not just a celebration of the community but a birthday party, of sorts.

The street fair also brings continued exposure to the Adams Avenue business district. Kessler estimates the event has \$1 million economic impact to the neighborhood.

"The notoriety from the Adams Avenue Street Fair brings notoriety to the revitalization and growth of the business district all year around. Adams Avenue is associated with music festivals — that's our brand, and there are a lot of local establishments, like Lestat's and Java Joe's, that host music all year around. There is always something for everyone," he said.

Kessler estimates that this year's street fair will net about \$90,000, which will be funneled back into the community in a variety of ways, including but not limited to power-washing sidewalks and tree planting.

"It's the biggest fundraiser we have and we plow every cent back into the community," he said.

The 2016 Adams Avenue Street fair will be held from 10 a.m. — 10 p.m. on Saturday, Sept. 24 and 10 a.m. — 7 p.m. on Sunday, Sept. 25. Attendees of all ages will be able to enjoy 90 bands on multiple indoor and outdoor stages.

Beer connoisseurs can enjoy the Street Fair's Craft Beer Taste, which will take place on Saturday from noon — 4 p.m. across from the Starbucks Stage located at Felton Street and Adams Avenue. Visitors to the Craft Beer Taste will have the opportunity to sample 12, 4-ounce tastes for \$20. Vendors with unique offerings also will be set up back-to-back throughout the venue.

A cool zone will also be available inside the Normal Heights Methodist Church.

Kessler said he hopes to see old, and new faces at this year's festival.

"I'd like to remind people that this is a great value and they have nothing to lose by coming out," he said, adding that attendees are encouraged to take public transportation, ride-share or bike into the venue space due to limited parking.

"We'll have a bike valet that will be located at the corner of Hawley and Adams," he said.

Adams Avenue Street Fair

90 acts on seven stages

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and 35th streets

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"I hope everyone comes out, checks out the entertainment and walks around to sample what they want. Outdoor street fairs are a great way to experience what San Diego is all about."

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



Two scenes from previous years of the Adams Avenue Street Fair in Normal Heights (Photos courtesy of Adams Avenue Business Association)

Industrial Grind Coffee a labor of love for owners

By Dave Fidlin

As Kathy Hansen and Barbara Jeanine prepared to retire from the military in 2010, an inevitable question percolated in the years, months, weeks and days leading up to that milestone day: Now what?

As Hansen and Jeanine — a longtime couple who wed in 2013 — plotted out their future together, they said they knew they aspired to have a second chapter that was as rich in meaning and satisfaction as their years of service in the Navy.

“I don’t know how to sit still,” Hansen said with a laugh, as she reflected on the pondering process.

As it turned out, coffee was the answer to the question.

Industrial Grind was birthed in early 2011, months after Hansen and Jeanine closed out their respective 30- and 20-year careers in the military.

The operation grew into its current state when Hansen and Jeanine purchased an established coffee shop, Jitters on Park, at 3922 Park Blvd., in Hillcrest and gave the business a new name and makeover.

In the six years since that pivotal moment, the couple opened three additional locations, created an offshoot business known as IG Bakery and began brewing their own house blends.

“We’re partners in business and partners in life,” Jeanine said. “We created a vision for this business together.”

In a nod to Industrial Grind’s ongoing evolution, Hansen and Jeanine also brought on board a new business partner, Crystal Jones, who handles such managerial tasks as generating sales goals and other logistics that feed into day-to-day operations.

Jones, who joined the Industrial Grind family a year ago, is Hansen’s niece.

“We’re all very proud of what we do around here,” Jones said. “One of the things I find very satisfying is knowing we’ve somehow made a customer happy.”

Transitioning from military service to coffee entrepreneurship might seem like an epic leap to the casual observer. When asked about the life change, however, Hansen was quick to say, “It really isn’t a far stretch.”

“It is a lot of work and you put in a lot of hours,” Hansen said, drawing parallels between the two scenarios. “There’s also the opportunity to stretch your imagination. If you have a good suggestion, you’re encouraged to go ahead and do it.”

