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San Diego Community News Network

San Diego Uptown News



Solar eclipse seen from Green Island in Queensland, Australia on Nov. 14, 2012 (Photo by Mary Anderson)

Couple share how to safely view and photograph this summer's big event

By Cynthia Robertson

When photographers Les and Mary Anderson watched their first solar eclipse together, it was a life-changing event for them. Their goal is to help people to have a memorable, safe experience when watching and photographing an eclipse.

The Andersons recently gave a presentation at the

Photographic Arts Building in Balboa Park to members of the Meetup group, "Best Places to Photograph in San Diego," on how to view and photograph the eclipse occurring on Aug. 21.

"We want you to enjoy the eclipse, and to do it safely," Les said.

The August solar eclipse will start at 9:07 a.m. and end

at 11:46 a.m. The total eclipse will be the first one that can be seen from the continental U.S. since 1979.

"Back then, it was only the upper west corner. This time it cuts completely across the U.S. and everybody will see at least a partial eclipse, as here in San Diego," Mary said.

The best place in San Diego to watch and photograph the

eclipse — which will only be a partial one locally — is anywhere with a clear sky.

"However, it's more fun to watch with a group. I'm guessing there will be a few local and neighborhood events throughout the county. I know the Fleet Science Center will be doing something," Mary said.

see Eclipse, pg 14



Husband and wife Tom Wong and Rose Bloomberg-Rissman (Courtesy of Tom Wong)

Raise Progress

A grass-roots political movement takes root

Ken Williams | Editor

The 2016 presidential election results shook up a whole lot of Californians who believe in progressive politics, and has sparked grass-roots efforts designed to make a difference in future campaigns.

A group of parents and friends, most of whom live in the Uptown and Mid-City communities, have come together to form a nonprofit called Raise Progress with the slogan: "Advancing Change. Uplifting Communities. Promoting Hope."

"We are teachers, social workers, small business owners, professionals and parents. We are united in our commitment to ensuring our children inherit a safe United States, firmly rooted in the principles of democracy, where justice prevails for all people," the organization explains on its raiseprogress.org website.

"We advocate diversity and inclusion by partnering with at-risk communities, providing educational outreach to children and people of all ages, and organizing inspired and focused events."

Raise Progress has set up its second fundraiser, called "Raise a Glass for Progress," from 2-5 p.m. on Sunday, April 23, at Solare Ristorante, located at 2820 Roosevelt Road in Liberty Station. Tickets cost \$75 for a tasting of wines from Italy, antipasti, music, a silent auction and speakers. Go to bit.ly/2mQH-Jbx to purchase tickets.

Here are five questions with two of the co-founders,

see Profile, pg 18



Food feasting set for April 15

Ken Williams | Editor

Fire up those taste buds for the 16th annual Taste of Hillcrest.

The popular walkabout for foodies and their friends will take place from noon to 4 p.m. Saturday, April 15, at various locations throughout Hillcrest. Sponsor is the Hillcrest Business Association (HBA).

More than three dozen restaurants and bars will be participating this year, said Michael Cox, HBA's marketing and member services director.

While many of the restaurants and bars will return to the Taste tour, nine newcomers will tempt visitors to try samples of their signature dishes. They are:

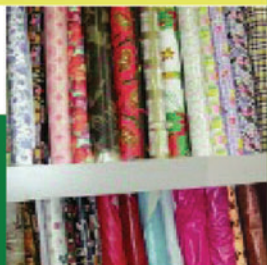
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Pershing Bikeway project pedals forward

By Dave Schwab

Making Uptown more friendly for bicyclists and pedestrians is a challenging goal drawing nearer to fruition as the San Diego Association of Governments (SANDAG) heads into final design on the proposed Pershing Bikeway project, with construction expected to begin in late 2018.

The Pershing Bikeway will provide an enhanced 2.6-mile bikeway along Pershing Drive, with dedicated bikeway and pedestrian facilities in North Park, Golden Hill, Downtown and Balboa Park.

The project will include buffered bike lanes, a two-way separated bikeway and an adjacent walking path. The project also features traffic-calming measures to make the roadway safer for both drivers and pedestrians.

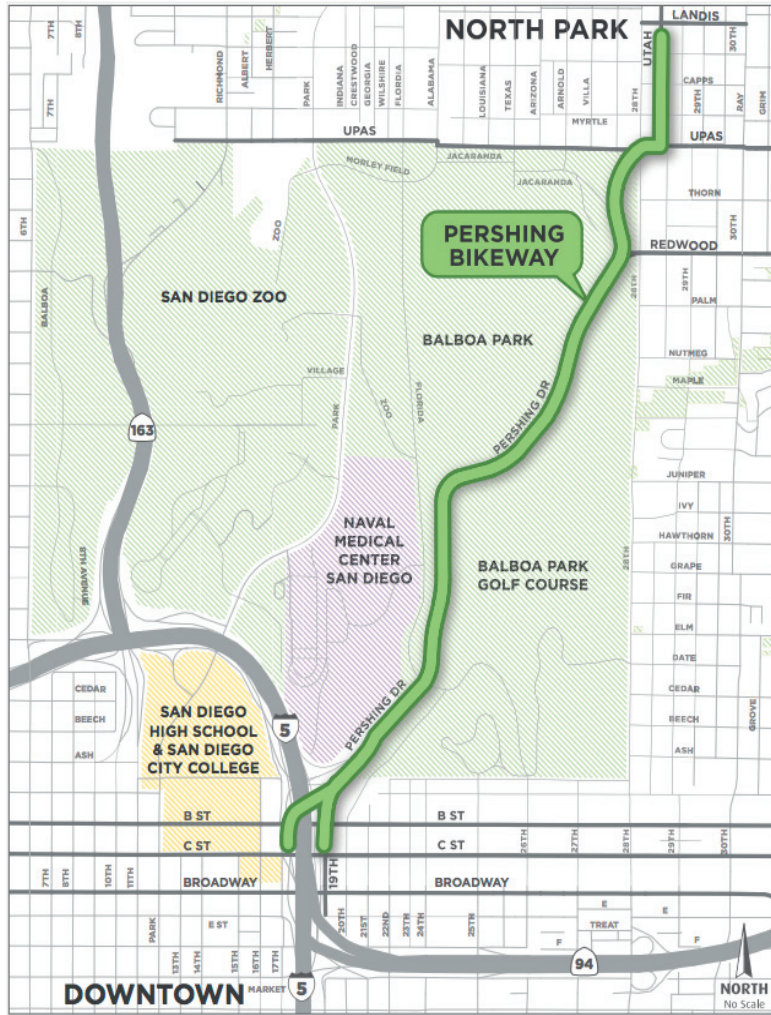
In North Park, the 2.6-mile Pershing Bikeway will begin just south of Jefferson Elementary School on Utah Street at the intersection with Landis Street. From there, it will follow Utah Street south to Upas Street, head briefly west along Upas, turning south on Pershing Drive to connect with B and C streets Downtown.

The Pershing Bikeways project will help fulfill the vision laid out in the San Diego Regional Bike Plan, which is to make riding a bike a more convenient and safer choice for everyday travel.

The Pershing project will connect with other planned bikeways, including the Landis segment of the North Park to Mid-City Bikeway, the Imperial Avenue Bikeway, and segments of the city's Downtown Mobility Plan.

SANDAG, San Diego's regional transportation planning agency, on Jan. 20 approved an environmental exemption for the Pershing Bikeway project from the California Environmental Quality Act.

"The project just doesn't have any environmental consequences that rise to the level of being considered impactful," said Chris Carterette, SANDAG project manager specializing in active transportation. "It doesn't cause any environmental effects to sensitive habitats or archaeological resources, or make any changes that require



The route for the Pershing Bikeway project, from the corner of Landis and Utah streets in North Park, to Downtown (Courtesy of SANDAG)

some kind of mitigation.”

During the public comment period Dec. 7-19, 2016 on the Pershing Bikeway Project, SANDAG received 68 written and verbal responses from individuals and organizations.

Following are excerpts from local residents who weighed in: “It is a critical part of the San Diego bike plan and serves as a vital connection between Downtown and Uptown,” Beth Korkuch said.

"A bike lane from North Park is a good idea, however, the grade of Pershing is not conducive to safe biking," James Docton said.

"I really support the roundabout at Redwood. This is currently very dangerous with many people running across the street to go to Morley Field," said North Park resident Kathleen Ferrier, director of advocacy for Circulate San Diego, which promotes active transportation.

"I question your traffic studies," Stephanie Santos

said. "The plan does not take into consideration the uninterrupted flow which will impede use of the Redwood/Pershing roundabout. Florida canyon is a much better option, and

more pedestrians and cyclists can avoid the Pershing hill.”

"I strongly support building the project as designed," said Kevin Wood of the San Diego County Bicycle Coalition. "The current intersection with the freeway is very dangerous."

SANDAG noted alterations of bike paths for the Pershing project would only occur to existing city streets, curbs, intersections and related facilities with negligible — or no — expansion of existing uses creating new bicycle lanes in existing rights-of-way. The agency concluded that the project would not have any negative impacts on bicycle or pedestrian safety.

SANDAG regional planner Linda Culp addressed public concerns about the Pershing project.

"The overall majority of people at public hearings and workshops were supportive of the project and liked the major elements, including a roundabout and crosswalks being added," she said.

“There are a few concerns in terms of the road diet plan on portions of Pershing Drive. Some folks are concerned that would be an impediment to accessing I-5. People also want stop signs put in to improve safety for people using the roadway.”

Culp said she is convinced that people will like the final result.

“We (SANDAG) really see this as a complete-streets kind of project, where it’s not just for people on bikes, not just for people walking,” she said. “It’s really to make driving safer. It’s really going to create a park-like corridor that they don’t have there right now.”

“Pershing Drive is actually a (Balboa) Park roadway and their park plan supports the design we’ve developed,” Carterette said, adding the goal is also to make Pershing “a better driving experience that beautifies the corridor and reduces the speeds to make it more pleasant and safe.”

Carterette said that once the plan is implemented, the 50 mph speed limits on Pershing "will likely be reduced to 35 miles per hour in the main section."

Funding for design, engineering and construction of the Pershing Bikeway is being provided by the regional TransNet half-cent sales tax for transportation administered by SANDAG.

The Pershing project is expected to be ready to advertise for construction in July 2018, with construction expected to begin in December 2018. The bikeway is anticipated to open to the public in July 2020.

Visit KeepSanDiegoMoving.com/PershingBikeway for more information and to follow the project's timeline.

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

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NEWS ANALYSIS

Uptown Planners feel disrespected

Ken Williams | Editor

The Uptown Planners seem to be borrowing a line from the late comedian Rodney Dangerfield, whose catchphrase was “I don’t get no respect.”

Members of the citizen-elected volunteer board, which advises city planners on matters related to growth and development in the Uptown district, expressed anger at their April 4 monthly meeting that the Planning Department is not paying attention to their recommendations.

And the immediate collateral damage for that resentment is the Hillcrest 111 project.

The backstory

The public frustration expressed by the Uptown Planners is mostly related to the Uptown Community Plan Update (CPU), which the City Council approved on Nov. 14, 2016 and which recently went into effect.

For seven years, the volunteer board held countless meetings with stakeholders and the community to craft the proposed CPU. But last year, the City Council approved an ambitious Climate Action Plan, making it necessary that the CPU reflect the goals of that plan.

