Jordan Diego News



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California's new marijuana law, which goes into effect on Jan. 1, 2018, is expected to make pot farming a new industry. (Photo by Aleks via Wikimedia.org)

By Dave Schwab

With California voters passing Proposition 64 in November, marijuana is now legal both recreationally and medicinally statewide and throughout San Diego, including in the Uptown and Mid-City communities.

So what does that mean? First, don't expect recreational marijuana to be immediately available. The law isn't scheduled to take effect until Jan. 1, 2018. The state says it will take a year to get permitting established for dispensaries to sell recreation-

Also, don't anticipate the "stigma" attached to pot, having been heretofore illegal, to wear off any time soon. Those steadfastly opposed to the drug's becoming legal, including many municipalities, can resist implementing Prop 64. They will likely zone it out of their jurisdictions entirely or restrict it to industrial or other outlying areas where it will be less accessible.

With Prop 64's passage, San Diego Police Chief Shelley Zimmerman said there are a lot of uncertainties to be evaluated in determining how best to enforce the new law governing pot.

"Public safety is always our highest priority," Zimmerman said. "Now that it is legal to possess and use marijuana under certain conditions in California. we are in the process of

see Pot Law, pg 17

Going the extra mile

University Heights man leads people on walks

By Cynthia Robertson

Rain or shine, Dan Haslam walks nearly every day around his University Heights neighborhood as well as other parts of San Diego. Walking has been a central part of his life since 2000 when he moved to San Diego from Tucson, Arizona and joined up with Walkabout International, which is celebrating its 40th anniversary this year.

Haslam will be leading several walks in January and beyond for the nonprofit group, where he also serves as second vice president.

'For me, my Walkabout friends have formed the basis of an extended family. Most of my friends are in Walkabout, and we celebrate each other's birthdays, holidays and other family events," he said.

Haslam could have had his pick of several other walking groups in San Diego, but he

see Walks, pg 3

Pigment of her imagination

By Lucia Viti

Amy Paul has built an artistic dynasty with talent, perseverance and a desire to showcase the artistry of others.

The artist, entrepreneur owner of North Park art and gift shop Pigment — teacher, wife and mother began showcasing her art 13 years ago in a small studio on Ray Street.

Paul displayed figurative oil paintings, acrylics on wood, photography, prints and postcards that sported a note to "support your local artist." Lauding the work of local artists as well as her own, Paul quickly garnered fans. Ray at Night and North Park Festival of the Arts became common occurrences. Pigment was born.

Creative to the core, Paul designed vignettes around her wall paintings. Sofas, statement chairs, side-tables and savvy artifacts told a story while resembling a room in one's own home. Pigment's success

quickly outgrew the 300-squarefoot studio. She ventured into sharing a 1,500-square-foot spot on Adams Avenue with a shoe store to no longer sharing the space, then moved to her present 3,000-square-foot industrial showroom located at 3801 30th St.

"I'm happy with Pigment's growth and diversity," Paul said. "Although Pigment is a mixed bag of everything, our goal is to support local artists and good design. Some commercial vendors are a necessity, like our glass terrarium containers that come from China, for a particular market, but we stand by supporting everything local."

As Pigment grew, so did its collection of art and design. The co-op and commercial merchandise includes fine art, savvy gifts, florals, food, books, furniture, greeting cards, Christmas ornaments, custom and fine jewelry — even engagement rings —and items for infants, kids,



Amy Paul is the owner of Pigment, an art and gift shop located at 3801 30th St. in North Park. (Courtesy of Pigment)

teenagers, dogs and cats. While Local talent and vendors are not everything sold at Pigment stems from local artists, everything commercial maintains an essence of artistry. And Paul remains adamant that there are "no restrictions in what we sell."

sometimes discovered through friends and neighbors. While always on the hunt, Paul welcomes suggestions from locals,

see Pigment, pg 20



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Mission Hills Heritage sues city over CPU

By SDCNN Staff

Mission Hills Heritage (MHH), a nonprofit all-volunteer organization with a mission to preserve the historic character of the Mission Hills neighborhood, has filed a legal challenge to the city's approval of the Uptown Community Plan Update.

MHH officials accused the San Diego City Council of apparently bowing to pressure from development interests in adopting a last minute re-write of the Uptown Community Plan that had been in the making for over seven years.

Only days before the City Council voted, the Planning Department threw out landuse maps that had been developed through years of community input and replaced them with maps based on the old 1988 plan, MHH said. Similarly, the environmental analysis underpinning the project was hastily recrafted to fit the revised plan without properly analyzing and addressing that plan's numerous, unmitigated impacts on the community, the nonprofit said.

And in an unprecedented move, the MHH said, the Planning Department ignored extensive recommendations from Uptown Planners, the city's officially recognized community planning group for Uptown.

MHH said its primary concerns include the overturn of a 50-foot height limit for the commercial core of Mission Hills that had been in place for over eight years, the new zoning and density approved for the Mission Hills neighborhood, and the lack of any mitigation of the impacts on potential districts and other historic resources in Mission Hills. Without even going door to door through the entire neighborhood, MHH said it had recently collected over 880 signatures on a petition supporting a permanent 50-foot building height limit in the commercial core area, centered on the intersection of Washington Street and Goldfinch.

Additionally, MHH said it had requested the firm 50-foot limit to prevent projects with inappropriate scale and height from irreversibly damaging the lower-scale character of Mission Hills. Instead, the city adopted a 100-foot height limit for discretionary projects. Regarding the issue of the height limit, MHH president Jim Reily commented: "We were betrayed. Our community worked very hard over the past seven years to achieve a community plan that enabled smart growth while maintaining our community character. The city's last minute doubling of the height limit to 100 feet will result in irreparable damage to our broad environment,

including the community character, livability and the goals of the Climate Action Plan. We need this decision reversed."

On the issue of historic resources, MHH board chairman Barry Hager noted: "Unlike the recently adopted community plans for North Park and Golden Hill, Mission Hills and the rest of Uptown have no enforceable timetable for implementing the identified potential historic districts. Mission Hills is one of the oldest, most intact early 20th-century neighborhoods in San Diego and the irreplaceable historic character of our community will continue to erode away under this new plan."

The lawsuit filed by MHH consists of a CEQA lawsuit to challenge the environmental analysis underlying the City Council's decision to adopt the new plan. Save Our Heritage Organisation (SOHO) is a co-petitioner in this lawsuit. Both groups are represented by Everett L. DeLano III of the law firm of DeLano & DeLano.

MHH said it hopes to work with the Planning Department and new City Attorney to resolve the issues raised in the action.

MHH is accepting donations to help defray the cost of the CEQA lawsuit. Information about MHH is at MissionHillsHeritage.org. MHH can be reached at info@ MissionHillsHeritage.org or 619-497-1193. *

How to Drive Up the Price of your San Diego Home Before You Sell

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FROM PAGE 1 WALKS

said Walkabout has more "characters" than the other organizations.

"And I mean this in a good way. Many of our people dance to the beat of a different drummer. Some may be 'fringe' social outcasts and some may be closet millionaires but all are still welcome with us. I like our diversity, as quirky as it may be to others," he said.

There is no discrimination in age of walkers for Haslam's jaunts.

"I've had infants on walks, unborn children in utero, kids in carriages. I think the oldest I've had was someone in their mid-90s. Several of our original Walkabout people from 40 years ago are still with the organization and either lead walks or go on them. That's a real testament to our organization," he said.

Haslam pointed out that any form of exercise is a discipline, but Walkabout has made the discipline fun, too. "It's a great way to socialize, too, share local 'finds' in terms of restaurants, good deals while getting a good walk in," he said.

On his "Tours-day Tuesday" walk — the latest one was scheduled for Jan. 10 in North Park — for instance, he leads a walk around the neighborhood. He calls it a "mystery tour of something unusual you may not have seen before," then he will stop at his favorite Italian place for lunch with everyone.

Haslam spends quite a few hours preparing for each walk.

"Timing is everything. When you start out, you want to know that if you're doing a circle walk, you can get back to the starting point in time. You have to allow for slowpokes, rest stops, and if you're doing a narrative walk — a stop-and-talk walk — you allow enough time for this, too.

"So I always plan the route, pick out what I want to talk about and keep it in my head. It's helpful to know about new construction projects, street closures and the like, too," he said.

Many of Haslam's walkers admire beautiful homes in the neighborhoods. More than a

see Walks, pg 20

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New councilmember speaks to Hillcrest Town Council



Councilmember Chris Ward speaks to the Hillcrest Town Council on Jan. 10. Ward said he had surgery over the holidays to repair an old ankle injury. (Photo by Mary M. McKenzie)

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By Mary M. McKenzie

San Diego City Councilmember Chris Ward was the featured speaker at the Hillcrest Town Council's first meeting of the new year on Tuesday, Jan. 10.

Marking his first 30 days in office, Ward spoke to the gathering about his plans and goals for District 3. Ward said he has been appointed to the Rules, the Environment, and Public Safety committees.

Much of the discussion focused on homelessness. Ward expressed hopes of re-enlivening the Alpha Project in Hillcrest, focusing on providing the homeless with the resources they need to get off the streets. He also spoke to the need for more mental health funding as a long-term solution.

Ward also emphasized the need to accelerate construction efforts on the Mission Hills Library and Fire Station No. 5.

The councilmember then spoke of the city's Community Plans as "living documents" and emphasized that issues such as bike lanes, parking and pedestrian ways are works in progress, especially as development efforts take shape.

In response to audience questions on the future of the San Diego Chargers, Ward said that "public dollars should go toward public purposes."

Finally, Ward cautioned that discussions over the city's budget promise to be very difficult. He cited slower-than-expected growth as the primary reason.

As always, attendees were briefed by several community organizations, including the San Diego Police Department, Assemblymember Todd Gloria's office, the Stonewall Patrol, the Uptown Community Parking District, and both the UCSD Medical Center and Scripps Mercy Hospital.

David Coben, treasurer of the Hillcrest Town Council (HTC) and chair of its Clean Team, urged attendees to participate in the next Hillcrest cleanup on Feb. 18.