As it turns out, life in the military and behind the counter of a coffee shop also is hyper-competitive. In addition to Hillcrest, Hansen and Jeanine have also laid stakes in the San Diego neighborhood of Tierrasanta and in the suburb of Santee.

The Hillcrest market, in particular, is heavily caffeinated with numerous national and local coffee shop chains dotting the landscape. Hansen and Jeanine, however, are undeterred. The couple

opened a second location in the neighborhood earlier this summer at 1433 University Ave., just before celebrating their third wedding anniversary.

Hansen said the decision to open the new University Avenue coffee shop was two-fold and is partially linked to uncertainty at the flagship Park Boulevard site. The building is on the market, Hansen said, and could be targeted for redevelopment in the future.

“We’re going to stay open [on Park Boulevard] for the foreseeable future,” Hansen said. “We decided to open the shop on University because we wanted to be able to stay in the neighborhood. It’s a beautiful space.”

While she is quick to note the number of other coffee establishments in close proximity in Hillcrest, Jones walks back any notion the rivalry among

the different businesses is anything less than cordial.

“Yes, there is competition, but it’s all very friendly,” Jones said. “We talk with one another, and we frequent one another’s shops. Coffee is all about community.”

From a marketing standpoint, Hansen and Jeanine said they believe there are several features baked into their business model that have carved out a healthy niche. When they took over Jitters on Park, the couple had been serving coffee from an outside supplier. But they soon decided to bring it in house.

Industrial Grind is considered a micro-roaster, meaning 200 to 300 pounds of beans are cooked each week.

The Chief Blend (in homage to their Navy careers) is among the company’s custom brews. It offers such qualities as earthy, chocolate, light citrus and smoky notes. Another variety developed within the shop is the Callie Blend, which has berry, chocolate and brown sugar notes.

“Barb was the brains behind the micro roasting,” Hansen said, adding that Jeanine took roasting classes and worked in a commercial kitchen to perfect the product.

More recently, Hansen and Jeanine also created their own from-scratch bakery and began supplying it to other businesses. The company’s entire line of breads, muffins and other goodies is gluten-free.

Through all of the blood, sweat and tears, Hansen and Jeanine said they are grateful for this chapter of their lives.

“We just kept winding up back in San Diego [while serving in the Navy], and we decided we would stay here,” Jeanine said. “There’s a tremendous amount of loyalty in this community, and we appreciate our whole team.”

Hansen added, “San Diego is very special to us.”

For more information on Industrial Grind, visit industri grindcoffee.com.

—Dave Fidlin is a freelance journalist with a special affinity for San Diego and its people. Contact him at dave.fidlin@thinkpost.net.



(l to r) Barbara Jeanine and wife Kathy Hansen pose with some of their custom coffee blends (Courtesy of Crystal Jones)



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UPTOWN CALENDAR

AIDS Walk & Run San Diego

Saturday, Sept. 24

More than 8,000 individuals, teams, local businesses and other organizations will participate in this year's AIDS Walk & Run to remember those lost to the disease and raise money to support the more than 20,000 San Diegans living with HIV and AIDS. Registration is \$35. The run begins at 7:30 a.m. and the walk at 7:35 a.m. at the corner of University Avenue and Normal Street. Visit aidswalksd.org.

'Art & Craft Show'

Saturday, Sept. 24–Sunday, Sept. 25

This event in Old Town will feature fine art, music, food, craft beer, wine and more. The annual show takes place along San Diego Avenue and is free to the public. The hours for the event will be 10 a.m.—6 p.m. on Saturday and Sunday. Artwork by over 80 contemporary artists will be displayed in mediums including painting, quilting, ceramics and much more. Visit oldtownartfestival.org.