After the Uptown Planners forwarded their proposed CPU, an important policy document that will guide growth and development for the next two decades, significant changes were made last fall to encourage more density and discourage long-distance commutes. The Planning Commission overruled a number of their recommendations, deciding instead to mix and match between the 1988 CPU and the draft proposal. Among other things, the Planning Commission recommended keeping the existing land-use maps and axing the Interim Height Ordinance that had temporarily restricted the construction of buildings over 65 feet in height.

The City Council then approved the hybrid version of the CPU, angering the majority of board members who control the Uptown Planners and community stakeholders, such as Mission Hills Heritage and Save Our Heritage Organisation. Those two stakeholders have been

raising money to cover their legal expenses as they sue the city over the CPU that was approved.

Hillcrest 111 project

San Diego Uptown News readers learned about the Hillcrest 111 project in an article titled “The next big thing in Hillcrest?” that was published in February. The article can be read at bit.ly/2kPyfMg.

At the Feb. 4 meeting, the Uptown Planners reviewed the mixed-use project planned by developer giant Greystar on 1 acre located at the southwest corner of Robinson and Seventh avenues in Hillcrest. The land is currently being used as a parking lot by AT&T, which occupies a monolithic complex on the north side of Robinson Avenue. As part of the deal, Greystar will build a private garage — providing oversized parking for 86 AT&T trucks, vans and personal vehicles — on the south side of the Hillcrest 111 building. The seven-story, 90-foot tower will offer 111 residential units, including nine apartments for very-low-income families, plus retail space on the ground floor facing Robinson and Seventh avenues.

Greystar applied for a Process 2 Neighborhood Development Permit, one of the Planning Department’s easier application processes, simply requiring action by the Uptown Planners and then a decision by the Planning Department staff.

Uptown Planners voted Feb. 4 to recommend:

- Denial of the project unless the following changes are included: a 10-foot setback on the tower side facing Robinson Avenue; solar panels on the roof; and the developer re-evaluate agreement with AT&T to include public parking in the garage. This motion passed 8-4-2.
- That the project should comply with existing zoning for upper floor step-backs on Robinson Avenue. This motion passed 7-6-1.

The project is now under review by city planners.

The April 4 meeting

The hot button issue at the April 4 meeting of Uptown Planners centered around a *potential* appeal to the hearing officer overseeing the Hillcrest 111 project.

Board member Tom Mullaney — an outspoken opponent of density and a supporter of height restrictions — made a motion for the Uptown Planners to authorize an appeal of the Hillcrest 111 project if the hearing officer approves the Process 2 permit without the modifications that the board recommended.

Jim Ivory, representing Greystar, asked the board not to appeal the project if it is approved. An appeal would go to the Planning Commission, ironically the very body that overruled the Uptown Planners over the CPU and caused the hurt feelings.

Board chair Leo Wilson quipped: “It’s like Little Red Riding Hood appealing to the Big Bad Wolf.”

Ivory reminded the board that AT&T, for security reasons, would not allow public parking in its private garage.

“We’re going through the process,” Ivory said. “There is more than one person [not just a hearing officer] involved in reviewing this project.” He listed traffic engineers, water and sewage officials, and other city departments that must review development plans.

Mullaney argued that it is unfair to the Uptown community that the project only faces a discretionary staff-level review. He said he has heard that some nearby residents plan to appeal the decision if it is approved.

The board chair opened the floor for public comment, warning that the Uptown Planners were not renegotiating the project but were only discussing the merits of an appeal.

Bankers Hill resident Ann Garwood owns a condominium on Seventh Avenue, down the street from the proposed development. She opposed the project, worrying that the lack of a setback on the upper floors facing Robinson Avenue could create a messy problem.

“What if a resident spits off the balcony?” she argued. “Somebody on the street could get hurt. What if a potted plant fell off?”

Garwood’s wife, Nancy Moors, informed the board that \$15,000 has been raised so far for the lawsuit against the city over the CPU.

Several speakers argued that setbacks are important on tall



The proposed Hillcrest 111 building at the corner of Seventh and Robinson avenues in Hillcrest (Artist rendering courtesy of Architects Orange)

buildings, but Ivory said it was not economically feasible on this project in order to fit in the nine affordable units.

Greystar, working in conjunction with Atlantis Group, took advantage of the city’s Affordable Housing Density Bonus. By providing the apartments for lower-income families, the developer is entitled to two zoning deviations and asked to exceed the 65-foot height limit and to reduce setbacks along the alley on the project’s west side.

Architect Ian Epley, a former member of Uptown Planners, said the developer has every right to build and that the debate had nothing to do with the height or size of the building. “Is it out of scale to the neighborhood?” he asked, referring to a homemade graphic made by Mullaney that purported to compare the Hillcrest 111 building’s height in comparison to the AT&T building — inexplicably not showing the unsightly tower of satellite dishes — and the residential properties along Seventh Avenue.

“You can’t use this as a baseline to the houses on Seventh,” Epley told Mullaney. “This is a neighborhood in transition.”

Indeed, Hillcrest 111 is the first piece of a long-term vision of the massive Uptown Gateway District project that proposes to transform the area roughly between Fourth and Seventh avenues and Washington Street and Pennsylvania Avenue.

The temper tantrum

After the audience comment period was closed, the board unloaded.

Cindy Thorsen, Mat Wahlstrom and Tim Gahagan, in particular, attacked the process. “I want to make sure we’re heard,” Gahagan said, summing up the feelings of the board majority.

Soheil Nakshab, who often finds himself voting with the minority, told Ivory: “I feel sorry for you ... you are feeling the wrath over the CPU.”

Board secretary Michael Brennan echoed Nakshab’s comments, telling Ivory that he feels “the anger of the community over the CPU is coming at you.”

Brennan noted that the Feb. 4 votes were far from unanimous, reflecting the divisions within the board.

Roy Dahl pointed out that the developer followed the rules and was awarded the affordable-housing bonuses. “We all know the outcome. Why appeal?”

Bill Ellig asked Ivory if the developer was going to fulfill the board’s recommendations.

“We can’t bring any more public parking,” Ivory said. “We’re already ‘overparking’ in our garage. We have 190 parking spots, lots more than city policy requires.”

Ivory said the setbacks and step-backs are “almost impossible to provide” and that the developer is “most likely” to embrace solar but had to review the city’s new policies.

“We followed the process. We’re following the letter of the law,” he said. “There is no effort here to pull a fast one.”

see Uptown, pg 5

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SoNo survey identifies residents’ top issues

Green spaces, affordable housing, public transit are leading concerns

By SDCNN Staff

Residents in South Park and North Park want city planners to preserve and create urban green spaces, increase access to public transportation, expand the supply of affordable housing and disperse it around San Diego, and increase bike lanes, according to survey results.

The SoNo Neighborhood Alliance — a nonprofit that informs and engages residents of South Park and North Park — compiled 275 survey responses received between November 2016 and January 2017.

The top issues identified in the survey will be addressed in a series of public forums hosted by the Alliance. The first forum will take place from 6 to 7:30 p.m.

Wednesday, May 17, at the Lafayette Hotel, 2223 El Cajon Blvd. in North Park.

Launched in October 2015 at a public forum that featured a keynote address by former San Diego City Councilwoman Donna Frye, the SoNo Neighborhood Alliance plans to use the survey results to open a new dialogue designed to empower residents to actively engage in finding solutions that ensure the South Park and North Park neighborhoods are livable, equitable and safe.

“We believe that all voices must be included in plans for change,” SoNo member Vernita Gutierrez said. “We want to give residents a platform so they can make their voices heard and work together with businesses, city planners and developers to ensure that everyone has an opportunity to participate as equal partners at



every level of decision-making and that we all benefit from the changes occurring in our neighborhoods.”

Results from the survey include:

- 97 percent of respondents support preservation of parks, community gardens, and other urban green spaces and 71 percent said that there are too few publicly accessible urban green spaces.
- 87 percent support increased access to public transportation, and 84 percent feel there is a lack of efficient public transportation.
- 80 percent agree there is a lack of affordable housing and rental units, and 78 percent support dispersing affordable housing throughout the city.
- 77 percent said that a lack of bike lanes on roadways is problematic, and 76 percent cited too much vehicle traffic as an issue of concern.
- 73 percent felt that there is too little representation from residents when decisions are made that affect their neighborhoods.

Complete survey results, including comments, are listed on SoNo’s website at sonoalliance.org.

FROM PAGE 4 UPTOWN

The chair then called for a vote on the motion to approve a *potential* appeal to the hearing officer . It passed 9-5 with Jennifer Pesqueira abstaining along with the chair, Leo Wilson. Board member Maya Rosas had recused herself during the discussion, since she is involved in the Hillcrest Gateway District project. The aye votes were cast by Jay Newington, Tim Gahagan, Mat Wahlstrom, Bob Daniel, Gary Bonner, Bill Ellig, Amie Hayes, Cindy Thorsen and Tom Mullaney. The nay votes were cast by Roy Dahl, Dana Hook, Michael Brennan, Ken Tablang and Soheil Nakshab.

In other news

● At the meeting, Uptown Planners unanimously re-elected Leo Wilson as chair, Michael Brennan as secretary and Roy Dahl as treasurer, and elected Tom Mullaney as vice chair after he volunteered to do the job.

● They also unanimously voted to recommend approval of the Process 3 application of 2810 India St. SDP (“Stay SDP”) project to replace a rental car parking lot at Olive and India streets with a three-story hotel that will have subterranean parking. Dominique Houriet, lead designer with [oo-d-a] studio in San Diego, briefed the board on plans to provide “24 vacation accommodations for the community.” Wilson applauded the hotel project, saying the site is the “gateway to India Street” and “gets rid of an eyesore.” One neighbor complained about losing some sightlines due to the 30-foot height, but another neighbor said he was happy with the drawings.

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

Beware of Home Inspection Pitfalls Before You Put Your Uptown Home For Sale

Uptown San Diego-

According to industry experts, there are over 33 physical problems that will come under scrutiny during a home inspection when your home is for sale. A new report has been prepared which identifies the eleven most common of these problems, and what you should know about them before you list your home for sale.

Whether you own an old home or a brand new one, there are a number of things that can fall short of requirements during a home inspection. If not identified and dealt with, any of these 11 items could cost you dearly in terms of repair. That's why it's critical that you read this report before you list your home. If you wait until the building inspector flags these issues for you, you will almost certainly experience costly delays in the close of your home sale or, worse, turn prospective buyers away altogether. In most cases, you can make a

reasonable pre-inspection yourself if you know what you're looking for, and knowing what you're looking for can help you prevent little problems from growing into costly and unmanageable ones.

To help homeseller's 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 1-866-220-9502 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.

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10 Myths Surrounding Reverse Mortgage Loans.

Confused by reverse mortgage loans? Who can you trust? It is very important to get the facts to make a truly informed decision about this financial product. There is so much misinformation and outdated facts surrounding reverse mortgages that it makes it feel difficult to navigate. “There is in general, a lot of confusion about reverse mortgages,” says Stacy Canan, assistant director of the Consumer Financial Protection Bureau's Office for Older Americans.

The benefits can be wonderful, so it is critical to truly discover what is “urban myth” and what is fact. So, we did the research for you and have found 10

Reverse Mortgage Myths that persist, along with a few other critical things you need to know if you are considering a reverse mortgage loan now or in the future.

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

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For breaking news and investigative story ideas contact the editor by phone or email.