Town Council meetings are held at 6:30 p.m. on the second Tuesday of every month at Joyce Beers Community Center in the HUB shopping center. Possible future meeting themes include local development plans, effects of the legalization of marijuana, empty storefronts and public health.

HTC chair Kath Rogers announced that elections for three board members will be held in March and she welcomed anyone interested to get involved.

The Hillcrest Town Council welcomes new volunteers. If you have any questions, email Kath Rogers at dognamedannie@gmail.com. More information about HTC is available online at hillcrestowncouncil.com.

—Mary M. McKenzie is secretary of the Hillcrest Town Council.*

A conversation with U.S. Rep. Susan A. Davis

Congressional Watch
Andy Cohen

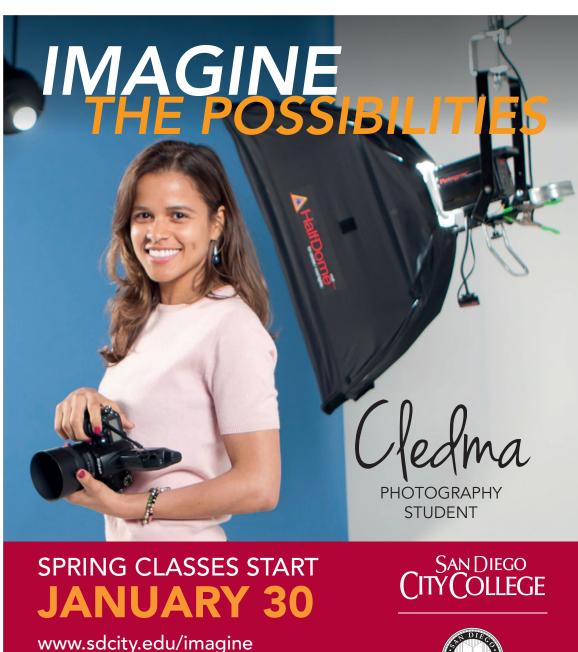
The calendar has mercifully turned to 2017, leaving behind a tumultuous 2016 that will go down in history as one of America's most trying, troubling — a year that politically was certainly one of the most shocking, for better or worse, in American history.

Few can argue that 2016 brought about a turning point in the political culture of the United States. Where that turning point will lead us is anybody's guess.

With Donald Trump set to occupy the White House, and Republicans maintaining control of both houses of Congress—albeit by slimmer margins—the country's political drift is poised to take a significant rightward shift. This places our national government at particular odds with California, the largest state in the Union with the sixth largest economy in the world.

While Republicans control Washington, D.C., Democrats are in total control of California, holding every statewide elected office and

see Conversation, $\operatorname{pg} 5$







FROM PAGE 4 CONVERSATION

regaining supermajorities in both houses of the state Legislature.

Caught in the crossfire is California's congressional delegation, where 41 out of 55 representatives (including our two senators) are Democrats. That includes Susan A. Davis (D-53), who was just reelected to her ninth term in Congress.

We sat down with Rep. Davis, for a conversation on an array of topics, to get her perspective on what she thinks is in store for (at least) the next two years, particularly as it pertains to San Diego. Following is the first of a twopart feature based on that interview

As an elected member of Congress, Davis said that her (and her office's) role is as an advocate for the community; that they "deliver for people" the federal services that are available to them.

'We make sure that when people call that we're here to help them." Davis said. "When people come to us, they're usually pretty desperate. People don't start off with their local member of Congress. It's not the first place they go to get help, particularly here in San Diego, where we have strong numbers of people on Social Security and Medicare. We know that that's critically important.'

In the aftermath of the 2016 election, California (and to a lesser extent, New York) has come under attack from the national political establishment, particularly the conservative wing. For many, the election served as a rebuke to our values, which are seemingly at odds with the national electorate.

In 2012, for example, Californians voted specifically to raise taxes on the wealthiest residents and to raise the state sales tax, which spread the burden across the board. Since then, California's economy is as strong as it has ever been.

Trump and Republicans, however, ran and won - naon the opposite tionally message.

"We have to share our story," Davis said when asked about the disparity, adding that it's important to "make the case" about what's worked in California.

Regarding how her colleagues in Congress view the Golden State. Davis said that it depends on whom you ask.

"A lot of people see us for the innovation state that we are and I think that they would

like to see that in their own states," she said.

Still, there's a tangible animosity toward California that has spread across the country. Again, Davis said, we have to talk about what has worked

"The other thing that we have to share with the rest of the country is 'where would you be if you didn't have California?," Davis mused. "Think of all the things California has given you. Take them all out of your house. You don't want any California products? People would be kinda lost."

She has a point.

Consider that California has been the center of the tech boom over the last two decades. Cell phones — Apple and their iPhone in particular — were developed in California. Google, Facebook, Twitter, many of the wines that people drink, the food that they eat, much of which also comes from here.

California, she said, has also been at the forefront of climate research, immigration reform and other important issues.

"We've also been at the forefront of addressing equal rights," she said.

Davis said other communities across the country are looking for ways to improve their economic standing, and that California is in a strong position to provide advice based on our experiences here.

"We have to share what we have here, but we also have to be supportive of all the other contributions that are being made across the country," she said.

As she previously mentioned, California has led the way on climate change policy. That position would seem tenuous with Republicans in control of Congress and Trump set to occupy the White House.

The state can, she said, protect against a national rollback of climate and environmental protections.

"But the legislature and the governor have to be on the same page," she said.

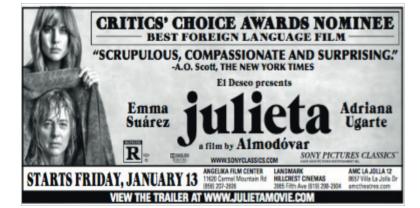
And they are.

"There are also some things that they're not going to be able to roll back and we have to hold them accountable," she said, referring to the expected efforts to roll back progress made during the Obama Administration on the environment and climate change.

"[We need to] be very public. People are going to be looking to us [Congress] to be very clear about what real and what's not" when assertions are made in contradiction to scientific evidence.

With regards to the military, which is critical to the San

see Conversation, pg 15



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To help homesellers deal with this issue before their homes are listed, a free report entitled "11 Things You Need to Know to Pass Your Home Inspection" has been compiled which explains the issues involved. To hear a brief recorded message about how to order your FREE copy of this report call toll-free 866-220-9502 and enter 1003. You can call any time, 24 hours a day, 7 days a week. Get your free special report NOW to learn how to ensure a home inspection doesn't cost you the sale of your home.

OPINION San Diego Uptown News | Jan. 13 - 26, 2017sdcnn.com

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AWARD-WINNING JOURNALISM: San Diego Uptown News won third place for general excellence at the 2016 AFCP 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.

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

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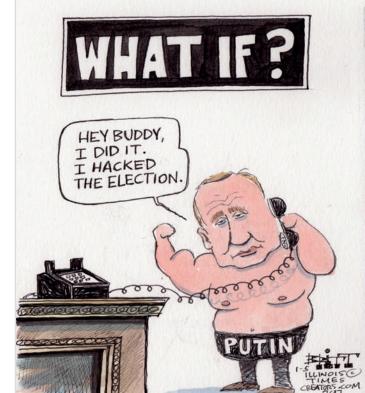














GUEST EDITORIAL

Let's preserve San Diego's window to health care coverage

By Daniel Gross and John Ohanian

As a new administration is being installed in Washington, D.C., many are wondering what changes we can expect in the first 100 days. As organizations on the front lines helping people access health care services in the San Diego region, we share the public's uncertainty about what's in store for the future.

While there are countless issues facing California and our country, one policy priority must remain following the leadership transition: assurance that Californians will continue to have access to quality, affordable health care coverage. Over the last several years, California has led the way and achieved tremendous gains in access to health care, increasing coverage to 3.7 million children, seniors and working families through Medi-Cal, the state's version of Medicaid. It's a remarkable success story.

Health care reform allowed more than 240,000 individuals in San Diego County to receive access to critical health care services. 2-1-1 San Diego sees firsthand the improvements in health care access and utilization since the Affordable Care Act. Every day, 2-1-1 screens callers for insurance, provides Covered California and Medi-Cal enrollment assistance, and supports the most vulnerable patients in navigating the complex health care system. We've seen an unprecedented reduction in uninsured callers, an increase in access to preventive and primary care, and positive impacts on related social determinants of health.

Funding available from Washington, D.C. has helped Sharp HealthCare facilities and physicians provide care to thousands more patients who have received coverage through the Affordable Care Act. We and other health care systems in the region have made major commitments to new facilities, expanded programs and more accessible care. For children, the expansion of coverage for medical, dental and vision services has made an enormous difference in the lives of thousands of San Diego families. Children in our community now have

access to important immunizations and screening tests that previously weren't available. Fewer children are drawn away from school because of preventable illnesses and more time is spent in classrooms learning. While kids grow and develop, it's important to identify and treat chronic conditions that may impact their long-term health, and expanded coverage gives parents peace of mind. For members of working-class families, coverage can help maintain or improve overall health and leads to less reliance on hospital emergency rooms, which benefits all of us. Coverage comes with important benefits like access to cancer and diabetes screenings and cholesterol checks. Imagine the reality for patients without coverage who face chronic conditions or require access to specialized care. It costs significantly more to address conditions after the fact instead of proactively.

We also want to remind the community that access to preventative care means a healthier community, limiting absenteeism and leading to a more productive workforce. When you're healthy, you don't miss work. When individuals aren't able to get regular checks up, they often face more serious conditions, and expensive medical bills, down the road In short, the efforts to expand access to health care coverage have greatly benefited California and the San Diego community. When decision-makers are considering policy options, our hope is coverage will remain a centerpiece, given its tremendous impact to our community and the future prosperity of the Golden State. We look forward to working with our local elected leaders and community partners to ensure California continues to provide health care coverage to our region's children, seniors and working families.

-Daniel L. Gross is executive vice president of Sharp Healthcare and John Ohanian is president & CEO of 2-1-1 San Diego.*

LETTERS

Made me cry

Re: "Saving Lives: Urban Street Angels offer lifelines to homeless you" by editor Ken Williams, Vol. 8, Issue 26 or at bit.ly/2hMC93N.