Global March for Elephants and Rhinos – San Diego

Sunday, Sept. 25

This annual event takes place in over 100 cities around the world to "incite a complete and total ban on the ivory and rhino horn trade." The San Diego contingency of the Global March for Elephants and Rhinos has teamed with NSEFU Wildlife Conservation Foundation for this event. NSEFU is a nonprofit that creates strategies and programs to fight poaching of endangered species in Southern Africa. The San Diego march will take place from 11 a.m.—4 p.m. at San Diego Waterfront Park (1600 Pacific Highway, Downtown). Marchers are encouraged to bring posters, banners and comfortable shoes for the event. Visit march4elephantsandrhinosaurs.org.

Boys Day of Dance

Sunday, Sept. 25

This event is designed to help support and encourage boys to continue dance studies around the city. It is designed for boys ages 6–17 years with some dance experience. Classes on various disciplines will be offered throughout the day including: jazz, tap, musical theater, ballet, modern and hip hop taught by Ritchie Valenzuela, Vincent Padilla and other Civic Dance Arts staff teachers. This event will be held from 9 a.m.—2 p.m. at the Casa del Prado Building dance rooms at Balboa Park. Cost is \$35 per person. Contact Andrea Feier at afeier@sandiego.gov with questions and visit civildancearts.org for more information.

Art Glass Association of Southern California's 35th annual show

Thursday, Sept. 29–Monday, Oct. 10

The art glass will be on display daily from 11 a.m.—4 p.m. at Studio 21 in the Spanish Village Arts Center in Balboa Park. Free. A reception will be held Saturday, Oct. 1 from 4—7 p.m. Members of the Art Glass Association sponsor workshops, teach techniques, and offer educational trips to studios and businesses related to all aspects of the glass arts industry. Visit agasc.org.

'The Art of the Brick'

Opens Friday, Sept. 30

This exhibition at the Fleet Science Center (1875 El Prado, Balboa Park) premieres today and runs through Jan. 27, 2017. It features artwork made exclusively from Lego bricks by artist Nathan Sawaya. Some of the highlights include a 20-foot-long T-Rex skeleton you can walk under, a reimagining of Van Gogh's "Starry Night" and the "Fit-A-Brick Building Zone" for building your own Lego art. Visit rhfleet.org for more information.

Families Through Surrogacy U.S. Surrogacy Conference

Saturday, Oct. 1

The purpose of this event is to help those considering surrogacy. Intending parents and surrogates can hear from industry professionals, other parents and surrogates. Members of the surrogacy community can share honest feedback on what to expect from agency relationships, surrogate matching and treatment choices. Conference tickets start at \$20. The event will be held at the Courtyard Los Angeles Westside (6333 Bristol Parkway, Culver City) starting at 9 a.m. Visit familiesthrusurrogacy.com.

'Zika Virus: What, Why, and When?'

Wednesday, Oct. 5

The Center for Ethics in Science and Technology panel of experts will discuss the Zika virus. Stanley Maloy, Ph.D., professor and dean of the College of Sciences at San Diego State University, will be the moderator. The panel will discuss what Zika is, why we are so concerned about the virus, what we are doing to prevent Zika in humans, and whether it is a likely threat to people in the San Diego region. The event is from 5—7 p.m. with a half hour of refreshments to start at the Fleet Science Center, 1875 El Prado, Balboa Park. Visit bit.ly/2d337TI to register.✧

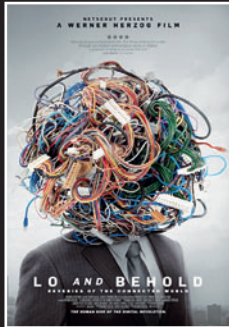
DIGITAL GYM GEMS



Friday, Sept. 23–Thursday, Sept. 29: Martin Sheen stars in "The Vessel," a film about a small town coming to terms with a tragedy that happened a decade ago. Ten years after a tidal wave destroys an elementary school with all the children inside, a young man builds a mysterious structure out of the school's remains. Unrated. 86 minutes.