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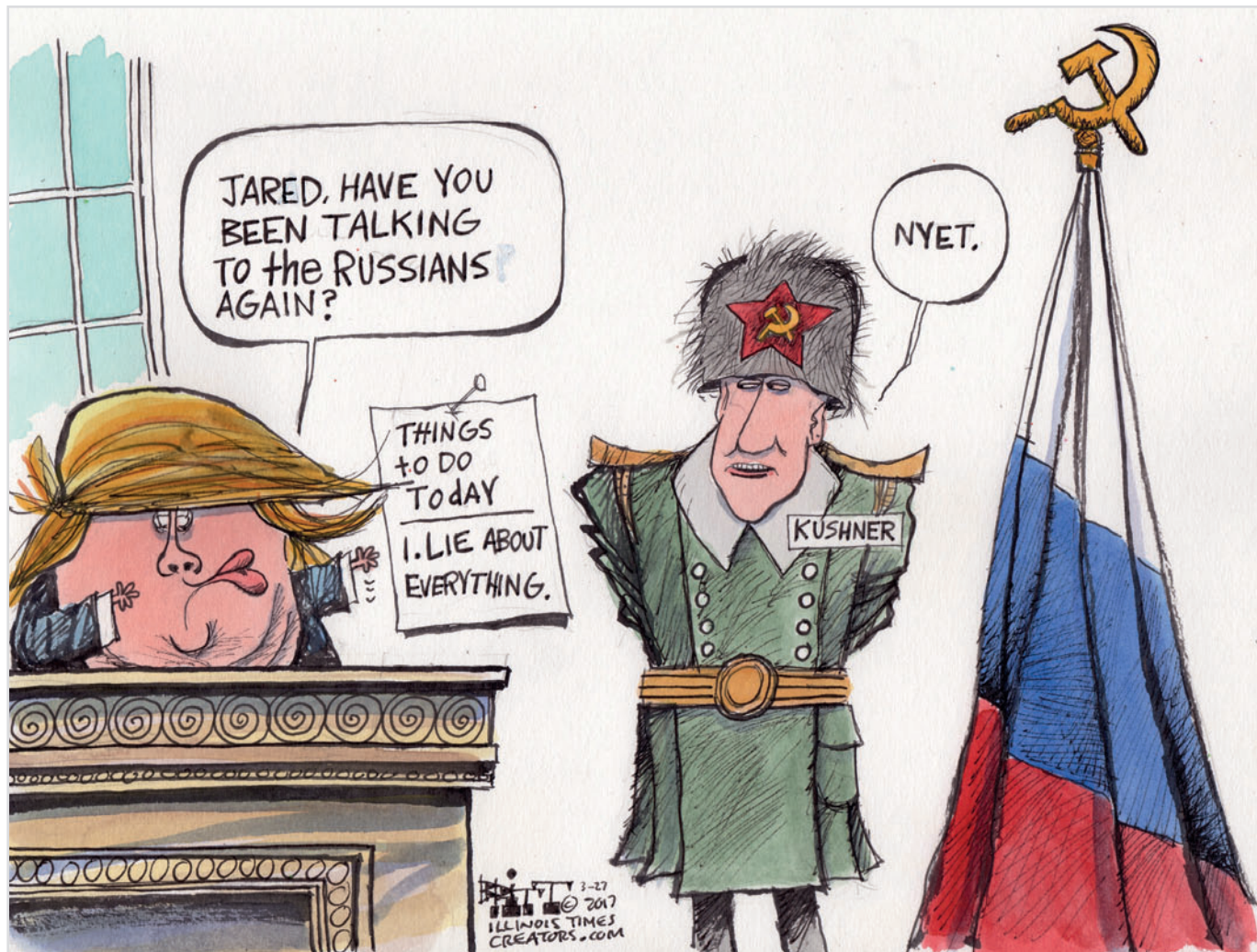
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GUEST EDITORIAL

How renters can personalize living spaces

By Molly Kirkland

Compared to owning, one of the biggest disadvantages of renting a home is that you're limited in the ways you can modify and customize your living space. But being a renter doesn't mean you have to settle for blank walls, ugly lighting and bland colors.

There are many creative ways to spruce up your space and make it your own, all while preserving your security deposit and keeping the landlord happy.

Painting walls a different color is perhaps the most obvious way to personalize a room, but it is important to review your lease first and clearly communicate your intentions with your landlord. Many landlords are willing to be flexible as long as you agree to return the walls to their original color when you move out. Some landlords will ask that you not use any bold or bright colors. If you do choose to paint, be realistic about the amount of work it will take to return the walls to white when you move out — it could take a good primer and several coats of paint.

If your landlord has a strict policy against painting the walls, consider using temporary wallpaper or artistic decals that are designed to be easily removable without causing any damage. Be sure to test a small strip in an inconspicuous place, because not every product that claims to be temporary is right for every surface.

Regardless of wall color, you can always hang art, posters, mirrors, photos, tapestries or other visual elements. Be careful with heavier pieces, which may require drilling an anchor into the wall. Check your lease or ask your landlord before putting in any nails, screws or anchors. Some have policies against it, but most will allow you to make small holes as long as you fill them with spackle and paint over it when you move out. If you need to avoid



House plants can add a splash of color in your apartment. (Wikimedia Commons)

making holes in the wall, adhesive hooks or poster strips can be good alternatives.

Curtains and drapery are an excellent way to jazz up the standard-issue white plastic blinds, especially if curtain rods are already installed on the window. If your rental did not come with curtain hardware installed already, get permission from your landlord before putting anything in. Some landlords will allow it only if the hardware stays with the apartment after you move out; others may require professional installation.

Laying down rugs is a great way to personalize a space without having to consult your landlord. You can easily switch out rugs if you need a change of scenery, and they can conveniently hide stains or other blemishes that came with the floors when you moved in.

Good lighting is key to creating a comfortable space. Table lamps and floor lamps can provide the kind of gentle eye-level light that many people prefer to overhead fluorescent lighting. These kinds of lamps offer an infinite number of customization options by

combining different lamp bases with different types of lamp shades.

Indoor plants are an ideal way to add color and breathe life into a room. If you choose living potted plants, opt for those that require less frequent watering. Soil that is constantly wet and not exposed to sunlight can become a haven for mold and mildew. Keep potted plants on a saucer or some other barrier to prevent excess water from leaking through to walls or floors.

As you may have noticed, there is a common theme to all of the above ideas: If it might leave a mark, check your lease and talk to your landlord first to be sure you won't be paying for repairs later on. If you make an agreement with your landlord on a modification, make sure you get it in writing and save it for reference when it's time to move out. Otherwise, be creative in finding ways to decorate and personalize without making any permanent changes to the unit.

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

Heat in the kitchen

Congressional Watch
Andy Cohen



To paraphrase a common adage, stuff just got real for U.S. Rep. Duncan Hunter (R-50). The San Diego Union-Tribune has chronicled in detail — during the 2016 campaign and since — the myriad of missteps Hunter has made by using campaign funds for personal expenditures.

The House Ethics Committee (HEC) had been investigating Hunter's campaign finance follies, but on March 20, the committee announced that they had unanimously decided to put their inquiry on hold.

This is not good news for Hunter: The reason the HEC demurred was because the Department of Justice (DOJ), having opened a criminal investigation into the matter, had requested the committee step aside, at least temporarily.

A New York Times story quoted HEC sources, who said that "Mr. Hunter may have converted tens of thousands of dollars of campaign funds from his congressional campaign committee to personal use to pay for family travel, flights, utilities, health care, school uniforms and tuition, jewelry, groceries, and other goods, services and expenses."

The Times also reported that in January, congressional Republicans had attempted to squash any investigations that could lead to criminal charges, but acquiesced after receiving a relentless barrage of phone calls and complaints.

Since last April, Hunter has repaid \$62,000 in personal expenses to his campaign.

Hunter is not alone among recent members of Congress to face charges.

In July 2015, former U.S. Rep. Michael Grimm (R-NY) was convicted and sentenced to eight months in prison for tax evasion stemming from an investigation into his campaign finances.

U.S. Rep. Jesse Jackson Jr. (D-IL) was sentenced in 2013 to 30 months in prison for appropriating \$750,000 in campaign funds for personal use. With the DOJ directly investigating Hunter, it would seem that he could be headed for a similar fate.

Rowdy town halls

Recent town hall meetings have not been kind to Republican members of Congress (both the House and the Senate) nationwide. In 2010, it was Democratic lawmakers who faced the rhetorical firing squads in the wake of the Affordable Care Act. That theme has not changed; only this time it's Republicans who are taking the verbal flak.

Yes, I know. Sounds like a broken record; the health care fight has been a main topic in this space for months. But it's a subject that simply will not go away, particularly with the Republican Congress' attempt to ramrod through the

American Healthcare Act (AHCA for short) that the Congressional Budget Office determined would take away access to health care for 24 million Americans, and raise the cost of health care for everyone.

On March 11, U.S. Reps. **Darrell Issa (R-49)**, Hunter, **Susan Davis (D-53)** and **Scott Peters (D-52)** all held town hall meetings, with the tenor of the Democrat's gatherings far friendlier than those of the Republicans.

Although there were many topics discussed, the predominant subject was health care and the AHCA bill that Republicans ultimately decided not to bring to the House floor for a vote. It was a terrible bill. Not only would it ultimately strip coverage for 24 million people, it would have gutted provisions in the ACA that guarantee certain services are covered by all insurance plans, including prenatal and maternity care, mental health care, prescription drugs, in-hospital care, outpatient care, and rehabilitation services, among others.

The bill would also have rolled back the expansion of Medicaid beginning in 2020. According to Davis, before the Affordable Care Act (Obamacare), only 12 percent of health care policies included prenatal and maternity care. She also noted that since the ACA has been in effect, 50 percent of births have been covered by Medicaid. The Republican plan would have eliminated that coverage.

At issue is a fundamental disagreement over whether health care is a right afforded to all people, or a privilege reserved only for those who can afford it. Democrats believe it is a basic right. But as far as Hunter is concerned, health care is a privilege. He said during his town hall that he does not believe in guaranteed health care.

"I'm sorry to hear him say that," Davis said, when asked about Hunter's comment. "Our country is better off when people are healthy. Children are better off when the child sitting next to them in school is healthy. We're all in this together and I'm sorry that he feels that way."

"We have seen what happens when families without insurance are forced to use the emergency room for routine care, or are put into financial ruin because of a long-term illness," Peters said in a statement to SDCNN. "That system was inefficient, costly, and wrong — we can't go back. It should be Congress' goal to ensure access to quality, affordable health care for every American."

"We already have our bill," Davis said when asked whether Democrats were prepared to offer an alternative to the Republican health care bill. "It's called the Affordable Care Act and we're trying to protect it."

That's not to say that the ACA is perfect and isn't in need of improvements. It's not, and it is, and Democrats almost universally have acknowledged this from the beginning. If Republicans were willing to take that approach, they would



Rep. Susan Davis, D-53
2700 Adams Ave. #102
San Diego, CA 92116
Local: 619-280-5353
Washington: 202-225-2040
house.gov/susandavis

Rep. Duncan Hunter, R-50
1611 N. Magnolia Ave. #310
El Cajon, CA 92019
619-448-5201
202-225-5672
hunter.house.gov

Rep. Darrell Issa, R-49
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760-599-5000
202-225-3906
issa.house.gov

Rep. Scott Peters, D-52
4350 Executive Dr. #105
San Diego, CA 92122
858-455-5550
202-225-0508
scottpeters.house.gov

Rep. Juan Vargas, D-51
333 F St. #A
Chula Vista, CA 91910
619-422-5963
202-225-8045
vargas.house.gov

likely find Democrats open to having that discussion.