Just a note to thank you, Mr. Williams, for the very informative Uptown News — and especially for the article about the Urban Street Angels on the front cover.

The article was a heart-breaker — describing the lives of some of the homeless young people in our midst. Many of us who come from deeply dysfunctional backgrounds can get bogged down in our own story — far too often - even decades after the fact. But your story relating the love and hard work done by Jerry Troyer and Eric Lovett was so inspiring! By the end, when Mr. Lovett was told "I love you" by the young man he had helped so much — I was in tears.

Let's all continue to "do what we can, in our little corner of the cosmos," as my favorite Buddhist monk Thich Nhat Hanh has said.

-Phyllis Hardin of Normal Heights via mail

This is our issue

In America, up to 1.6 million youth experience homelessness each year. The statistics for LGBT homeless youth are even more shocking, as this group represents up to 40 percent all young people experiencing homelessness Considering that LGBT youth represent an estimated 7 percent of the total youth population, these numbers are disproportionately high. While even a single young person without a home is one too many, the disparity of LGBT youth experiencing homelessness is unfathomable.

Once they are out of their homes, LGBT youth are even more vulnerable. They are at a greater risk for victimization, unsafe sexual practices, and mental health issues than non-LGBT young people experiencing homelessness.

-Clarence Bills via our website, sduptownnews.com & sdcnn.com San Diego Uptown News | Jan. 13 – 26, 2017 7

Colorful makeover

What's happening to historic building at Kansas and University



The historical Newman/I.O.O.F. building shows off its fresh and colorful makeover. (Photo by Katherine Hon)

PastMatters Katherine Hon

Fresh colors highlight architectural elements of the arcaded historical Newman/I.O.O.F. building at Kansas Street and University Avenue in North Park, which until recently housed Claire de Lune Coffee Lounge.

While interior construction for the Tamarindo restaurant continues in the building's large western corner, fresh colors of pretty clothes have popped up in the window of the easternmost space. This is the new home of RAE, the latest store for Shelly Vanderlinden. Her Pretty Please and Daisy Blue stores throughout San Diego and Arizona provide fun and affordable fashion for those of all shapes, sizes and ages.

Sales lead Carley Watts said they are excited to be part of North Park, a neighborhood where people like to walk, savor great restaurants and shop in distinctive stores. The RAE concept aims to provide a unique selection of carefully curated gifts, jewelry and clothing. As they settle into their new location, they plan on getting involved in the community by hosting pop-up yoga, private parties and other events in the store.

The origins of the spacious building constructed in 1929 were highlighted in a July 1, 2016 San Diego Uptown News article by editor Ken Williams about the Tamarindo restaurant freed it at his ly 20 A YOO.

rant [read it at bit.ly/29AXOOt]. Watts was interested to learn that the building originally housed North Park's first comprehensive department store, founded by Edward Nathanial Mudd when he was 54 years old. Mudd had a long history in the dry goods business. He worked as a retail merchant for the J.C. Penney Company in the 1920s in Nebraska. His new store in North Park "offered a complete stock of ready-made clothing for the entire family as well as a dry goods department," according to the history related in Donald Covington's book, "North Park: A San Diego Urban Village, 1896-1946" (available at Paras Newsstand

at 3911 30th St. for those who want all the fascinating details of North Park's first 50 years).

Unfortunately for Mudd, experience was no match for the collapsing national economy. In the early years of the Great Depression, he closed his ready-to-wear department and moved his dry goods section to 3916 30th St., where Core Power Yoga is now. The bargains offered at the clearance sale are reflected in store advertisements published in the San Diego Union. "Lovely silk dresses ... priced far below cost" could be purchased for \$5.00, \$7.35, and \$11.88. Women's hats were reduced to \$1, \$2, and \$3. Other bargains mentioned in the Covington book included "men's pure wool sweaters, \$5.79; women's fur trimmed dress coats, \$39.00; boy's wool knickers, \$1.00; and girl's sweaters, \$2.35.

It would be a whole decade before another department store followed in the 30th Street and University Avenue commercial district. Finally, in 1942, J.C. Penney Company opened the first segment of its store at Ray Street and University Avenue. This building, which retains its historic character from a 1954 makeover, is now awaiting another tenant since Wang's restaurant closed.

Through the 1930s, various businesses filled the retail



Advertisement from the San Diego Union on Feb. 15, 1931, noting closeout bargains at the E.N. Mudd department store. (Courtesy of North Park Historical Society)

spaces in the Newman/I.O.O.F. building, including a clothes cleaners, florist and cigar store. By 1940, appliances were being sold in the western space at 2906 University Ave., and Hughett & Smith linoleum had set up shop in the eastern space at 2912 University Ave. Through the 1950s, MacLean Appliances and Smith Shade & Linoleum activated the building. In 1969, Bab's Bridals replaced appliances at the corner, and by the late 1970s, Smith Shade & Linoleum had moved to 30th Street and North Park Way, currently the home of Waypoint Public. In place of tile and Venetian blinds, the discerning shopper walking to 2912 University Ave. could find custom fit bras at Joy Bra Salon.

North Park residents and visitors who remember the neighborhood's doldrums before this latest renaissance whole-heartedly thank new restaurants and retail stores like Tamarindo and RAE. These incoming businesses are activating our historic buildings while retaining the authentic and irreplaceable historic architecture of such special places. Welcome to the neighborhood!

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



This undated photograph is from the decades when Smith's Shade & Linoleum anchored the eastern space of the Newman/I.O.O.F. building. (Courtesy of North Park Historical Society)



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ASK KATHY: A COLUMN ABOUT REAL ESTATE ISSUES

Kathy McSherry



COLDWELL BANKER 5 RESIDENTIAL BROKERAGE

ARE APPLIANCES ALWAYS INCLUDED WHEN BUYING/SELLING A HOME?

i Kathv:

When we moved to California and purchased a brand-new home, we learned that certain appliances were not included with the purchase. This was confusing to us as the practice on the East Coast is all appliances are included in the purchase of any home. When it comes time to replace our appliances, would it be advisable to invest in high end "smart" appliances with the expectation that this will increase our home value, or install medium grade appliances with the expectation that the buyer will replace the appliances. Carl H.

Hi Carl:

I am assuming you are referring to refrigerator, washer and dryer. Many new home builders will sell them to you through their design center, but do not include them with the purchase. Those three appliances are considered personal property and you don't need them installed to receive a clearance for occupancy or for the appraisal if a loan is involved. Depending on the builder, sometimes they will include them as part of an incentive plan.

When you go to sell a home, they do not automatically transfer with the sale. There are norms and customs in every market which is why it may be customary in one state or market and not in another. It's best to check with your local real estate agent as they would know and ensure that it is noted on the purchase agreement. In real estate, "DO NOT ASSUME". It is the purchase agreement that any legal entity will defer to if there is any question regarding what conveys with the property. Everything that a buyer wants included in the sale MUST be in writing. Anything that is of question, make sure that it is specifically written on the purchase agreement. If you are the buyer it is always best to ask and not assume. And, if you are the Seller, you can specify that the appliances are included or not, or that you are taking a ceiling fan but replacing it with a less expensive one, or perhaps that the custom drapes only go with your furniture so those will not be included in the sale. TV mounts and brackets have been in question and there is a spot on the California Purchase Agreement to check if they are included or if removed and all holes patched. Everything in the sale of a home is pretty much peoptiable.

With that being said, SMART homes are on the rise. 81% of homeowners surveyed said they would be more likely to purchase a home that was tech connected or SMART. This was according to a survey by CNET and Coldwell Banker. You cannot go wrong with any upgrades to a home but making your home SMART, is proving to be the way to go for a quicker and higher priced sale.

Best, Kathy

Sponsored content

Kathy McSherry is a veteran Realtor in Mission Valley with Coldwell Banker Residential Brokerage Email questions to her at kathymcsherry@outlook.com





Looking back at San Diego's theater highlights of 20

Theater **Review** Charlene Baldridge

Theater critics are usually given complimentary tickets for a performance near the opening of each production. A ticket to see another performance is ordinarily at the critic's expense.

The Dec. 21 deluge did not matter. I had purchased a ticket to see ion theatre's "The Normal Heart" again before it closed and nothing would dissuade me.

Every year of late has presented a must-see-again production (I attended 150 this year, here and abroad). This year there were many, but time allowed a return to only three of them, ion theatre's "The Normal Heart" and "Sunday in the Park With George," and Diversionary Theatre's

premiere of the extraordinary The Boy Who Danced on Air."

Two plays I wanted to see again but could not fit into my schedule were Cygnet Theatre's alternating repertory of August Wilson's "Seven Guitars" and "King Hedley II," for which they brought in a renowned Wilson director who cast the works with identical companies mainly comprised of area actors.

Outstanding and quirky at La Jolla Playhouse were



The cast of "Equivocation" at Lamb's Players Theatre (Photo by Ken Jacques)

• Intrepid Theatre's amazing "Who's Afraid of Virginia Woolf?" at the Horton Grand Theatre, directed by Christy Yael Cox and starring the Smyths. After assuming shared programming (with San Diego Musical Theatre) of the Horton

Grand, Intrepid produced an equally impressive production of Yasmin Reza's "Art."

• North Coast Repertory for its surprising and involving production of "Way Down River."

• San Diego Repertory Theatre for its exquisite Moliere adaptation "Manifestis Destinitis," written by playwright-in-residence Herbert Siguenza, and its intense, suspenseful production of Ayad Akhtar's Pulitzer Prize winner, "Disgraced."

Notable performances

- Jo Anne Glover's portrayal of a manipulative lesbian in Moxie Theatre's production of "The Kid Thing."
- Herbert Siguenza's sincere, straight-ahead portrayal of the household maid in his own "Manifestis Destinitis."
- Jonathan Raviv for his multi-faceted portrayal of Jahandar, who owns the



The cast of "October Sky" at The Old Globe (Photo by Jim Cox)

Quiara Alegria Hudes' Playhouse commissioned musical, "Miss You Like Hell" and the challenging and enigmatic "Last Tiger in Haiti," a world premiere co-production with Berkeley Rep written by Jeff Augustine and directed by Joshua Kahan Brody, both graduates of the Playhouse's MFA program.