Sunday, Sept. 25: "The Mummy" will be screened as part of the "Get Hammered Film Series" presented by the Film Geeks. The Hammer Horror classic tells the story of archaeologists who discover the ancient tomb of an Egyptian high priestess and her lover. The 1959 film stars Christopher Lee and Peter Cushing. Unrated. 96 minutes.



Saturday, Oct. 1–Wednesday, Oct. 5: Werner Herzog's "Lo and Behold, Reveries of the Connected World" examines the past, present and future of the internet and its effects on human interaction and modern society. PG-13. 158 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:

- "To Catch A Thief" Friday, Sept. 23–Saturday, Sept. 24
- "The Big Lebowski" Thursday, Sept. 29–Saturday, Oct. 1
- "Spellbound" Thursday, Oct. 6–Saturday, Oct. 8

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. Themerrow.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 (except November and December). 3900 Vermont Ave., Hillcrest. Uptowndemocrats.org.

Wednesdays:

Ikebana International meeting: 10 a.m. in the Casa Del Prado, Room #101. The San Diego chapter of this Japanese floral arrangement organization meets on the fourth Wednesday of the month. Email Yuko Burkett with questions at yukosan@san.rr.com.

Wednesday Night Experience: 7–8 p.m., uplifting and spiritually inspiring experiences for all, weekly at Universal Spirit Center, 3858 Front St., Hillcrest, love offering requested. Universalspiritcenter.org

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. Rebeccascoffeehouse.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.

Kirtan Musical Meditation: 8:30 p.m., chant and sing ancient and contemporary mantras celebrating love and life at Pilgrimage of the Heart Yoga, 3301 Adams Ave., Normal Heights, free – donations welcome. Pilgrimageyoga.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 Firstuussandiego.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.sds

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

—Email calendar items to ken@sdcnn.com.✧



Time to RSVP for canyon stakeholder workshop series

Friends of the Mission Hills Canyon will be hosting meetings for residents who are concerned about protecting local canyons.



Uptown News
San Diego

sd **cnn**
SAN DIEGO COMMUNITY NEWS NETWORK

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BANKRUPTCY

THE ENCLAVE AT HILLSBORO BEACH

1174 - 1185 Hillsboro Mile | Hillsboro Beach, FL 33062

- Consisting of 12 Land Parcels; 6 Ocean & 6 Intracoastal Parcels
- RM-16 Zoning Multiple Family Medium Density
- Partially Constructed Marina
- Assessed Value: \$47,847,840
- **Auction Date: Oct. 6, 2016 | 10AM**
- **Initial Bids due: Oct. 4, 2016 | 4PM | Case #15-26155-EPK**

BANKRUPTCY

PRESTIGIOUS HILLSBORO MILE LOTS

1103 - 1107 Hillsboro Mile | Hillsboro Beach, FL 33062

- Ultra-Luxury Estate Lot; +/- 340 Feet of Beach Footage;
- Intercoastal No-Wake Frontage
- Could be Subdivided Up to 3 Lots
- **Auction Date: Oct. 6, 2016 | 1:30PM**
- **Initial Bids due: Oct. 4, 2016 | 4PM | Case #15-26155-EPK**

BANKRUPTCY

ICE CATH LAB | MOB | MEDICAL PRACTICE

Ocala, FL & Summerfield, FL

- 23,437 Sq. Ft. Cath Lab [Built 2012]
- 8,766 Sq. Ft. MOB [Built 2002]
- Two Vacant Lots - 2.27 Acres
- Operating Cardiology Practice available as an ongoing concern
- Personal Property, Accounts Rec., Intellectual Property,
- Intangible Assets
- All Medical Equipment & Furnishings
- **Initial Bids due: Oct. 7, 2016 | Case #3:16-bk-01491-JAF**



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DOWNTOWN - 877 Island Avenue Unit 1001



2,623 sq ft 2-story penthouse! Custom built to the highest standards for developer of Parkloft, Douglas Wilson. \$1,850,000