Climate change news

U.S. Reps. Issa and **Juan Vargas (D-51)** both announced in March that they had joined the Climate Solutions Caucus, a bipartisan group of lawmakers — that includes 14 Democrats and 14 Republicans, mostly from coastal regions — whose aim is to address global warming. Peters joined the group last June, according to the San Diego Union-Tribune.

"With the new administration and newly united government, I think we have an opportunity to take fresh look at this problem and see what can be accomplished in a more bipartisan manner," Issa said, as quoted in that story.

Unlike many of his Republican colleagues, Issa does acknowledge the realities of climate change. But unlike his Democratic colleagues, he does not believe there is much consensus on the rate the climate is changing and at what point it will be critical to act.

The National Academy of Sciences disagrees.

"The scientific understanding of climate change is now sufficiently clear to justify taking steps to reduce the amount of greenhouse gases in the atmosphere," the academy said in 2005.

—Andy Cohen is a local freelance writer. Reach him at ac76@sbcglobal.net.

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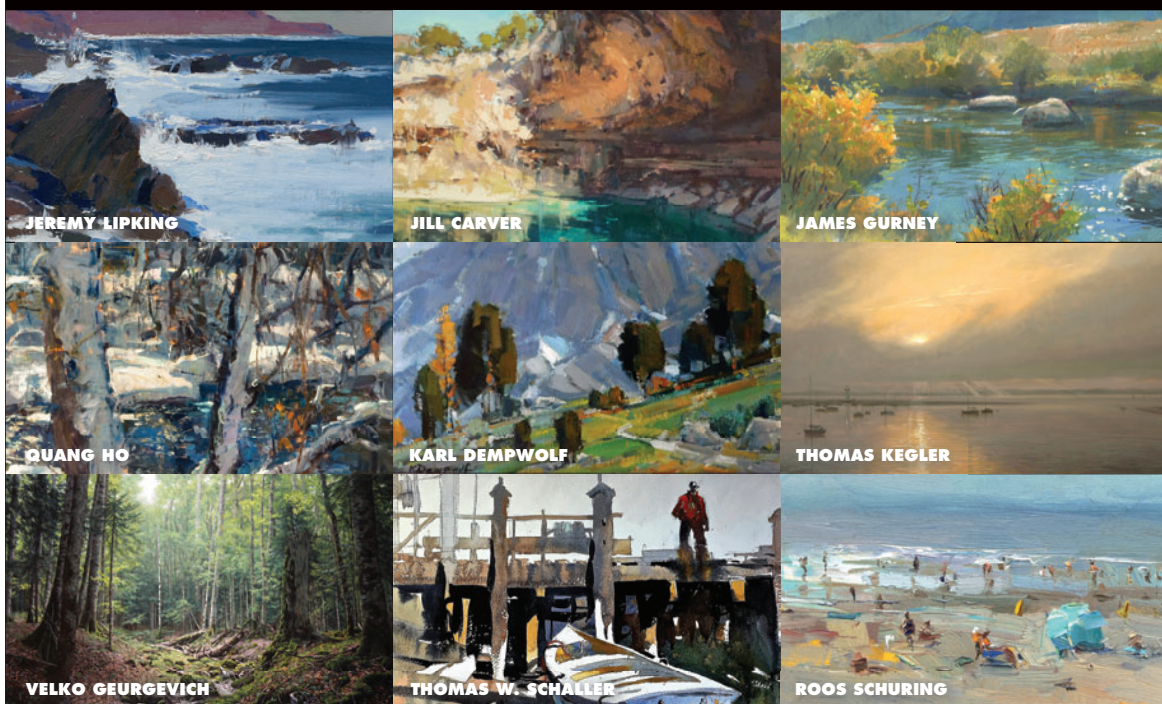
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KPBS host to speak to historical society

PastMatters
Katherine Hon

May is National Preservation Month and the North Park Historical Society will celebrate with a free lecture by award-winning journalist Elsa Sevilla.

The event will take place on Thursday, May 18, at Grace Lutheran Church in North Park.

You may know this North Park resident as the host of "San Diego's Historic Places" on KPBS-TV since 2008. The fascinating series created by Sevilla details the history of San Diego and surrounding areas. The show is produced by Sevilla Productions, the company Elsa started in 1998 with her husband Guillermo, who is director of photogra-

that cover things that viewers will find interesting and that they might not know about . . . a lot of times people can't go into a place that TV crews have access to so we wanted to take advantage of that."

A recent series of "San Diego's Historic Places" highlighted the 1915 Panama-California Exposition. This has been Elsa's favorite series since the show's inception. She told Palmer, "It was the first time we did a whole series on one topic and what I didn't know is that there was so much information about what happened. There were photos I'd never seen before, black and white film from that period, it was so cool to see it and share it with San Diego viewers. Our crew got to go into the archives and see where these historic items are stored, and heard stories



Elsa Sevilla is creator, producer and host of "San Diego's Historic Places" on KPBS. (Courtesy of Elsa Sevilla)

phy for their TV show. Sevilla Productions also provides broadcast quality, start-to-finish video projects for small businesses, nonprofit organizations and large corporations.

In 2010, Elsa and Guillermo won an Excellence in Historic Preservation Award in Community History from the city of San Diego's Historic Resources Board for "San Diego's Historic Places."

A three-time Emmy Award nominee, Elsa has also received the San Diego Union-Tribune's Business of the Year Award for her business and production skills.

The Sevillas were featured in the Sept. 25, 2015 issue of San Diego Uptown News in an article by Margie M. Palmer (bit.ly/2otVazJ). Elsa told Palmer that she loves history and historic places, "anything old and the older the better. . . we try to come up with stories

that no one has ever heard before."

Coming up on the KPBS show on May 1, viewers will learn about the origins and history of San Diego State University (SDSU). Did you know that SDSU started in University Heights at Park and El Cajon boulevards in a building designed by the Hebbard and Gill architectural firm?

So set your DVRs or watch "San Diego's Historic Places" on KPBS in real time, and save the date of May 18 for Elsa Sevilla's lecture hosted by the North Park Historical Society. She will talk about her show and what she has learned about San Diego's history.

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

Elsa Sevilla lecture

North Park Historical Society
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Volleyball great pens first book

Kensington woman sports an impressive resume

By Lucia Viti

Former beach volleyball superstar Angela Rock has just added authorship to her long list of athletic and professional accomplishments.

In her first book, “Angela Rock’s Advanced Beach Volleyball Tactics,” the Kensington resident shares years of hard-earned experience in a guide book that covers beach volleyball from A to Z. Tactics are clearly defined with easy-to-follow references that cover every aspect of game.

Topics include choosing partners and coaches, warm-ups, serves that score, receiving and passing, skills and responsibilities, offensive tactics, effective blocking, defensive variations and strategic options.

Rock’s book underscores the differences between playing indoor and beach volleyball while sharing 30 years of accumulated knowledge and experience as a player and coach.

“I wish I would’ve known all that I’ve learned when I was climbing the ranks,” she said. “I love the sport of beach volleyball. I hope to give readers an in-depth look from the perspective of my professional playing and coaching career.”

“Angela discusses different philosophies, approaches and parts of the game that only someone with her playing and coaching experience can do,” three-time Olympian Holly McPeak said in a testimonial review of the book. “Very few people worldwide have the credibility and experience to coach/play at the highest level like Angela does. Beach volleyball takes years to understand, but with this book, you get a crash course in everything and the learning curve is accelerated.”

Rock sports a lengthy and impressive volleyball resume. Her journey began in high school playing simply to “be with friends.” Rock competed through two college final fours and spent five years on the U.S. Women’s National Volleyball Team. Fourteen years as a beach volleyball professional led Rock into a world of athletic stardom. Internationally, Rock played on the U.S. National Team and participated in the 1986 Goodwill Games and the World Championships; the 1987 Pan American Games; and the 1988 Olympic Games in Seoul, Korea. The decorated Olympian was voted Team USA’s most valuable player in 1985.

Rock’s coaching career followed suit. In 1996, beach volleyball became an Olympic sport during the Atlanta Games. Although Rock was not an official coach — beach volleyball coaches were not included as staff — Rock had access to beach volleyball team members Nancy Reno and McPeak.

“The indoor teams added their coaches to the beach teams which did nothing to help them succeed,” Rock explained. “I was fortunate to have a credential that allowed me access to Nancy and Holly,



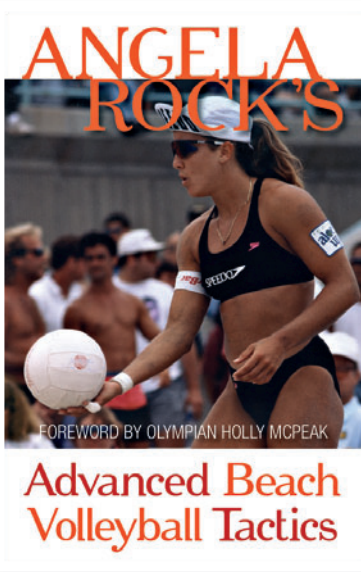
Kensington resident authors her first book on volleyball. (Courtesy of Angela Rock)

something no other team had. The frustration of the indoor staff not providing any real assistance to the beach teams made me acutely aware of the need for specific information about beach volleyball. That was the moment this book was born.”

Today, indoor and beach volleyball is separated at both

the Olympic and the National Collegiate Athletic Association (NCAA) levels. Rock stressed that many NCAA programs still “have beach coaches with little or no experience in sand volleyball.”

Rock’s book also differentiates coaching techniques between indoor and beach volleyball.



Book cover

“There’s an assumption that because you understand and coach indoors, you can coach on the beach, but they’re completely different games,” she said. “My book provides insight into the subtleties of coaching and playing beach volleyball at higher competitive levels.”

Rock added that she’s included purposeful information gleaned from training other players.

“Much of what I learned about strategy came from players that I coached, she said. “For that I am forever grateful

and really wish I could have known as much when I was still playing.”

Rock’s coaching career continues to this day. The former assistant coach at the University of California, Santa Barbara also served as head coach at the University of Alaska Fairbanks, where she garnered a record for Pacific West Conference wins. Coaching stints also include premier clubs in San Diego.

Rock was inducted into the Beach Volleyball Hall of Fame in 2013.

Currently, Rock is a professor of health and science and the head coach of beach volleyball at Southwestern College in Chula Vista. Rock will be teaching at Coronado’s Crown Cove Aquatic Center through Southwestern College this summer.

Rock concluded that her love for beach volleyball was the impetus for writing her book.

“I was fortunate to play beach volleyball for many years,” she said, “and that was my main motivation for writing this book. I wanted to get my thoughts on paper for future generations of coaches and players.”

—Contact Lucia Viti at lucaviati@roadrunner.com.

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The much-anticipated spinoff of South Park's beloved **Buona Forchetta** has opened in Liberty Station under the name **Officine Buona Forchetta**. Chef-owner Matteo Cattaneo launched the venture with Mario Cassineri, executive chef at **BICE** in the Gaslamp Quarter. Their menu includes several entrees not available in South Park, such as crab gnocchi, five-mushroom ravioli and veal osso buco. They also offer an expanded menu of Neapolitan pizzas, featuring more vegan choices as well as a giant family-size pie.

The 2,600-square-foot space greets with bright-red seating positioned around the pizza station and main kitchen, and it also has two outdoor patios. 2865 Sims Road, 619-548-5770, officinebuonaforchetta.com.

More than 80 craft brews and nearly 60 international specialty dishes are in store at **SeaWorld San Diego's Seven Seas Craft Beer & Food Festival**, which will be held every weekend inside the park during regular hours through April 30. With 14 culinary hubs positioned on the grounds, foodies will encounter everything from escargot and Tuscan-style wild boar pasta to Peruvian ceviche, Caribbean jerk chicken, Polynesian-style grilled oysters and more.