• The Old Globe's lovable new musical, "October Sky," and Steve Martin's goofy backyard comedy, "Meteor Shower."

• My favorite production of the year, Bill Cain's treatise on theatrical truth, "Equivocation," directed by Deborah Gilmour Smyth at Lamb's Players Theatre and starring her husband, Robert Smyth, as "Shagspear."



Linda Libby as Gypsy in Cygnet production (Photo by Ken Jacques)



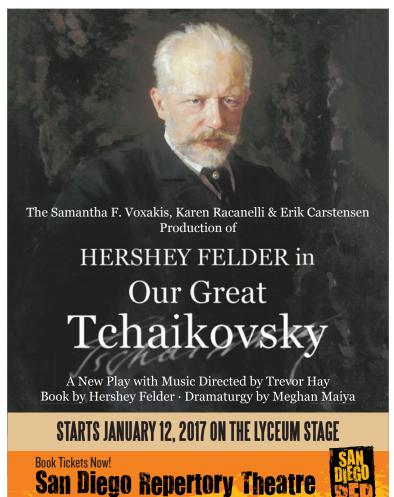
usbank

EXTENDED!

LaJollaPlayhouse.org

(I to r) Laurence Brown, Grandison Phelps III, Antonio TJ Johnson and Ro Boddie

in August Wilson's "Seven Guitars" at Cygnet Theatre (Photo by Daren Scott)



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boy who dances on air in the Diversionary production of Tim Rosser and Charlie Sohne's world premiere musical, "The Boy Who Danced on Air."

 Claudio Raygoza's portrayal of the Ken Kramer character in ion theatre's "The Normal Heart."

 Linda Libby as Mama Rose in Cygnet Theatre's production of "Gypsy" and — because who in the world could/would be expected to play such a packed performance week? — her colleague, Melissa Fernandes, who spelled Libby weekly and then for her next act, less than a month later, turned in a stunning performance as Dot in ion's "Sunday in the Park With George.'

As Mama Rose, the two women were amazing, each unique, each nuanced and vocally solid. I doubt there's another city in the USA that could field such a duo.

Here's to more great theater

—Charlene Baldridge has been writing about the arts since 1979. You can follow her blog at charlenecriticism. blogspot.com or reach her at charb 81@gmail.com. *

sdcnn.com DINING San Diego Uptown News | Jan. 13 – 26, 2017





Local distiller introduces lemon and orange liqueurs to San Diego. (Courtesy of Bartelmo Limoncello)

North Park resident Dennis Bartelmo has cracked into the local retail market with limoncello and orangecello liqueurs he produces in Ensenada, Mexico. The products recently became available in 375 ML bottles at Mona Lisa in Little Italy, KNB Wine Cellars in Del Cerro, Hub Liquor in Pacific Beach and a few other outlets.

"I have a lot more potential retailers in the pipeline," said Bartelmo, who first began making limoncello as a hobbyist from his kitchen 10 years ago before the late Ramona winemaker, William Holzhauer, urged him to go into business.

"It's from an old family recipe, but the orangecello is my own creation," he said.

The bottles sell commercially for \$27 to \$40 and ring in at 40 percent alcohol by volume. bartelmolimoncello.com.



Seared ahi at 57 Degrees (Photo by Russ Kindom)

Locals and their friends or family members arriving into town via San Diego International Airport are entitled to a glass of beer or wine at half off the regular price at 57 Degrees if they show their boarding passes at the bar. Located in Middletown, the spacious establishment also recently introduced several new fall-winter dishes by New Orleans native, Esteff DeFelice. They include fried green tomatoes, sesame-crusted seared ahi, PEI mussels, and house-made chocolate mousse. 1735 Hancock St., 619-234-5757,

fiftysevendegrees.com.

Concept Two Seven Eight, the new Hillcrest restaurant named after owner Jessica Fisher's past apartment number in New York when she worked there as a pastry chef, is officially open for nightly dinner service. It replaces the former **Tractor Room**.

Chef de Cuisine Rachel Synder describes the menu concept as "New American cuisine," which features pasta, slow-cooked chicken and dishes using locally sourced veggies. The offerings, she adds, will further expand, and weekend brunch will be introduced in mid-February. In addition, a full bar and cocktail program is in place. 3687 Fifth Ave., 619-278-0080.



Chef Javier Plascencia is parting ways with two local restaurants. (Courtesy of Alternative Strategies)

Famed chef Javier
Plascencia announced on Jan.
3 that he will leave his executive chef positions at Bracero
Cocina de Raiz in Little Italy
and Romesco in Bonita, where
he gained media accolades
over the years for his creative
fusions of Baja-Mediterranean
cuisine. Plascencia oversees
several establishments in
Mexico, including the acclaimed Mision 19 in Tijuana's
vibrant Zona Rio District.

A statement he released said in part: "Going into the new year, I will be taking time to focus on my restaurants in Tijuana, Valle de Guadalupe, as well as a new project I have in the pipeline in Todos Santos, Baja California Sur."



A tasting room for spirits in Mission Gorge is owned by South Park man. (Photo by Jason Swinford)

South Park resident Jason Swinford has added a 400-square-foot tasting room and bottle shop to his Mission Gorge distillery, Swinford Spirits, which produces whiskey, gin and vodka. The latter is contained in self-infuser bottles, allowing consumers to flavor the vodka with spices, fruits and teas. The tasting room allows visitors to consume onsite a total of 1 1/2 ounces of the spirits (either straight up or in cocktails). It's open from noon to 7 p.m., Tuesday through Saturday, and noon to 5 p.m. on Sundays. 5980 Fairmount Ave., 844-933-7465, swinfordspirits.com.



Bacon and crème fraiche pizza at the new Pi Bar (Courtesy of Blue Bridge Hospitality)

Blue Bridge Hospitality, which operates Liberty Public Market in Point Loma, has reconfigured its anchor Mess Hall Restaurant to accommodate three new concepts: a fast-casual food and drink area called Mess Hall Bar, the Grape Smuggler Bar featuring wine and tapas, and Pi Bar, which specializes in rectangular Roman-style pizzas. The market, which opened in March, is currently home to 30 vendors. 2820 Historic Decatur Road, libertypublic market.com.



A new drinking and dining venture is coming to Park Boulevard. (Courtesy of JEL Design)

The bar and culinary team from **Trust** restaurant on Park Boulevard in Hillcrest is gearing up to open Hundred Proof several blocks up the street, in the space formerly occupied by S&M Sausage and Meat. Due to arrive in spring, the establishment will feature "old-school" dining booths, indoor-outdoor seating and offer lunch and dinner daily and brunch on weekends. Libations will include handcrafted cocktails, boozy milkshakes and assorted boilermakers (shots with beer chasers). 4130 Park Blvd., trustrestaurantsd.com.

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



FIVE-NAPKIN BEER OU

Come On **Get Happy!**

Dr. Ink

I used to come here for wine and cheese boards. Today it's all about the beer and chicken

wings, per the takeover of the Liberty Station structure by Dirty Birds that was once home to Wine Steals.

Situated at the idyllic lip of The Loma Club's nine-hole golf course, the 3,000-squarefoot space reopened its

to a crisp and inviting remodel flaunting countless flat screens usually showing sports games, a reconfigured bar and big, plushy dining booths.





The walls were painted light gray. They're accented with well-placed neon beer signs that add artistic color to the high-ceiling room. In addition, a blown-up photograph of Liberty Station's main gate from yesteryear looms large on one of the walls, and a sizable outdoor patio looks out to the golfing greens.





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Go through this archway in Liberty Station to find the entrance to Dirty Birds. (Photos by Dr. Ink)

This is Dirty Birds' third location. The others are in Pacific Beach and Rolando. All are magnets for wing lovers, considering there are numerous sauce flavors to choose from.

During weekday happy hour, you can score a pitcher of select beer for half price, as well as an order of five, 10 or 20 wings. Also, what isn't stated on the menu or website is that well drinks and draft beers by the glass are \$1 off. The bartender on duty knew of that deal, but my waitress didn't once I took a booth.

The beer list offers an uncomplicated mix of commercial and craft labels — Bud and Bud Light, Stella Artois, Latitude 33, Mother Earth, and others. There's also Ace Pineapple Cider, which this palate can tolerate only in small doses due to its cloying finish. But if you're attempting some of the scorching wing sauces, such as habanero or ghost pepper, the fruity cider comes to your aid.

I chose a piney tasting Star Dust IPA by Elysian Brewing in Seattle, which paired seamlessly to an order of 10 wings, half Buffalo-style, and half Diablo sporting a redder sauce made with three types of chilies. The latter offered a heat level a notch above medium.

Served extra-crispy as requested, they arrived within minutes since the kitchen pre-bakes them and then flashfries them to order. They were accompanied by somewhat diluted blue cheese and celery and carrot sticks — but no discard bowl for the bones like they always provide in Buffalo, N.Y., where I was born practically with a chicken wing in my mouth.

Yet five napkins later my food basket was empty except for the bones that I gnawed clean. And I've since put Dirty Birds at the top of my list for wings that measure up to my finicky standards. *

Dirty Birds

2970 Truxtun Road (Liberty Station)

619-756-7576 dirtybirdsbarandgrill.com

Happy Hour: 3 to 6 p.m. Monday through Friday (all day Tuesday) in addition to other daily specials

RATINGS

Drinks:

Beer discounted by the pitcher may be limited to domestics, depending who you ask. But the glass list offers a fuller range of

Food: I I I I I I

The wings were plump and evenly sauced. And regardless how many you order, you can mix and match the flavors.

Value: I I I I I

Rarely do you find wings at other local joints discounted by 50 percent. An order of 10, for example, sets you back only \$7 during happy hour.

Service: I I I I

The waitress was cheerful, and quick to greet and seat customers while providing happy-hour menus right off the bat. But she wasn't aware at first of certain drink deals.

Atmosphere: I I I I I I

Numerous flat screens dominate the airy space amid nautical décor and historical touches that add a nice, cozy vibe.