Alex Wilson 858-229-2539



SAN DIEGO - 2745 East Bainbridge Road



Reduced! Liberty Station, 3BD/2.5BA, 2-story, garage, open floor Plan, central vac, A/C, ent. patio. \$985,000

Ian Swanson 619-807-1290



GOLDEN HILL - 2562 F Street



Completely remodeled beautiful home. 3BD/1 studio (possible additional bedroom)/2BA. Walk in closets. Large roof deck. \$679,900

Pablo Borges 619-709-3606



CHULA VISTA - 267 East Oxford Street



Monterey Place new 23 detached home community. 1,973 sq ft, 5BD/3BA. \$541,750

Rosemary Snow 619-251-6104



CHULA VISTA - 267 East Oxford Street



Monterey Place new 23 detached home community. 1,708 sq ft, 4-5BD/3BA. \$525,950

Alex Wilson 858-229-2539



LA COSTA - 7211 Obelisco Circle

Perfect multi-generational home with unobstructed views of mountain, canyons & ocean. \$2,400,000-\$2,650,000

BD Homes | Encinitas 760-230-6913



NORTH ESCONDIDO - 27908 High Vista Drive

Large gated estate on 17 Acres offering ultimate privacy and amazing scenic & ocean views. 6BD/8BA. \$1,995,000

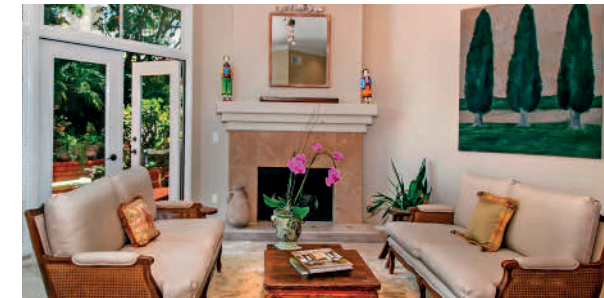
BD Homes | Carlsbad 760-893-8040



JULIAN - 5755 Boulder Creek Road

Sited on 166 acres of pristine land. 6BD/6BA, over 5,700 sq ft main home plus additional two separate homes. \$1,250,000

BD Homes | La Mesa Village 619-303-9500



LA JOLLA - 9687 Claiborne Square

Enjoy the lush low-maintenance garden as you enter this delightful 3BD/2.5BA Blackhorse Plan 2 home. Remodeled kitchen and wood cabinets. \$1,200,000

BD Homes | Hillcrest/Mission Hills 619-241-2122



CARLSBAD - 2646 Peppertree Way

Enjoy your new home with many community amenities: lap pool and spa, BBQ area, many playgrounds throughout. \$949,000

BD Homes | Carlsbad 760-893-8040



HILLCREST - 3650 5th Avenue #403

This corner 2BD/2BA unit has 2 balconies!! Walk to Balboa Park and the best restaurants in town. \$849,000

BD Homes | San Diego Little Italy 619-501-5300



CHULA VISTA - 1304 Silver Hawk Way

This home is move in ready. Barely lived in so in immaculate condition. Wonderful open floor plan with lots of natural light. \$699,000

BD Homes | Hillcrest/Mission Hills 619-241-2122



MOUNT HELIX - 4147 Calavo Drive

Tucked away off the main road, this home is nestled amongst mature trees & shrubs. Enjoy a quiet park like setting. \$694,000

BD Homes | Hillcrest/Mission Hills 619-241-2122



OCEANSIDE - 1309 Panorama Ridge Road

This stunning furnished 4BD/5BA home has amazing views and luxurious amenities. Many upgrades. \$675,000

BD Homes | Encinitas 760-230-6913



TEMECULA - 45848 Boulder Way

Beautiful well-maintained Standard Pacific home in Wolf Creek in the Laurel Community. 4BD/3BA. \$470,000

BD Homes | Encinitas 760-230-6913

Carlsbad
(760) 893-8040

Carmel Valley
(858) 480-3603

Encinitas
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