The weekly feasts will be prepared under the expertise of SeaWorld San Diego's executive chef, Axel Dirolf, who has cooked for a former U.S. president as well as British and Saudi royalty. Three breweries will take part each weekend. They include **North Park Beer Co.**, **Mike Hess Brewing**, **Ballast Point Brewing and Spirits**, **Stone Brewing** and more. Live music from different stages will augment the festival, which is included with park admission. Food, beer and various wines will be sold a la carte or through sampler packages priced at \$25 and \$45. 500 Sea World Drive, 619-222-4732, seaworldsandiego.com.

After swinging onto Park Boulevard five years ago with crafty deli sandwiches, the **Big Front Door** has extended its brand to **Bottlecraft's** new Solana Beach tasting room and retail shop (437 Highway 101, Suite 107). The sandwich shop also plans on opening a restaurant with ample seating in Bankers Hill this fall. In the meantime, for every "LGBT" sandwich (lettuce, gouda cheese, bacon and tomato on toasted sourdough) purchased at the Hillcrest location throughout the remainder of the year, the company will donate \$1 to the **San Diego LGBT Community Center** in Hillcrest. 4135 Park Blvd., 619-255-4100, bfdsandiego.com.

More than 20 chefs from San Diego and Baja will team up with a brewer or wine maker for the second annual **Pairings with a Purpose** from noon-4 p.m. April 15 at the **Bobby Riggs Tennis Club & Museum** (875 Santa Fe Drive, Encinitas). The event is presented by **Feeding San Diego**, a hunger-relief organization that feeds children, families and seniors throughout San Diego County. Each duo at the event will dole out an optimal food and drink pairing as attendees vote on a favorite.

Among the chefs taking part are Karen Barnett of **Small Bar**, Shihomi Borillo of **Azuki Sushi**, Jamie Lozano of **Tiger! Tiger!** and Sharon Wilson of **Panama 66**. Three former contestants/guests of Bravo's Top Chef television series will also take part — Chad White, Jeremy Ford and Javier Plascencia. Beverage participants will include **The California Fruit Wine Co.**, **Belching Beaver Brewery**, **Bitter Brothers Brewing**, **Green Flash Brewing Co.**, **Baja Wine Food** and more.

Admission is \$75, or \$150 for VIP entry. All proceeds will benefit Feeding San Diego's meal sourcing and distribution efforts. Tickets must be purchased via the web site at feedingsandiego.org. For more information, call 858-452-3663.

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

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Wharf food on Adams Avenue

Restaurant Review
Frank Sabatini Jr.

Take away the nearby palm trees and toss in a view of Casco Bay, and Beerfish would resemble any number of sea-food eateries dotting the banks of Portland, Maine.

Or maybe not once you experience the California spins on clam toast accented with salsa verde or a lobster roll dressed in brown butter sauce instead of mayo and assembled with thick, buttery slices of toasted bread rather than the usual hot dog roll.

Beerfish is the brainchild of Abel Kaase, who also owns the unassuming Sessions Public in Ocean Beach. His seafood-centric venture in North Park, which opened in June, is more conspicuous in comparison, luring in Uptowners with a roomy, adorable front patio festooned with rowboats, buoys and red table lanterns.

Customers place their food and drink orders inside at one end of

requesting them the other way around. This is a persistent San Diego phenomenon that chefs and restaurant owners sorely need to address.

A half-pound of peel-and-eat shrimp arrived rightfully in the first wave of food. It was the only letdown of our meal due to an unbearable overload of Old Bay Seasoning applied to what were otherwise sweet, perfectly steamed shrimp of impressive size. We didn't eat many of them, and yet it took repeated hand washings to eradicate the spice's brawny aroma from our fingertips.

The clam toast was stupendous, even in the opinion of my companion who doesn't like clams. These were finely minced, like what you'd find strewn over linguini in an Italian restaurant — and here as well if you crave pasta. Piled onto a slice of Texas toast, we loved the underlying layers of caramelized onions, lemon mayo and the salsa verde.

We opted for the addition of buttermilk fried chicken on a wedge salad, which was speck-

lobster roll derives most of its weight from the chunky pieces of Maine lobster or from the thick bread slices it's stuffed into. Whatever the case, it's a distinct alternative to classic New England versions given its lack of celery and iceberg lettuce, which would surely wilt from the presence of warm brown butter sauce dominating the roll. The only garden item in this interpretation is fresh chives sprinkled on top. And they work very well.

From a list of a la carte side dishes meant to also accompany other plates and sandwiches — hand-breaded oysters, grilled local catch of the day, a crab BLT and more — we ordered the grilled "border-style" corn on the cob, which arrived solo toward the end of our meal. But I'll count it among the best dressed cobs in town with its delicious draping of herby mayo, cotija cheese and micro greens.

Beerfish has beaten other restaurateurs to the chase in bringing a seafood-focused concept into North Park, where



A roomy patio for brews and seafood (Photos by Frank Sabatini Jr.)

Beerfish

2933 Adams Ave. (North Park)

619-363-2337 | beerfish.com

Prices: Salads and starters, \$3 to \$18; sandwiches and plates, \$11.99 to \$19.99



Wedge salad with fried chicken

Fish and chips

Clam toast

Maine lobster roll

Half-pound peel-and-eat shrimp

the bar, which flaunts a wall of beer taps that correspond to an illuminated menu board listing all 30 of them. Craft brands naturally rule the day in these necks, with most hailing from San Diego County breweries.

Seating in the bar area is limited compared to the patio, although its casual, nautical design is equally inviting, appearing as though you've stepped in from an ocean pier.

Visiting as a twosome, we ordered several items ranging from appetizers and a wedge salad to fish and chips and the lobster roll. Fate would have it that our main plates were served to us before some of the starters, despite

led generously with cherry tomatoes, red onions and smoky bacon. The chicken was crispy and fork-tender, and the horseradish-butter-milk dressing added a novel zing.

Alaskan cod is used for the fish and chips. It featured three OK-sized pieces. Based on past complaints I've heard from fellow foodies of the fish being overly battered, it seems the kitchen has since adjusted its recipe as we found the crispy, golden batter to be in proper ratio to the moist, flaky fish. The dill-spiked tartar sauce won us over as well.

I'm not sure whether Beerfish's "quarter-pound"

themes and craft beer can mean more to consumers than food quality. But as one of the few places in the area specializing in ocean delights — and serving fresh-shucked oysters for \$1 apiece during happy hour (3 to 6 p.m., Monday through Friday) — this quasi New England-style eatery appeases on all three counts.

—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.❖

BUSINESS SPOTLIGHT

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This BBQ joint is located next to Buffalo Wild Wings in Westfield Mission Valley Mall. The location is super convenient to a lot of businesses, but the beautiful interior, décor, and the variety of seating options provide great ambience. The establishment is complete with a sports bar, lounge, and an all-you-can-eat option.

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NIGHTTIME 'BORDER' STOP

Come On Get Happy! Dr. Ink

Chain restaurants aren't my thing, but when the hankering for an evening libation strikes, I'll test my standards at any place promoting happy hour when the stars are twinkling.

On the Border Mexican Grill & Cantina offers happy hour seven nights a week in addition to running it during certain daylight hours. Prices for booze and food span across four value categories, starting at \$3.75 for items such as fireballs, tequila shots, domestic drafts and trios of pork tacos, and capping off at \$7.75 for Corona Ritas, super grande margaritas, queso fries with chicken, and other items.

The establishment was founded in Dallas, Texas in the early 1980s as a hot spot for "border-style food." Although since expanding to 147 outposts throughout the country over the years, the Mexican border seems like a distant notion no matter how close the location is to it.

Sure, margaritas and Coronas flow like rivers. And the interior design features some of the vibrant colors and tile work of a border-town cantina. But I felt squarely in the commercial trappings of Mission Valley while sipping Exotico Reposado Tequila, which falls somewhere in quality between that consumed during spring break and what might be served at a Cinco de Mayo block party in the suburbs.

I tolerated the bite and appreciated that only half the rim of the rocks glass was dipped in

salt, allowing me to alternative between plain and briny. The accompanying fat wedge of lime I squeezed into the glass added a bit of dimension.

The complimentary (and refillable) table chips are the size of cow tongues. They're served with bright-red salsa that could have used a little help from garlic or perhaps more cilantro. One round of each was plenty.

As the tequila took fast effect, I ordered a pair of "avocado fry" tacos for \$5.75, skipping over the chicken quesadilla in the same price group. The tacos featured breaded avocado slices fried to the point of losing their creaminess. A non-spicy red pepper aioli drizzled over them compensated. Enveloped with tomatoes and onions in grilled flour tortillas, they were more filling than flavorful.



A place where happy hour extends well past sunset (Photos by Dr. Ink)

Happy hour patrons are relegated to the outdoor patio or roomy bar lounge, which features several flat screens, bright recessed lighting and easy access to bar backs doling out baskets of those oversized tortilla chips.

On the Border Mexican Grill & Cantina

1770 Camino de la Reina
(Mission Valley)

619-209-3700
ontheborder.com

Happy Hour:
11 a.m. to 10 p.m. Sunday
and Monday; 3 to 7 p.m.
and 9 to 10 p.m. Tuesday
through Saturday

RATINGS

Drinks: ★★★★

All the drinks you expect from a Mexican-themed cantina are discounted: tequila shots, fireballs, Dos Equis drafts, and margaritas made a few different ways. Domestic beer and Long Island iced teas are also on the list.

Food: ★★

The biggest table chips on earth are served here with red salsa that lacks pizzazz. The "avocado fry" tacos tasted nondescript, and based on past visits, the food in general is Americanized for mainstream consumers.

Value: ★★★★

You'll save about 20 percent drinking and noshing from the happy hour menu.

Service: ★★★★★

The waiter was proactive in explaining various specs on the food and drinks. Better yet, he never pulled a disappearing act despite a full crowd in the bar lounge.

Atmosphere: ★★★

Amid décor that's frozen in the 1990s, lighting in the bar area was harsh and the volume on the flat-screen TVs was exceptionally high.



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chips and salsa

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FROM PAGE 1

TASTE

- Fruit Craft Fermentery & Distillery
- H2O Sushi & Izayaka
- La Marque
- Roberto's Taco Shop Hillcrest
- Sushi Co.
- The Rail
- Whistling Duck Tavern

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Treat from Bread & Cie



Taste of Thai shrimp dish

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Taste of Hillcrest

Saturday, April 15
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- Rite Aid, 535 Robinson Ave.
- Gossip Grill, 1220 University Ave.

fabulouhillcrest.com

A free shuttle, running every 15 minutes, will make frequent stops around the Hillcrest neighborhood to ferry foodies to participating restaurants and bars.

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

CINEMA

APR 14 - 20

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FROM PAGE 1
ECLIPSE

Les agreed. “If there are coastal clouds, then head inland, but San Diego in August should be good from your own backyard.”

The Andersons stressed that the eclipse needs to be experienced first, with photography only second in importance.

“For those who stay in San Diego, you can photograph other people watching the eclipse and pinhole crescents through the trees,” Mary said, adding the necessity of watching the partial phases of the eclipse only through solar glasses.

Even an amateur photographer can shoot an eclipse successfully.

“Almost everybody has a camera with them at all times in their cell phone. Some great images can be taken with them. Digital point-and-shoot cameras will also work,” Mary said.