DIGGIN' THE GO

Restaurant Review

Frank Sabatini Jr

Had the multi-faceted Blackmarket Bakery in North Park succumbed to the trend of naming itself with two buzzy words separated by an ampersand, a variety of possibilities might identify the business model more clearly: Sugar & Sandies; Cakes & Caffeine; Flour & Hipsters; or Kids & Canines.

The name of the bakery, however, was established several years ago in Orange County by pastry chef and founder Rachel Klemek, a graduate

baked daily in the wee hours of the night, including assorted breads.

In addition, a side doorway leads to an outdoor patio resembling the backyard of somebody's house. Replete with a generous patch of artificial lawn, children and dogs are welcome.

The bakery operates also as a sandwich shop using housemade breads such as lemon-rosemary, Dutch crumb, seeded sour dough and others. The former excels on a vegetarian construct called the "handsome Italian," which captured between the buttered, grilled bread slices alternate layers of minced artichokes, Roma tomatoes, pesto and Provolone — a gourmet grilled cheese sandwich by all

Ditto for "the gobbler" oozing with melty brie and stacked with turkey, bacon, cranberries and sliced apples. Here, the ingredients were tucked into two fat slices of Dutch crumb, the locally hard-to-find bread distinguished by a crispy veneer of rice flour, yeast and sugar. The sandwich's savory and sweet components were exquisitely balanced.

My companion vouched for yet another grilled sandie, "the wild thing," based on its inclusion of roasted garlic. Constructed with airy brioche, it also featured bacon, shallots, mushrooms, Provolone and brie. On paper, it sounded like a flavor bomb. But the two cheeses in their generous measures left us struggling to taste the other ingredients.

We returned to the order counter afterwards to buy treats to go.

A giant snickerdoodle cookie dusted in cinnamon sugar sported the coveted, pliable texture we banked on. An almond-rich "Basque berry" mini cake fell short on the raspberries, but offered a bright lemon curd sitting at the bottom.

Our favorite was the baked flourless "chocolate haystack," a postured plop of juicy, shredded coconut and condensed milk enrobed in semi-sweet chocolate and crowned with toasted coconut

All three confections were of the sugary, American-style class — noticeably sweeter than European desserts though not as aggressively cloying as those you'll find in super-

Assorted cookies made daily



Blackmarket joins an array of other trendy hotspots in this gentrified section of North Park, such as Polite Provisions, Soda & Swine, Beerfish and Taiima Ramen. Although as a welcome addition of icing on the cake, it offers free parking in a designated side lot.

—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. Reach him at fsabatini@san. rr.com.



Croissants available in several varieties

A sweet tooth's hangout

Institute of America who in October opened an outpost on 30th Street just south of Adams Avenue with San Diego-based managing partner Alison Horn.

Blackmarket greets guests with playful and nostalgic visuals, beginning with an old bicycle parked out front that's equipped with storage bins and a faux oven, as if loaded with deliverable, warm pastries.

Inside, the aromas of fresh croissants and brewed coffee drinks (by Dark Horse Coffee) hang over a central retail section of candies, jarred pickles and greeting cards. Perched along the surrounding shelves are boxed games for the playing, including jacks.

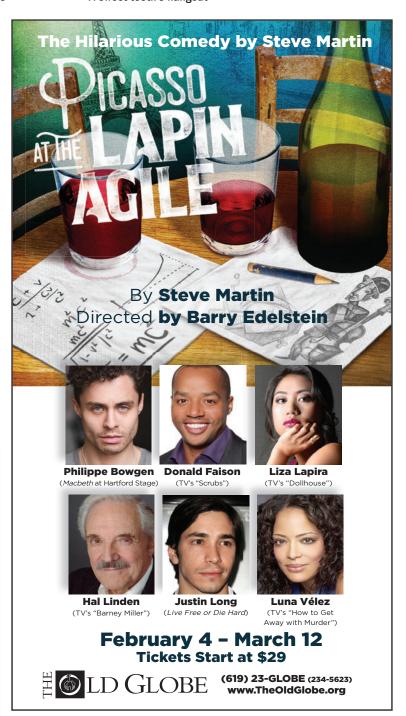
Further in, past custom-made tables, chairs and benches, is a subway-tiled area showcasing picture-perfect mousse cakes, tarts, cookies, croissants and "churrsants," which are hybrids of churros and croissants. Everything's

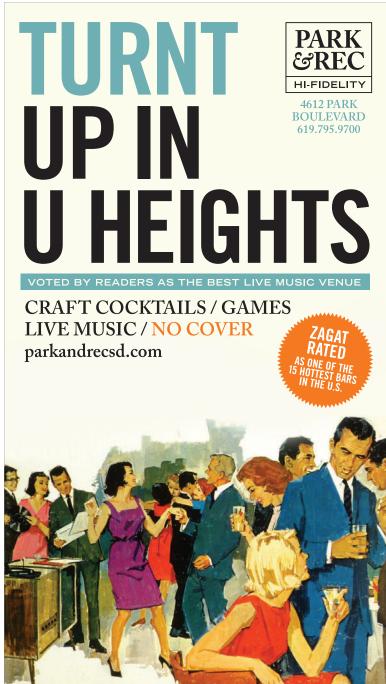
Blackmarket Bakery

4686 30th St. (North Park)

619-641-0081 blackmarketbakery.com

Prices: Breakfast and afternoon sandwiches, \$5.95 to \$10.25, cookie sundaes, \$4.95 and \$5.95; cookies, croissants and other pastries start at \$1.75; cakes start at \$13.





Farmer's Fix: Healthy eating made easy

By Margie M. Palmer

Farmer's Fix is not your average meal-delivery service.

The concept, which was hatched by Tawei David Lin and Doug Murphy, stemmed from their joint de-

sire to have fresh, healthy food options available for on-demand meals.

"We met playing on a beach volleyball league and we talked about our past, working

office jobs," said Murphy, who lives in La Mesa. "When you're in an office all day and you're busy, lunch isn't something you have time for. I would always go for the fastest and easiest thing and I ate terrible food as a result.'

Not only does this lead to weight gain, it also contributes to the uncomfortable afternoon

That, Murphy said, is why he jumped at the idea to cofound Farmer's Fix.

"We realized there wasn't anything out there like this so we decided we'd do it ourselves," he said. "We make food that tastes really good and it's really healthy and we deliver it in a way that the end user, a person like us who is squeezing in a 60-hour work week and has 12 minutes to have lunch. It's something that you can just grab and eat without interrupting your day."

Lin, who worked in the banking and finance industry in New York City before moving to Hillcrest, agrees the company fills an important void when it comes to meal delivery options.

"[When I was working in New York] I didn't plan ahead, and for a while, I was working many hours and gaining weight. I'm 5-foot-8 and at one point, I was

up to 180 pounds," he said. "I trained for the New York Marathon and I lost the weight, but I realized it's not just the exercise part. I asked myself how I could make myself eat better but it just took too much time to make something and eat it."

When the pair met, he pitched the idea of an auto-subscription food delivery service that specialized in fresh, delicious meals.



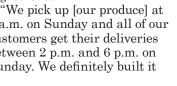
Provencal salad

"People are much more likely to reach for a healthier food choice if it's always available," he said.

Sourced locally, delivered fresh

All their ingredients are sourced locally, Murphy said, adding that all salads are made, and delivered, the same day Farmer's Fresh gets their ingredients.

8 a.m. on Sunday and all of our customers get their deliveries between 2 p.m. and 6 p.m. on Sunday. We definitely built it





Farmer's Fix cofounders are Tawei David Lin of Hillcrest and Doug Murphy of La Mesa. (Photos courtesy of Farmer's Fix)

so people would get their food on Sunday so they'd be ready for the work week.'

As for who came up with the salad concepts, Lin said they worked on those together.

'We did a lot of testing and what we really focus on is delivering salads that people can't get anywhere else. One of our customer favorites is Kalefornia Dreamin' which blends and balances our Smoky Pomegranate salad dressing and baby kale, which you can't order anywhere else,' he said. "We also use a lot of ingredients that you don't see in grocery stores, which we're particularly proud of.'

Their Pearl Couscous salad, which boasts spinach, couscous, cherry tomato, slivered almonds, red bell peppers, feta, scallion and mint is also a top

Murphy said that salad is paired with their balsamic dressing, which customers rave about.

"I don't know how people can't get the texture we get; it coats and sticks to everything and it makes every bite delicious.

The company doesn't currently offer an animal protein option, Lin said, but they expect to change that by the end of January due to customer demand. But even without that, customers are giving the company high marks.

"When we go and see the positive things people say about us on Yelp, or when people write us notes, we really appreciate that," he said. "That is the fundamental feeling as to why we started this business. The most important thing to me is that we are feeding hundreds of people and making their lives easier. Our dream was to be the easiest way to eat healthy."

For more information on Farmer's Fix, visit myfarmers-

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



California kale salad

Scripps Welcomes Pediatrician Gwendolyn Wright, MD



Gwendolyn Wright, MD

"A healthy child is thriving physically and emotionally."

Now providing pediatric care to newborns, children and teens at Scripps Coastal Medical Center in Hillcrest, Dr. Wright specializes in educational issues and newborn care. She speaks English and Spanish.



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At the Y, a supportive community is a big part of wellness. At every age and every level of activity, you'll find people just like you looking to live a little bit healthier. Members and program participants often cite the support and enthusiasm of fellow participants and staff as some of the key factors in their achievement of greater wellbeing.

One member sums up her favorite class this way: "This is a great program, I've learned so much about how to eat healthier and I love the classes. I'm here three to four times a week now to work out and I love the new me!"

All 17 San Diego County Y's, including the Copley-Price Family Y in City Heights, offer classes for all ages, all levels and all interests. From low-impact exercise and chair classes, stretching and strength training, to indoor cycling, water exercise and yoga, you'll find a group class that's fun, supportive and keeps you moving.

Dr. Jeffrey Keeny, D.D.S. 1807 Robinson Ave. 92103 619-295-1512 drkeeny.com

Dr. Keeny practices general dentistry with a heavy emphasis on cosmetic treatments. His practice offers implants, crowns, white fillings, prevention, sports dentistry and children's dental services.