Their passion for all things astronomical began at an early age. Mary was in the third grade and her parents subscribed to the First Book of Astronomy. “I was hooked,” she said. “My parents then purchased me a small telescope. I still have pencil drawings from sunspots I sketched from looking through that telescope” she said.

As a youngster, Les was into all things nature, which led him straight into the sciences, including astronomy.

The Andersons met in May 1990 on a photo field trip to Yosemite sponsored by San Diego State University.

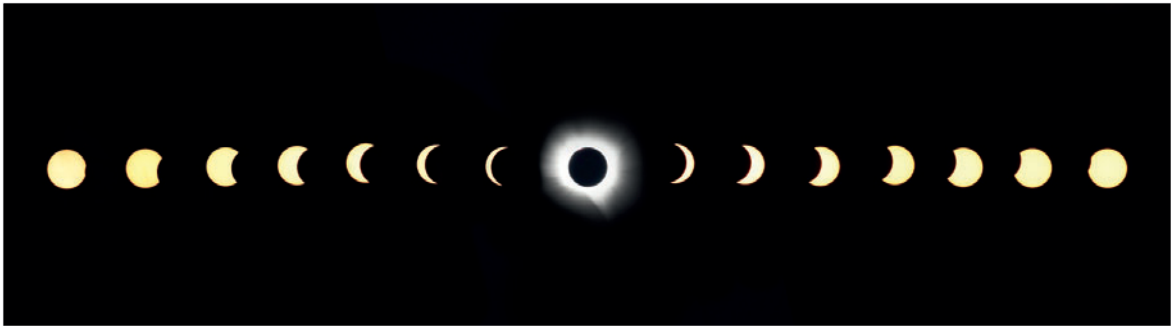
“Les sat next to me on the bus. We call it now our five-day, four-night first date,” Mary said.

Les remembers talking to Mary all about the animals, plants and geology of Yosemite until the sun went down. “Then up came the night and she told me about the sky,” he said.

They have been married for 25 years and travel the globe together to photograph everything under the sun.

Of all the photographic experiences they have both shared, Les considers the total solar eclipses to be the best.

“They have taken us to places we would have never gone, to see things we would have never seen, to experience anywhere from 32 seconds to five minutes-plus of totality. Basically,



blinks of an eye in time we will remember the rest of our lives,” he said.

“Absolutely chasing the eclipses is my favorite, too,” Mary said. “It’s on our travel planner for as long as we are able.”

“But it wasn’t until I met Mary that it caught fire and with our first total solar eclipse together I was hooked, both ways,” Les said. “My first words after the eclipse were, ‘When and where is the next one of these?’”

“I knew then he was a keeper,” Mary said, as everyone in the Meetup group laughed.

Photography became an interest to Mary shortly after she began to work at the then-new Reuben H. Fleet Space Theater in 1973. She was hired as an usher and then became a console operator of the planetarium shows.

“I helped produce the shows. Part of that was photography. Everything slide-based, including the old Kodak Black and White for titles. That got me seriously interested in photography,” she said.

Les caught the photography bug while he was out on hunting adventures with his family in the mountains and deserts of Utah, where he grew up.



(above) Time elapse of a full eclipse; (below) Les and Mary Anderson (Courtesy of the Andersons)

“To the dismay of my father, I found I much preferred photography. My first real adventures in photography started in the ‘70s,” he said.

The big jump in the Andersons’ photographic prowess came when they joined a camera club in the Photographic Arts Building in 2010.

Les is now president of the Southern California Association of Camera Clubs, which oversees the Photographic Arts Building in Balboa Park. Mary is the first vice president of programs. In the next few months, they plan to present their program on viewing and photographing the eclipse to more than 500 people.

“It is our big chance to share what we have learned so others can get the most of the experience,” Les said.

Meetup group member Joseph Podell raved about the Andersons’ presentation on March 9.

“It was an excellent seminar, very well presented and covering all the particulars for shooting the eclipse. Les and Mary are the Les Paul and Mary Ford of photographing celestial events,” he said.

Charles de Leon agreed. “Very informative.”

— Cynthia Robertson is a local freelance writer.✧

Solar eclipse

Aug. 21, 2017
For more information, visit:
greatamericaneclipse.com
scacc.uscalendar

Email:
andersonmarye7@gmail.com

To find out when the Andersons will make their presentation at George’s Camera Club in North Park, call 619-297-3544.



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FRIDAY	Noon	Stations of the Cross
	7:00 PM	The Solemn Liturgy of Good Friday
SATURDAY	7:00 PM	The Great Vigil of Easter
EASTER SUNDAY	8:00 AM	Mass of the Resurrection with Hymns
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Hillcrest author with his latest book (Courtesy of David Agranoff)

Punk ghost rocks in Hillcrest

By Kit-Bacon Gressitt

While some folks think punk rock is long dead, Hillcrest author David Agranoff remains a stalwart fan, having come of age in the Bloomington, Indiana, 1980s punk scene. He’s such a devotee of the genre that he has written a punk-themed trilogy, including “Amazing Punk Stories” and “The Vegan Revolution ... With Zombies.”

The final book, “Punk Rock Ghost Story,” was published by Deadite Press last fall. With it, he hopes to resurrect what he calls a “punk legend.”

Agranoff said “Punk Rock Ghost Story” is a blend of “fiction and truth.” It theorizes about the mysterious disappearance of Frank Huff,

vocalist for the punk band The F**kers, while on a typically low-budget, sofa-surfing tour in 1982. The novel also revisits the 1980s culture clash between punk and conformity, and contrasts that with the scene in 2006. It reveals the intimacy of the punk community. And it addresses the appropriation of punk rock by mainstream music labels.

Punk might not have rocked your soul in its heyday, but Agranoff believes it’s a misunderstood genre, and he is passionate about spreading the good punk word.

“Here’s a style of music that was meant to react to the mainstream,” he said, “loud

see Author, pg 21



Four photographs from previous EarthFair parades at Balboa Park provide a glimpse of what's to come on Saturday, April 23, from 10 a.m. to 5 p.m. (Courtesy of EarthFair)



Love your mother

EarthFair offers ways to help keep our planet alive

By Joyell Nevins

Be a part of the solution, not the problem — and not the complaint.

The 28th annual EarthFair organizers are encouraging everyone to get involved and care for the earth they live on with the theme, “Be a Solution!” The fair will be held Saturday, April 23, from 10 a.m.–5 p.m. in Balboa Park.

More than 50,000 spectators, 350 volunteers and 300-plus exhibitors make this event the largest, free Earth Day Festival in the nation. But despite the massive amount of people involved, there is one core theme running through.

“They’re all trying to do something to better the environment,” said EarthFair co-founder Carolyn Chase.

The fair is the brainchild — and labor of love — for both Chase and her husband Chris Klein. It started when she was new to the area and trying to find an environmental group to get involved in. Chase grew up with a mother who gardened and a father who instilled a real love of nature in her from a young age.

But before the days of the internet, it was harder to research who was doing what in a new city. So she and Klein decided to put together a small

fair to allow many groups to introduce themselves to people looking for a way to help.

“Different groups have different cultures, a different way they make a difference,” Chase said. “This [fair] is a big tent idea — a way to connect.”

That small fair has grown into a massive event, showcasing between 300-400 nonprofits, businesses and agencies every year. Exhibitors include traditional conservation organizations, wildlife preservation groups, organic gardeners, and groups that offer ecotourism opportunities, pet adoption services, and many alternative health products and services.

The fair is divided into themed areas such as eHome, making your environment more sustainable; eARTth Gallery with earth-friendly arts and crafts; Reuse & Repair, learning how to reduce waste; and a vegetarian Food Pavilion.

New this year is a specifically themed climate science area. Enjoy giveaways, interactive exhibits, raffles ... you can even sit inside a “cleaner car” at the concourse.

“No matter where you start, there are many ways to make a difference and they add up,” Klein said. “The EarthFair is a place to discover on one day how to make a difference the rest of the year.”

EarthFair kicks off with

a parade showcasing many of these themes and groups. There will be people with signs, costumes and face paint, all displaying their passion for their cause and the environment.

Puppet Insurgency will be walking with a 20-foot informative pipeline and their continued efforts to “Heal the Gyres.” A gyre is a vortex of winds and currents that ends up collecting much of the plastic and trash thrown in the ocean. According to the Environmental Cleanup Coalition, an estimated 11 million tons of floating plastic covers an area of nearly 5 million square miles in the Pacific Ocean, 700 miles northeast of the Hawaiian Island chain and 1,000 miles from the coast of California.

The Earth Day Parade is welcome to all ages and species. It starts at 10:30 a.m. by the Spanish Village and marches through the park to the Children’s Area in Pan American Plaza. Participants are invited to dress up as endangered species and present their favorite earth-friendly messages.

“It’s one of the funnest parts of the fair,” Chase said of the parade.

Registration is not required for the parade, but Chase notes it is appreciated for planning purposes.

In keeping with its mission, EarthFair strives to be a zero waste event, meaning that everything discarded is either recycled, reused or composted. They have 30 “Zero Waste” stations set up throughout the park with bins for waste, recycle and compost. A “Trash Talker” is posted at each station to make sure your discards go in the right bin and answer any of your recycling questions.

In 2015, out of four tons of trash, two of those tons were recycled and one ton was composted,

and 500 pounds of food was recovered for homeless shelters. Last year, 90 percent of the waste was reused in some way.

The whole event could not exist without the help of a team of volunteers. Along with the hundreds of volunteers on the day of, there are almost 40 team leaders who have been working with Chase and Klein for the last three to 28 years.

“This core set of people is what make it happen,” Chase said.

She emphasized however, that volunteers for the day itself are still needed. All that’s required is to attend one training session on either April 15 or April 21.

Also on the website are ideas for alternative parking, as there are almost no car parking spots by the park by the fair’s start time. Ride your bicycle and you can reduce your carbon footprint and enjoy free valet bicycle parking.

To learn more about EarthFair or to volunteer, visit earthdayweb.org or call 858-272-7370.

—Freelance writer Joyell Nevins can be reached at joyelle@gmail.com. You can also reach her blog *Small World, Big God* at swbgblog.wordpress.com.



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Idea is more intriguing than play

Theater Review

Charlene Baldridge



Theatregoers with knowledge of Ira Aldridge (1807-67) eagerly looked forward to The Old Globe's opening of Lolita Chakrabarti's 2012 London play "Red Velvet."

Aldridge, who has a San Diego theater company named for him, was a great African-American actor who in 1833 became the first to play Othello au naturel on the London stage. Prior to Aldridge, Othello was usually played by white actors in black face, and the London critics were so cruel that it took a century before another African-American actor (Paul Robeson) assayed the role. Robeson's appearance (he even had an affair with his Desdemona) proved that although society and acting styles had changed, people still had a hard time accepting a white woman being married to and murdered by a black man.

"Red Velvet" is set when acting styles were stand-and-deliver with enormous hand and arm gestures, very stylized and on the verge of changing to something more realistic, a technique employed by Aldridge. Hired by company manager Pierre Laporte (Sean Dugan) to replace Covent Garden actor Edmund Kean, who had collapsed on stage, Aldridge surprises the unprepared the Theatre Royal Covent Garden company with his complexion, this at the time when the monarchy had just effected the freeing of slaves in the British Colonies.

Written and re-written (for Chakrabarti's actor husband, Adrian Lester) over more than a decade, the play encompasses a dizzying array of additional



The cast of Lolita Chakrabarti's "Red Velvet," directed by Stafford Arima, at The Old Globe. (Photos by Jim Cox)

themes, none of which prevails and supports the evening. The story would have been enough. Dare I say I was not the only one who went home disappointed and overloaded?

Despite the success of the iconoclastic "Hamilton," history does not always translate easily to theater. In the case of "Red Velvet," this is not the fault of director Stafford Arima ("Allegiance"); nor can one fault the fine company he has assembled; nor the expressive scenic design of Jason Sherwood, which seems to capture the ephemeral nature of the art form.

The role of Aldridge is powerfully played by Broadway, regional and television actor Albert Jones, whose classical experience serves him well. He is exceptionally handsome with a virile and well-employed body, a bit like the coiled spring that is Othello. His Desdemona, played historically by Ellen Tree, is appealingly played by Allison Mack. Kean's son Charles (John Lavelle), who is offended by Aldridge's presence and thinks that he should have played Othello, quits the role of Iago. Despite Aldridge's taking

'Red Velvet'

By Lolita Chakrabarti

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change and imparting new ideas, not always diplomatically, about Shakespearean acting, the other actors fall under his charismatic spell and are as hurt and disappointed with the critical response as Aldridge himself.

Following the devastating 1933 London reviews, company manager Laporte is forced to close the production for financial reasons, leaving Aldridge to ask, "What ever shall I do?" Aldridge had left his native U.S. as a teenager, intent upon furthering his classical career, which he did indeed, but not in the way he expected. It was too soon then and even too soon for Robson a century later.

The historical truth, represented in the play by book-end scenes in Poland shortly before Aldridge's death (he is playing Lear in a touring production) is that after his Covent Garden premiere Aldridge spent the rest of his life playing Shakespeare on tour, earning great popular acclaim, especially in Eastern Europe and Russia. He always intended to return to America and was scheduled to do so in 1867, but died before the time came.

Other actors in 1933 London and 1867 Poland include Michael Aurelio, Maureen Gaffney, Amelia Pedlow and Mark Pinter.

Despite its length and sprawl, how could the Globe not program this work, which deals with such a forgotten part of theatrical history?

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



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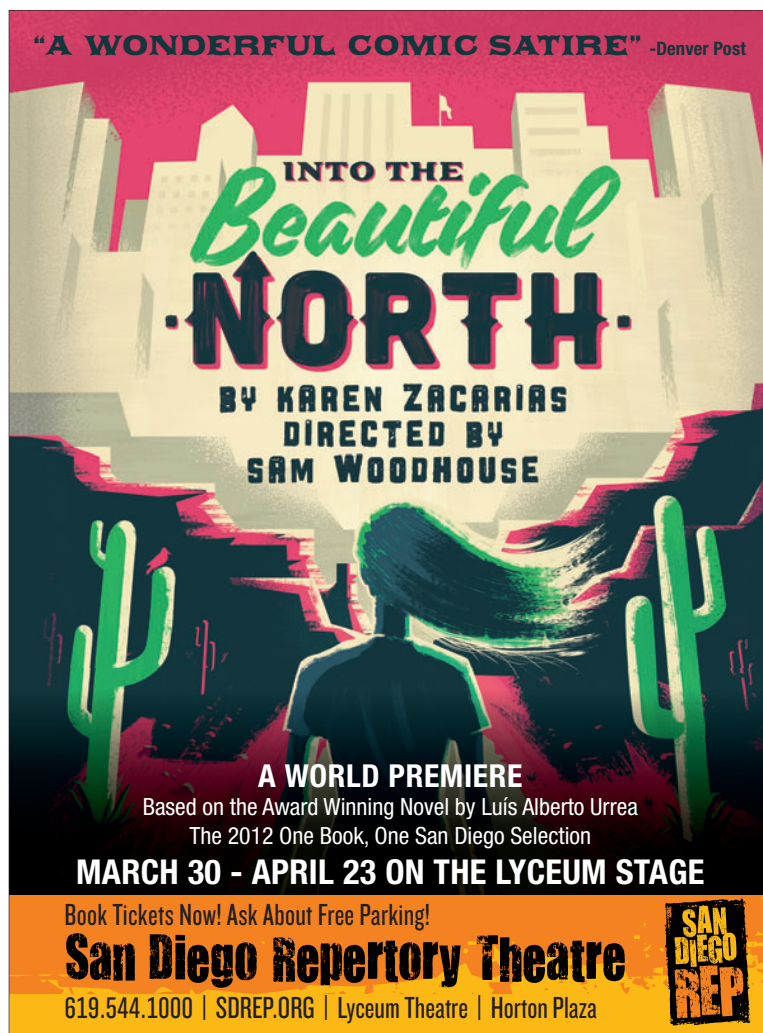
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A life-changing road trip

By David Dixon

Numerous theatrical adaptations of popular novels —“Frankenstein,” “War Horse” and “The Curious Incident of the Dog in the Night-Time,” for example — were all successfully brought to the stage.

In the same vein, a live interpretation of Luis Alberto Urrea’s 2009 book, “Into the Beautiful North,” is now playing at the San Diego Repertory Theatre’s Lyceum Stage.

In the National New Play Network Rolling World Premiere, conflict begins early on as almost every man in the Mexican village, Tres Camarones, leaves for a better life in the United States. After they go, bandidos plan to rule the town. Determined to save her community, Nayeli (Kenia Ramirez) leaves with her friends, Vampi (Lorena Martinez) and Tacho (Bryant Hernandez). Her goal is to find men in the U.S. who can protect Tres Camarones from the evil criminals.

Their journey takes the unlikely heroes to places like San Diego, parts of Tijuana, and Illinois.

Many different elements, including Ian Wallace’s detailed set and projections, are used to present the numerous locations used in the script.

Sam Woodhouse, co-founder and artistic director of the San Diego Rep, uses all the visuals to expand the scope

of playwright Karen Zacarias’ narrative.

“It’s an international quest that covers over 59,037 miles,” he said. “The show is an extremely epic one with music, combat and dancing.”

An aspect about the piece that Woodhouse feels theatergoers will relate to is getting to see so much of the action take place near Horton Plaza. Nayeli, Vampi and Tacho cross the border fairly close to Downtown two times.

During the evening, taco storeowner Tacho gets to experience many significant moments. Hernandez respects that Zacarias gives his character plenty of depth.

“As an openly gay human



Sam Woodhouse calls “Into the Beautiful North” an “extremely epic” adventure. (Courtesy of San Diego Repertory Theatre)

being, Tacho has to go through so much to be comfortable with who he is,” he said. “Tacho really is a parental figure to Nayeli and Vampi. He’s a strong character.”

What Woodhouse loves about Tacho is his proud personality. Nayeli’s traveling companion has a good sense of humor, can stand up to others, and is comfortable with his sexuality.

Most of the scenes balance satirical elements with serious situations. Finding the right tone is fun for Woodhouse, since it allows the night to be realistic and relatable.

Given the subject matter, the adventure features plenty of aspects that are guaranteed to stick with audiences. As for Woodhouse, he enjoys the diversity of the Hispanic roles. Five performers get to play several different people with no shortage of humanity.

“You don’t ever get to see so much diversity and breadth of Mexican characters,” he said.

In addition to the variety of people that Nayeli encounters, Woodhouse respects the growth she goes through.

“This is the story of a young girl who discovers her power as a woman,” he said. “She develops from a normal 19-year-old girl to one who becomes the heroine of her own voyage.”

Responsible for Nayeli’s arc in the drama is Zacarias herself. She has won numerous accolades and many of her scripts have been produced in the United States. Woodhouse isn’t sure if he will direct anything from her soon, but the storyteller plans on continuing to read and watch her latest projects.



Bryant Hernandez plays Tacho, an openly gay taco storeowner. (Photo by Daren Scott)

Woodhouse and Hernandez agree that fans of the source material won’t be disappointed by the organization’s rendition.

“It’s pretty cool to enjoy a rich plot in two different mediums,” Woodhouse said.

“You get to see Urrea’s world brought to life,” Hernandez said.

Meant to entertain while maintaining a high IQ, Nayeli’s expedition should be a strong close to the venue’s 41st season. You have never been on a road trip quite like this one.

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

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When is the best time to exercise?

Fitness

Blake and
Gwen Beckcom



There have been many debates about the effectiveness of exercise during certain parts of the day. While nighttime workouts have been thought to disrupt sleep, new research adds in a new factor of the body's circadian rhythm to determine the best time to exercise.

The human body has a circadian rhythm that corresponds with the cycles of the sun and the moon. Research has shown that muscles also follow this cycle, and therefore function better during the day. Oxygen works with our circadian rhythms inside muscle cells to create energy, which corresponds with the time of day.

Muscles can most efficiently use oxygen for energy during the day, or during their waking period. Researchers have genetically mutated the circadian clock in certain muscle fibers, leading to abnormalities while the muscles are at rest. Muscles vary throughout the day when it comes to their proteins, their effect on metabolism, and their production of lactic acid. This is why it is important to time your exercise right in order for it to be the

most effective.

Several studies have been done to discover how to find one's unique circadian rhythm. Because exercise releases biochemicals in the brain and body, exercise has been shown to almost certainly affect the body's internal clock and circadian rhythm. Exercise makes the body be able to judge the amount of movement it needs, and when it should be resting.

When to exercise?

Exercising during the night is not the most effective method for your muscles or circadian rhythm. However, you must find out what time of day is most effective for your body to exercise. This may largely depend on your schedule.

If your schedule is flexible and you can choose when to exercise, there are some benefits to certain times of day. If you are going by your circadian rhythm, the best time to exercise is in the afternoon.

Body temperatures are typically a bit warmer in the afternoon than they are in the morning. This results in both better muscle performance as well as a decreased risk of injury.

Benefits of morning exercise

Some research also creates an argument for the

effectiveness of a morning workout. Research has shown that 45 minutes of exercise right after you wake up may reduce food cravings throughout the day. Morning exercise has also been shown to result in an increase in overall daily physical activity.

It is also best to exercise in the morning while fasting. Exercising on an empty stomach can help prevent weight gain and a resistance to insulin. When fasting and exercising together, the impact of cellular factors is maximized, which forces fat to breakdown to create energy. If working out on a completely empty stomach is troublesome, you can drink a high-quality protein shake before your workout.

Evening not necessarily bad

While it may not be ideal to exercise in the evenings, if you must do so, you may not need to change your habits. A 2011 study found that people who vigorously exercised for 35 minutes just prior to going to sleep, slept equally well as they did on nights when they did not exercise.

Some polls have even reported people saying they sleep better after an evening workout. This has led the National Sleep Foundation to conclude that exercise is beneficial for sleep, no matter what time of day it is done.

If you are unsure when to exercise, you can do some trial and error to see what feels right. Try doing 30 days of morning exercise, followed by 30 days of afternoon exercise, or whatever your daily schedule allows you to do. With increasing research on the importance of circadian rhythms on our health, it may be best to exercise in the afternoon over any other time.

In the end, however, just pay attention to how you feel and let your body guide you to when it is best for you to exercise. It may even be that the best time to exercise could vary from day-to-day with varying schedules. Overall, any exercise is good exercise.

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



Blake Beckcom watches a client work out. (Courtesy of Fitness Together Mission Hills)

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FROM PAGE 1 PROFILE

Tom Wong and his wife, Rose Bloomberg-Rissman:

1. What is Raise Progress, and why was it founded?

Raise Progress is a group started by families and friends who wanted to make more of a collective change after the 2016 elections. We have some members with no political experience and some who work in politics for a living, but everyone wanted to engage together to try to influence the outcome in a new way in the 2018 midterms. We are also working in our community, supporting local business that match our core values, and have members who are creating new ways to support refugee families in our community.