Supporting Dr. Keeny are various specialists, including a team of four hygienists and a staff that offers exceptional service. Dr. Keeny emphasizes that, "our patients are our friends.'

When he is not offering exceptional dental services, Dr. Keeny is an avid athlete who has completed 10 ironman triathlons. He has also done fundraising for various HIV/ AIDS prevention programs, as well as the Challenged Athletes Foundation, where he has trekked via bike from San Francisco to San Diego, raising over \$30,000 for the foundation the past two years.

Fitness Together 4019 Goldfinch St. 92103 619-794-0014 fitnesstogether.com/ missionhills

Fitness Together has the perfect program to get you the results you want.

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Whether or not you've been physically active, and whether or not you've ever worked with a personal fitness coach, your trainer will make sure that you are comfortable in the private suite environment.

New Image Dental 7510 Hazard Center Drive #203 92108 619-382-3908 newimagedentalcare.com

Drs. Leslie and Scott Strommer and their team at New Image Dental have been awarded the title of Best Dentist in Mission Valley in 2016! Conveniently located in Hazard Center in the heart of Mission Valley, New Image Dental is a treasured home to patients seeking a practice created for the modern patient, where they may form a deep understanding of their oral health using the best in personalized dentistry.

New Image Dental features a dynamic staff committed to educating patients and delivering the best general and cosmetic dentistry. Drs. Scott and Leslie Strommer are known as the dentists who teach the dentists, constantly integrating the latest in dental technology for their patients and taking their expertise across the world to train dental practitioners in advanced dentistry.

New Image Dental focuses on treating dental issues at the source, not the symptom — inspiring a healthier future through unparalleled dental care and integrity.

Scripps Health 9888 Genesee Ave. **La Jolla 92037** 858-626-4123 scripps.org

Scripps is a private, nonprofit, integrated health system located in the San Diego region, committed to providing the highest quality care to you and your family. Whether you are looking for some of the best doctors in San Diego or need care at one of their top-ranked hospitals, Scripps offers excellent medical care as well as preventive services and wellness screenings for every stage of life. With thousands of affiliated doctors at four San Diego hospitals on five campuses, Scripps Health provides a variety of services including: primary care, urgent and emergency care, surgery, hospice and home care, as well as health education classes and support services.

The Change Fitness 1630 W. Lewis St. 92103 858-382-4517 TheChangeFitness.com

Take the first step to success and partner with The Change Fitness, a fitness studio whose trainers offer a specific strategy with a customized workout flexible enough to fit even the busiest of schedules. Their certified instructors will work directly

with you to provide step-by-step instruction, encouragement and accountability.

Testimonials:

There are many powerful testimonials on The Change Fitness.com website from clients who have achieved great results in appearance and dramatic improvements in their health. Here is one of them:

This is the first workout program I eagerly look forward to. I love the intensity, total body workout, safety, and efficiency. The strengthening has been obvious and has helped my other sports and exercises. I recommend The Change Fitness to everyone."

-Dr. Dan Einhorn, M.D., president of the American Association of Clinical Endocrinologists, medical director of the Scripps Whittier Diabetes Institute and clinical professor of medicine at UC San Diego

Benefits:

The training methods used at The Change Fitness have been shown to achieve 55 percent better results when compared to traditional weight training methods. Studies have shown that strength training decreases bad cholesterol, stabilizes blood sugar levels for diabetes and increases bone density to prevent osteoporosis. It also helps achieve better overall health, increases strength, decreases size, reduces your fat percentage and improves mobility and function.

see Health, pg 15

Change Your Body & Change Your Health In Just 20 Minutes Twice a Week

Medical Experts Recommend Their Prescription for Good Health

Real Stories from Real Clients

Dr. John Martin is a retired medical physician and surgeon who discovered The Change Fitness 3 months ago. "Since my retirement, I have started working at The Change Fitness to improve my strength and flexibility. This weight training system is efficient and safe, and has produced rapid increase in muscle mass and flexibility, which are very important in maintaining a good quality of life. It has also improved control of my diabetes and lowered my cholesterol to a normal level without the need of statin medication. I strongly recommend The Change Fitness to anyone interested in living strong!"

RN Mary Dixon is a Clinical Study Manager and Registered Nurse. "Before I started working with my trainer at The Change Fitness, I was over-weight and out of shape. My strength and muscle formation were at an all-time low. Now, my results speak for themselves. I have more strength than even before. I've lost weight and have a was it line for the time in many years. My trainer focuses or both exercise and nutrition to help me achieve the goals we've set. I'm frequently asked how I manage to look younger than my years, and my response is that I come from a good gene pool and I work out at The Change Fitness!"

BENEFITS: The training methods used at The Change Fitness have been shown to achieve 55% better results when compared to traditional weight training methods. Studies have shown that strength training decreases bad cholesterol, stabilizes blood sugar levels for diabetics and increases bone density to prevent osteoporosis. It helps achieve better overall health, increase strength, decrease size, reduces fat % and improves mobility and function.

"I recommend the Change Fitness to everyone."

Dr. Daniel Einhorn, M.D. President of the American Association of clinical endocrinologists. Medical director of the Scripps Whittier diabetes Institute, and clinical professor of medicine at UC San Diego



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Sticking to it

Fitness The Beckcoms



Consistency is often a wandering target of "on again, off again" frustration. The problem is, the older we get, the easier it is to lose our gains, and give up.

Sticking to anything can be challenging. We know what we need to do. We know what we ought to do, but with the overcrowded year-end work pressures and holiday "must attend" events, your best intentions can go awry. Once your fitness routines get "crowded out," making a comeback can be so daunting that it becomes a recipe to give in and give up.

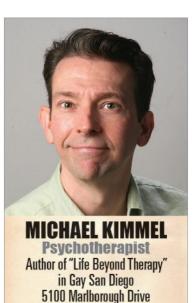
If we are strong, healthy and a bit lucky, we can reasonably expect to make it to 75 or 80 years on average - some longer perhaps and regrettably, some shorter.

But here's the thing; at about mid-40, we start losing about 1 percent of our lean mass annually, and if female, we can add in 0.3 to 0.5 percent bone loss mass on top of that. The downward slide of our health simply intensifies with age. It stinks but what are we going to do about it?

Those are pretty good reasons to keep chipping away. You say you are busy, overwhelmed, not up for it, and have no time. Understandable.

Try "show up 95." It is a great mantra to live by and train by. I have used it for years now. First, if I just "show up" to my workout, I have won on several fronts:

- 1. I feel better about me, in that I did not give in to temptation to bail.
- 2. I am still making progress against my goals, in light of what I am up against in the other areas of life, which are trying to crowd this out.
- 3. Since I showed up, I might as well give it at least a 95 percent "best effort" because of how I feel, in terms of my work/life stress, my rest (or lack thereof), and the amount of time I can devote to this workout. I will use what I have in me, nutrition-wise, to fuel that "best effort."



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Blake Beckcom, a trainer and gym owner, monitors a client's workout. (Courtesy of Fitness Together)

All workouts are not super human. They ebb and flow, and that's OK. It's the continuity that counts most. When I look back at the workouts that I forced myself to "show up" for, not really being that "in to it," for whatever reason - those workouts were some of my best, in terms of feelings of self-worth, continuing to make some progress, and, in keeping at it, over the long term. Not to mention avoiding giving back the hard fought gains to date. Missing workouts is a slippery slope that we all need to stay off of, including me.

Apply the same principle to your nutrition: show up 95. If you simply "show up" for your breakfast/snack/lunch/snack/ dinner/snack basic meal frequency, that is, to actually do it ... and do this 95 percent of the time ... and concurrently, eat clean 95 percent of the time ... lather, rinse, repeat ... and just keep doing it? Lo and behold, over time, this process becomes habitual.

You will easily realize when you are coloring outside the lines in terms of the 5 percent cheat zone, missing a quality

snack or bonified "meal," and recognizing more readily the sweets, salty foods, alcohols or what have you. You will become more "mindful," which is a big key in determining triggers that drive us to good/ bad or indifferent nutritional choices, and timing thereof. Then suddenly, all of this stick-to-it determination that sounds so difficult is actually a lot easier. You feel better about you and that creates momentum, which helps you keep going.

Our main goal these next weeks is to maintain momentum in what we have accomplished year to date, and not give back one iota of our gains to this point. No gains, no set backs, just maintaining is goal No. 1. If you "show up 95," you'll have a leg up on your 2017 resolutions and they will be far easier, as you won't have to make up on any lost ground. Be ON PURPOSE we can do this!

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

FROM PAGE 13 HEALTH

University of California, San Diego (smoking cessation) 9500 Gilman Drive La Jolla 92093-0603 858-534-3684 health.ucsd.edu

UC San Diego Health is committed to creating a healthier world — one life at a time — through new science, new medicine and new cures. The medical team is driven by the idea

that academic medicine offers the best model for fulfilling this

UC San Diego Health serves local and regional communities by forming strategic alliances and strong partnerships to help and educate others. The work often focuses on outreach to underserved communities and members of health disparity

UC San Diego is currently making strides to understand smokers and smoking cessation through research. Studies requiring both males and females are currently being

FROM PAGE 5 CONVERSATION

Diego economy, Davis said she disagrees with Trump's assessment that today's military is "depleted" and "not capable of facing the most dire crisis since World War II."

 $\begin{array}{c} \text{Davis} - \text{along with Scott} \\ \text{Peters (D-52) and Duncan} \end{array}$ Hunter (R-50) — sits on the House Armed Services Committee.

'We are certainly prepared to do whatever would be needed today," she said. "Where the readiness can be better is further down the chain," such as in the FBI and Homeland Security.

More research and development in cybersecurity is

needed in order for the U.S. to be "prepared on several fronts," she added.

Locally, Davis said the military feels good about the last budget that was passed through the National Defense Authorization Act (NDAA).

"Our job is to make sure what we are spending money on is appropriate," she said. "A lot of that area is in readiness, but there are areas where we can do better.

"We can't ignore the institutions that made them prepared," such as education, she

Stay tuned to hear more from Rep. Davis in next month's column.

-Andy Cohen is a local freelance writer. Reach him at $ac76@sbcglobal.net. ext{ } ext{\diamond}$







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Sudoku

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

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Puzzle answers on page 18

Uptown Crossword

Big Blow

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CREATORS NEWS SERVICE

ACROSS

- 1 Oldtime movie dog
- 5 To be, in Paris 9 Boston fish delicacy
- 14 Former Chinese leader
- 15 Tourist: abbr.
- 16 Paper collection
- 17 Type of lamp
- 19 Citified
- 20 German city
- 21 Santa Maria's com-
- panion 23 Shifty
- 24 A covering
- 26 Play for time
- 28 Singing group
- 30 Missouri tributary
- 34 Gale, to New Englanders
- 39 Descendant
- 40 River of England 41 Blot
- 43 Numerical prefix
- 44 Respond to
- 47 Bushed
- 50 Word for some
- sports
- 52 Island republic
- 53 Make an attempt

- **56** Cad 60 Resort
- 63 Approaches
- 65 Swap
- 66 Fraternity letter 68 Braggarts
- 70 Homer epic
- 71 Was an also-ran
- ___ alone
- 73 Spotted pony
- 74 Poetic classic 75 Female saints: abbr.

DOWN

- 1 Yearns
- 2 Call for silence
- 3 Heraldic band 4 Golden
- 5 Common abbrevia-
- tion 6 Snare
- 7 Indian princesses
- 8 Occurrence
- 9 Brief commotions
- 10 Stray dog
- 11 Teases

- 12 Spoken

- 13 Gainsay
- 18 ____ -mural sports
- 22 Open a keg
- 25 Sound of disapproval

- 27 Varnish ingredient 29 Roman emperor
 - 31 S. American monkey
 - 32 Ripped
 - 33 Arthurian lady 34 Italian Saint Philip

 - 35 Draft animals

 - de cologne
 - 38 Formal ceremony
 - 42 Rouge et _
 - 45 Tent item

 - 46 Twister 48 Foam
 - 49 Dishcloths, for exam-
 - ple 51 Grain
 - 54 Furniture item
 - 55 Low ship deck
 - 57 Old playing card
 - 58 Comedian Cantor
 - 59 Takes it easy 60 Pass over
 - 61 Indic language
 - 62 Neat as
 - 64 Ordinary

 - 67 Caress 69 Ozs. or lbs

Puzzle answers on page 17

Classifieds

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FROM PAGE 1 **POT LAW**

analyzing the impacts of this new law and what effect — if any - it will have on our crime rate. As we work in partnership with our community through the changes in policy and procedures, we want residents to be confident that public safety will be kept at the forefront to keep San Diego one of America's safest large cities."

Noting that he voted for Prop 64, freshly minted District 3 Councilmember Chris Ward pointed out "District 3 turned in the city's highest support with more than 76 percent voting yes in November. It authorizes the beginning of a safe legal framework to allow adults to use recreational marijuana, and has the ability to provide a new revenue stream for the city."

Ward said the city "now has to balance the will of the voters with the responsibility

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of ensuring that recreational marijuana-related businesses and personal cultivation don't undermine public safety and neighborhood quality of life. The city must responsibly regulate local zoning and land-use conditions, business license requirements and other requirements to reduce potential impacts."

District 3 comprises Downtown, Little Italy and the Uptown communities of Bankers Hill, Park West, Hillcrest, Middletown, Old Town, Mission Hills, University Heights, North Park, South Park, Golden Hill and Normal Heights.

"While zoning within most of District 3 currently prohibits medical marijuana dispensaries," Ward said, "I believe there is one application in process on the north edge of the district off of Camino del Rio South."

Regarding marijuana legalization, new San Diego City Attorney Mara Elliott said in her campaign statements: "If California voters legalize marijuana, I'll work closely with city officials and law enforcement to implement measures that regulate, tax and control marijuana. We must keep marijuana out of the hands of minors and away from schools and churches, create stiff penalties for DUIs, and ensure that tax revenue is put to good use in our communities.'

Elliott was contacted by San Diego Uptown News for further comment, but did not meet the publication deadline.

But just because marijuana is now "legal" doesn't mean it be can smoked openly without

see Pot Law, pg 19

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PUZZLE SOLUTIONS

Sudoku Puzzle from page 16

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Big Blow Crossword from page 16

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UPTOWN CALENDAR

FEATURED EVENTS

Neighborhood Forum

Saturday, Jan. 14

The Neighborhood Empowerment Alliance is sponsoring a Neighborhood Forum from 1 to 3 p.m. at First Unitarian Universalist Church in Hillcrest, 4190 Front St. The objective is to select the first goal of the Alliance based on results of past workshops and the polling of neighborhood residents about their concerns. Contact Neighborhoods for Campaign Finance Reform coordinator John Hartley at 619-299-8870 or by email to hartley2k@aol.com.

Meditation Flash Mob

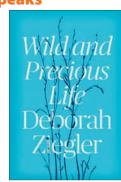
Saturday, Jan. 14

The public is invited to a Meditation Flash Mob at 3:21 p.m. in Balboa Park. The exact location will be given the day before the event. Expect a lightly guided meditation for 20 minutes to celebrate the benefits of "disconnecting to connect." The meditation will be led by Megan Leuchars of UCSD Center For Mindfulness. An after-party will follow. Participants will be invited to gather in a nearby venue to enjoy each other's company and celebrate the launch of the mindful tech start-up Ransomly, billed as "a Bluetooth beacon that creates an app-free space in your home." Email meditate@ransomly.com or visit bit.ly/2iMuioC.

'A Wild and Precious Life' author speaks

Sunday, Jan. 15

Deborah Ziegler, author of "A Wild and Precious Life," Death with Dignity advocate and mother of Brittany Maynard, will speak at the Hemlock Society, 1:30-3 p.m. in the Scottish Rite Event Center, 1895 Camino del Rio South. The memoir is about Maynard's efforts to die with dignity after being diagnosed with a brain tumor. Maynard's death, utilizing the law in Oregon, made California's End of Life Option Act possible. Visit hemlocksocietysandiego.org.



Care bags for LGBT homeless youth Sunday, Jan. 15

Come together as a community to serve LGBT homeless youth for Martin Luther King Jr. Day of Service. Volunteer to assemble donated items into care bags for the LGBT homeless youth served by San Diego Youth Services. Donations will be collected from noon to 1 p.m., and care bags will be assembled from 1 to 2 p.m. at HRC San Diego, 801 Fourth Ave. Visit bit.ly/2iyMm5x.

Martin Luther King Jr. Day of Interfaith Service Monday, Jan. 16

San Diego Leaders from diverse faiths will join hands in community service as part of the National Day of Service in memory of Martin Luther King Jr. Members of Christian, Jewish, Muslim, LDS, Unitarian and Hindu congregations will help beautify Balboa Park from 9 a.m. until noon. The group will work near Juniper Road and Balboa Drive at the park's southwest end. Activities may include clearing and hauling brush and trash, cleaning flower beds and planting. Volunteers are invited to stay for musical entertainment and a complimentary picnic of hot dogs and chips beginning at 11:30 a.m. Volunteers are encouraged to register at fumcsd.org/MLKDay.

North Park Community Association free mixer Tuesday, Jan. 17

Meet North Park Community Association members and residents at a free mixer, 6:30-8:30 p.m. at Thorn St. Brewery, 3176 Thorn St. Sign up to become an association member in time for the free Summer Concert Series at Bird Park. Visit northparksd.org.

FilmOut presents 'The Crying Game'

Wednesday, Jan. 18

Stephen Rea, Miranda Richardson, Forest Whitaker and Jaye Davidson star in "The Crying Game," a haunting, humorous and shocking romantic thriller. Directed by Neil Jordan, the film had six Oscar nominations and won for Best Screenplay. Rating: R. FilmOut presents this classic from 25 years ago from 7 to 10 p.m. at Landmark Hillcrest Cinemas, 3965 Fifth Ave. Visit filmoutsandiego.com.

Chinese New Year Celebration

Saturday, Jan. 21

Enjoy this cultural celebration from 10 to 11 a.m. at the Mission Hills Library, 925 W. Washington St. This event will include a traditional dragon dance by Three Treasures Cultural Arts Society in the parking lot at 10 a.m. Then learn about the traditions of Chinese New Year with hands-on family craft fun in the children's area. Call 619-692-4910 or visit bit.ly/2iYOc02. *

DIGITAL GYMGEMS



Friday, Jan. 13-Thursday, Jan. 19: María, a 13-year-old guerrilla soldier, must bring her commander's baby to safety in a nearby town. But María has a secret: She is pregnant. "Alias María" was Colombia's official entry for the 89th Academy Awards. Unrated. 92 minutes.



Friday, Jan. 13-Thursday, Jan. 19: "Hunter Gatherer" depicts an optimistic man who is released from prison, but nothing falls into place. He restarts his life with next to nothing until he meets a new friend, and things start to turn around. Unrated. 90 minutes.



Friday, Jan. 20-Thursday, Jan. 26: "The Eagle Huntress" follows a 13-year-old girl who trains to become the first female in 12 generations of her Kazakh family to become an eagle hunter, and masters a skill traditionally shared by father and son. Rated G. 101 minutes. *

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

RECURRING EVENTS

Select dates

Cinema Under the Stars: Films presented at an outdoor viewing space on various nights of the week. Upcoming films:

- "The Accountant," 8 p.m. Friday, Jan. 13 and Saturday, Jan. 14.
- "The Girl on the Train," 8 p.m. Friday, Jan. 20 and Saturday, Jan. 21.

Films start at 8 p.m. \$15. 4040 Goldfinch St., Mission Hills. 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. 619-694-9148. 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.

Storytellers of San Diego: 7–8:45 p.m. on the first Wednesday of the month, storytelling without notes for ages 12 and up at Rebecca's Coffee House, 3015 Juniper St., South Park. Rebeccascoffeehouse.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. Sandiegoitalia nfilmfestival.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 Firstuusandiego.org.

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

Saturdays

Old Town Saturday Market: 9 a.m.-4 p.m., on Harney Street and San Diego Avenue, Old Town, free. Also held on Sundays. Oldtownsaturdaymarket.com.

Golden Hill Farmers Market: 9:30 a.m.–1:30 p.m., on B Street between 27th and 28th streets, Golden Hill, free. Sdmarketmanager.com.

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

To view local community organization meeting information online, visit: bit.ly/2esLpLR.

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

FROM PAGE 17
POT LAW

restrictions. You'll have to be 21 or older to possess, transport or buy up to 28.5 grams of recreational marijuana — which amounts to about an ounce of pot — or up to 8 grams of concentrated marijuana.

People won't be able to smoke pot legally in public places, like

bars, unless it is allowed by a local ordinance. Pot also cannot be smoked where state law now prohibits tobacco smoking, including restaurants and theaters, with fines up to \$100.

Those caught smoking pot where tobacco smoking is prohibited — or near a school, day care or youth center — can be fined up to \$250. Minor violators will also be required to complete four hours of a drug-education program or

counseling, and up to 10 hours of community service.

Prop 64 also allows adults to grow and use up to six marijuana plants.

The city of San Diego, before the year-end holiday recess, released recommendations for guidelines for prospective business owners seeking to open marijuana businesses in the city limits.

The city's proposal allows its 15 existing permitted medical marijuana dispensaries to also sell marijuana to recreational users when that becomes legal in California in January 2018.

But San Diego is the only city thus far in the county that has indicated it intends to allow the sale of recreational pot. Any new dispensary seeking to sell recreational marijuana would need to meet the same rigorous zoning and security regulations the city applies to permitted medical marijuana dispensaries. Those regulations prevent dispensaries from opening near housing, schools, churches, parks and other sensitive uses, while also requiring security guards, cameras and other safety measures.

Only four retailers will be allowed in each City Council district for a total of 36 citywide. They will be allowed to operate from 7 a.m. to 9 p.m. seven days a week.

— Dave Schwab can be reached at dschwabie@journal-ist.com.*



FROM PAGE 1 **PIGMENT**

"My friend makes . . . fill in the blank." Paul chooses like-minded, entrepreneurial artists and businesses that sell finely-crafted, quality goods. Everything goes through a checklist.

"Items can't just look good without being good," she continued. "We need both. I don't want a reputation for just looking nice. I personally test every bath product and food item. Every gift is tested by the Pigment team of artists - some former students — and graphic designers. We're artists, that's part of what makes us different.'

Merchandise buying is described as treasure hunting. 'We leave no stone unturned," Paul said. "You never know where you're going to find a real gem. Little things crop up everywhere - showroom catalogs, craft fairs, estate sales, even Etsy. And I love thrift and vintage shopping. Looking for that next great thing is tireless and never-ending."

Paul's reputation precedes Pigment's success. "I buy one card from a company that sells hundreds, if not thousands, of cards," she said. "Some vendors won't open up an account for one item, but Pigment has earned its reputation. I have a good business with good sales.'

Vignettes within the store's eclectic assortment constantly change. "If you ask me today what I'll carry tomorrow, I couldn't answer," Paul said.

"I create a vignette around products that I love. If a product doesn't work, we wait. Categories grow as we grow."

Paul likened Pigment's store displays to a painting complete with color, composition, and the elements of design. "The elements of composition displayed in the store is the same as the imagery displayed in my paintings," she said. "Vignettes tell stories. Stepping into our kids' section step is like stepping into a story book. Without trivializing or sounding cliché, the experience has to be artistic and creative."

The retail playground doesn't stop at unique sundries and crafted wares. Pigment's Plant Lab offers a full staff to assist adults and children with building terrariums. Customers are welcome to pull up a chair, "belly-up," select a vessel, plants, moss, colored sands, and a rainbow array of rocks to create terrarium masterpieces. While costs are based on materials, customers are not charged for artistic assistance. Plant palettes are seasonal.

"Our plant lab grew from our terrarium artist," Paul explained. "We liken our selection for building terrariums to walking into Willy Wonka's candy shop — you pick and choose your sweet delight! If you're creative, you jump right in. If you struggle with artistic decisions, our staff will guide you through the building process. Plants fluctuate based on seasons which makes it even more fun because nothing's ever the same."



Wall of gift items (Courtesy of Pigment)

During Pigment's early years, Paul's art remained the store's backbone. Today, commissioned requests are "squeezed in at the end of the day when I really shouldn't be working," she said. "Deadlines are great because they commit me to painting. I'm disciplined but I don't paint every day the way I used to — my schedule won't allow it."

While Paul gushes over Pigment's success, she's quick to credit her husband Chad and their dedicated work tenet.

"Chad and I have worked as a team from the beginning," she said. "For the first several years he was the sole person on the sales floor. We've given Pigment everything and then some. Retail is a tough business that never stops. Although we haven't made any steadfast decisions, we're on the precipice of deciding

Pigment's future. Chad's an advocate for a second and third store while I grapple with the idea. But no matter how we grow, I won't compromise our integrity. Pigment won't be a soulless chain store with people saying, 'Remember when Pigment was ... ?' I want to be more than that."

Paul admits to juggling yet is fond of her roles as wife, mother, artist, teacher and store owner. "I love what I do," she said. "But there are times I feel fractured. I'm driven — I always have been — to make all ends meet. I want to show my children a strong work ethic; Pigment's their Candyland. I'm proud of Pigment. I want to remain proud. And I want my vendors to be successful.'

Pigment also hosts local artist workshops for calligraphy, dry floral plant crowns, floral wreaths, leather wallets and terrariums. "Workshops are a natural fit to keep Pigment and its clients close to the community," Paul concluded. "Workshop classes bring local artists directly to our customers. North Park embraced Pigment from day one. We owe this community a huge debt for our success. And we're constantly working to give back to the community in more substantial ways than owning a retail store."

-Contact Lucia Viti at luciaviti@roadrunner.com. *

FROM PAGE 3 **WALKS**

few times, the homeowners have come outside to find out who the walkers are.

"I'll pull out a business card and explain about Walkabout and before you know it, the whole group is invited inside for an impromptu tour. That kind of experience makes it very special," Haslam said.

One of his favorite walks was to visit the remaining "red light district" adult bookstores Downtown.

"I asked everyone to wear a raincoat and suggested in the write-up that the walk was geared primarily for men. Well, about a dozen women showed up, and I still did the walk as I intended. It was remarkable how brave the group was going into an adult bookstore as a group. In one three-storied store, each ascending floor got racier and racier, but it was no deterrent to these gals," he said.

Most importantly, to him, Haslam has been working on the 40th anniversary celebrations for this year.

"Forty years is actually two generations. Our walkers in 1977 when we started were working people, who had free time in the evenings and weekends after their working hours. Now, most of our walkers are retired and can go on day trips on weekdays. Our oldest walk leader is 97 years old."

For Haslam's "Tours-day Tuesdays" each week, he will meet the walkers in a different section of town, arranging a small tour. He enjoys showing people "behind the scenes," such as the back room of a museum.

'Our people are curious, and I think these walks will be popular," Haslam said.

Haslam will also be the leader on several trips throughout 2017, which always include major walking tours. "It will be a memorable year," he said.

"I think we're habit-forming, and it's a good habit, since it's healthy," Haslam said about Walkabout International.

"Once you pull up the rocking chair, you're done for. I'd rather die on my feet," he said.

For more information on Haslam's walks and others led by Walkabout, go to walkabout-int.org.

- Cynthia Robertson is a local freelance writer. *

3415 6TH AVENUE

Families Using Smart Tech for Pet Care

According to the American Pet Products Association, 65 percent of U.S. households own a pet of some kind. Whether they're cats, dogs, reptiles or birds, families enjoy having a pet in the home. Feeding, caring and walking pets are often the first form of responsibility for kids and everyone enjoys unconditional love, companionship and spunky personalities offered by furry, scaly and feathered friends. And animal owners are using technology in some surprising ways to show their love and appreciation - from using nanny cams, to leaving Animal Planet on the TV, to spending more money on pets than on friends, according to a recent study conducted by Cox Homelife. Here are some highlights of the study, are you doing any of them?

Make pets comfortable while home alone:

- 58% adjust the thermostat.
- 57% leave out toys.
- 80% leave on lights.
- 40% turn on the TV or radio.

Use a pet sitter, then checking on the pet sitter:

• One in three pet owners reported they would be more likely to use a pet sitter if they could monitor their activity though home automation technology.

- 75% of pet owners ask for a pet sitter when leaving pets at home alone for extended periods of time.
- Pet owners said they automation home use technology to check when the pet sitter visited, how long they stayed, watch what they did while they were at the house, make sure the dog is safely in its kennel, and ensure they locked the door behind them when they left.

Buy smart technology for pets

There are many ways technology can improve peace of mind and quality of life for pets. Dog and cat owners differ on which technologies they'd consider buying:

- Automatic food and water distribution: 32& of dog owners versus 46% of cat owners.
- GPS tracker: 36% of doa owners versus 25% of cat
- Video monitoring system: 32% of dog owners versus 26% of cat owners.

• Smart collars to monitor vitals: 13% of dog owners versus 11% of cat owners.

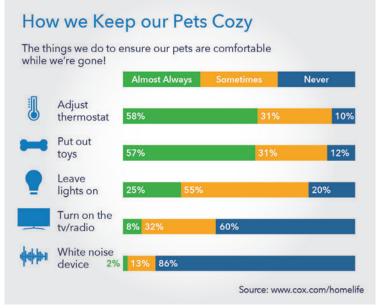
Spend a lot on pets:

Pet owners spend more money on gifts for their pets than for their friends and work colleagues.

• One in five pet owners spend at least \$100 on their pets each month.

It's evident that pet owners love their pets. And while video monitoring of pets is a perk of having a home monitoring and automation system, it also provides peace of mind for the entire household. Cox Homelife's state-of-the-art security and home automation technology can not only safeguard your home and its contents, but also provide warning of potential damage caused by weather events such as the heavy rains and flooding and monitor for flooding, smoke and carbon monoxide, in addition to a host of other customizable features.

For more information, visit cox.com/homelife.





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