2. What are the group's core values?

- We believe in economic and racial justice.
- We believe in protecting human rights, women's rights, workers' rights, disabled rights, and religious freedom.
- We believe diversity makes our country stronger and are committed to fighting the injustice refugees, immigrants, indigenous, and all marginalized people face.
- We believe climate change is real and support efforts to defend the environment.
- We believe black lives matter and in criminal justice reform.
- We believe in a woman's right to choose and gender equality.
- We believe in LGBTQ rights and marriage equality.
- We believe in public education that supports all students.
- We believe in preventing gun violence through sensible gun safety programs, practices and policies.
- We believe in democracy and a fair, accessible, and inclusive voting system.

3. Is this a grass-roots political movement, a community group or something else?

We are first and foremost a group of like-minded friends who banded together to make a difference together. We have also formed a political action committee (PAC), which allows



Tom Wong at fundraiser (Courtesy of Raise Progress)

us the most flexibility to support candidates who align with our values, and help defeat those who don't. We are a small part of a growing and important political movement in our country. One of the unique things about Raise Progress is that we have formalized our PAC status so that we can help with upcoming campaigns, and we have experts in local and national politics to help direct us.

4. Who can join Raise Progress and what is expected of members?

We expect members to be passionate about making change, either through politics, fundraising or through work in our community. We have meetings every month or so, as well as fundraisers and community events. There are committees to join, and room for everyone!

5. What do you like about living in North Park?

We moved to North Park five years ago. We had been told it was a small, walkable neighborhood that was great for growing families and we have found that to be true! We may want a bigger house someday, but we are waiting to find the right house in North Park. We don't plan to leave this corner of San Diego ever!

To visit the nonprofit's website, go to raiseprogress.org.

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

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Global Gumshoe
Ron Stern



Madrid is a city of passion! Locals, known as madrileños, are ardent about their history, culture and perhaps most of all, their food. From tapas to tomatoes to treats, they love it all and are eager to share their love with visitors looking for a sensory culinary taste explosion.

Unlike people living in the United States, Spaniards prefer to dine late. While Americans might typically eat around 6 p.m., in Madrid it is not uncommon to start a meal at 9:30 or 10 p.m. This is when things really start happening anyway as the downtown neighborhoods fill up with locals and tourists sampling tapas at some 250 tapas bars.

These are colorful, vibrant places where you can mingle with the locals, engage in good conversation, and sample a glass of Spanish wine or beer for just a few euros. Drinks are

and fresh from the oven. Olive oil is unbeatable in Madrid, and most comes fresh from local producers straight to the shelves. (Save room in your suitcase.) Then there are chocolates, truffles, mushrooms, and flavorful tomatoes the size of small volleyballs.

In Madrid, you will experience it all from high-end indoor food markets such as Mercado de San Miguel to the iconic El Corte Inglés department stores, including one just for men and one for women. On the ninth floor of Corte Inglés Callao, you will find The Gourmet Experience, featuring a cornucopia of some of the best food items the country can offer.

At last count, Madrid has 14 Michelin-starred restaurants. There are three chef-run eateries, totaling seven stars, located inside El Corte Inglés. These include StreetXo (global street food) by David Muñoz (three Michelin stars); Cascabel (Mexican) by Roberto Ruiz (one Michelin star); and Rocambolesc Gellateria, serving gourmet ice cream by Jordi Roca. A Michelin-star chef, Roca and his El Celler de Can



(above) A tapas bar in Madrid; (below) more tapas offerings

usually accompanied by a complimentary small plate of bread, olives, cheese, jamón (ham) or seafood.

Speaking of ham, it is almost a national obsession. But unlike the thick cuts of meat one might get in the U.S., the slices in Spain are carved wafer thin and served alone as a starter or with bread and other accompaniments. Huge legs of ham hang in the shops and are on display in restaurants and packaged for take home in high-end department stores. The best Iberian ham (such as Bellota) comes from animals that roam freely, eating a diet mainly of acorns. This is what makes cured Iberian ham, according to locals, unparalleled in the world.

You will want to take time to stroll around neighborhoods such as La Latina, Chueca, Las Letras and Santa Ana. You probably won't get very far until you are drawn into the enticing storefronts. What sorts of foodie finds will you see? How about fine Spanish wine shops (bodegas) offering bottles for around 10 euros. Or crusty bread in various flavors



Roca was named best restaurant in the world in 2015 by Restaurant Magazine.

If you've ever wondered where the oldest restaurant in the world is, that distinction is given to Madrid's Restaurante Sobrino de Botin, located at Calle Cuchilleros, 17. Having been in continuous operation since 1725 — with a Guinness certificate to prove it — the restaurant's specialty is suckling pig. Many famous people have visited over the years, including the author Ernest Hemingway and the artist Francisco Goya, who was employed as a waiter before attending the Royal Academy of Arts.

There are many other sit-down restaurants that you will want to try, including Atico Restaurante by Ramon



A colorful shop in Madrid attracts many curious visitors. (Photos by Ron Stern)

Freixa, serving Spanish and Mediterranean fare. Afterwards, check out their rooftop terrace for fabulous views. At Lhardy Restaurant, you can dine on regional dishes, including their fabulous Madrid Cocido prepared with chickpeas, meat and vegetables.

For the ultimate in the trendiness category, book a reservation in advance for Amazónico. The mouth-watering aroma of meats grilling on an open flame in the kitchen greets your senses as you enter this eatery lavishly decorated like the Amazon jungle.

Not to neglect breakfast but you will have to adjust your thinking beyond typical bacon and eggs. You are in Spain, after all, and here you will want to make your way to a little passageway near the Puerta Del Sol public square to find Chocolatería San Ginés for chocolate con churros. Believe it or not, freshly made churros

matching upholstered seating. This is a decadent culinary experience that you will savor as you dip your churro into the chocolate and let the flavors meld in your mouth.

Every city has its little culinary secrets, and tucked innocently along Calle de Puñonrostro, 3 is a tall wooden door that most just walk right by. But don't! This is the entrance to the Monastery of Corpus Christi, home of a convent of cloistered nuns. You will also see a small sign that reads, "Horario: Venta de Dulces," as well as a buzzer. If you are fortunate to visit when they are open, this is the place to get your secret sweets (dulces) or cookies, depending upon what they made that day. After you enter, you will come to a small window with a little turntable. It is helpful if you speak a little Spanish so you can ask what they have (¿Qué tienes?). After paying several euros, you will



Teatro Calderon building can only be described as fun and quirky.

and hot chocolate are wildly popular in Madrid, so much so that this spot is open 24/7.

With a history dating to 1894, this café turns out freshly made, lightly battered and fried churros served with a cup of thick, hot chocolatey goodness with a hint of cinnamon. Downstairs is the best place to eat as the space is decorated with green wooden paneling and mirrors as well as

be rewarded with a small box of cookies or sweets adorned with the name of the monastery. Cherish your victory as you enjoy your delicacy in your search for the best of heavenly Madrid.

—Contact Ron Stern at travelwriter01@comcast.net or visit his blog at globalgumshoe.com. This was a sponsored visit; however, all opinions are the author's.❖

WHERE TO STAY

Hotel Villa Magna
This is a beautiful, luxury property ideally located for exploring Madrid. The service is impeccable, the rooms are clean and comfortable and a full breakfast is included with your stay. More at villamagna.es.

SEE AND DO

Del Prado Museum
A national treasure, the museum has an extensive collection of European art from the 12th century onward. Masters such as Velasquez, El Greco and Rubens are featured. They also have a stunning copy of the "Mona Lisa" with a colorful background believed painted at the same time as its famous cousin in the Louvre. More at museodelprado.es.

Aranjuez Royal Palace
This site is a must-see and is located a short drive from Madrid. Declared a UNESCO landscape in the cultural heritage of humanity site in 2005, two rooms have to be seen to be believed: the porcelain room and Moorish room. More at patrimonionacionales.es.

El Corral de la Moreira Flamenco Show
If you have never seen a flamenco show, this is the one you will want to experience. Book a reservation that includes dinner and come see a visual feast for the senses. More at corraldelamoreria.com.

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

9/6

Sudoku Puzzle

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

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Puzzle answers on page 21

Uptown Crossword

Handily

1	2	3	4	5		6	7	8	9		10	11	12	13
14						15					16			
17						18					19			
20					21				22	23				
				24				25						
26	27	28					29				30	31	32	
33						34					35			
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53	54					55	56				57			
58						59					60			
61						62					63			

CREATORS NEWS SERVICE

By Charles Preston

- ACROSS**

 - 1 Overhead
 - 6 Stride
 - 10 Farm structure
 - 14 More distressed
 - 15 Honduran seaport
 - 16 Armor
 - 17 Manual skill
 - 19 Formerly
 - 20 Netherlands city
 - 21 Squeeze in
 - 22 Quibbled
 - 24 Turn aside
 - 25 Take away by force
 - 26 *Femme* ____
 - 29 Helsinki man
 - 30 Brit. knighthood order
 - 33 Like a bird
 - 34 Gem weight
 - 35 Chinese dynasty
 - 36 Fuel
 - 37 Inn
 - 38 Spar
 - 39 Noun suffix
 - 40 Subdued: with down
 - 41 Digger
 - 42 ~ ____ was going to St. Ives"
 - 43 Herd of deer
- DOWN**

 - 1 Tennis ace
 - 2 Onus
 - 3 French department
 - 4 Sustained
 - 5 Fall by drops
 - 6 Stalk
 - 7 Harnessed oxen
 - 8 Sprite
 - 9 Fatherly
 - 10 Porticos
 - 11 In close quarters
 - 12 ____ *homo*
- 13 Action**

 - 18 Algonquin
 - 23 Express
 - 24 Glut
 - 25 Installed lighting
 - 26 Beauty treatment
 - 27 Cuban ballerina
 - 28 Assume charge
 - 29 Greek goddesses
 - 31 Swiss city
 - 32 Among: Fr.
 - 34 ____ Island, Brooklyn
 - 37 Certain missile
 - 38 Reason
 - 40 Gait
 - 41 Cattle troughs
 - 44 Evil
 - 46 Simple song
 - 47 Walks in stream
 - 49 Condensing one
 - 50 Indifferent
 - 51 Pitcher
 - 52 Actress Jackson
 - 53 Bikini part
 - 54 Unraveled
 - 56 Camel's hair fabric
 - 57 Noise

Puzzle answers on page 17

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FROM PAGE 14

AUTHOR

and extreme. But what a lot of people don't realize — they think it's nihilistic — but the thing is with most punk rock, that's not the case. Most punk rock, it promotes a better way of living. For example, punk rock is where I learned about living drug free. That was all spawned from one 45-second-long song by Minor Threat, called 'Straight Edge.' It was a song about why this guy would not drink and not do drugs and he was going to keep on a 'straight edge.' That was 1982. Thirty-plus years later, it's a global movement and there are straight edge bands all over. Punk rock is how I learned about being vegan and an environmentalist and how I became political. And it's why I wanted to be educated about history."

It was Agranoff's youthful immersion in, and now his abiding admiration for, punk culture that led to his trilogy and the framework for the final book.

"Punk rock changed with the popularity of Nirvana," he explained. "Then Green Day happened. And suddenly it became like mainstream or a normal thing to be punk rock, which is very different from how it was in the '80s. It was almost warfare — people wanted us dead. We'd walk down the street, and people were very hostile. Then I was living in Portland [Oregon] and there were a lot of kids into the old punk rock. They were normal and accepted in their schools. They didn't have any idea what the [1980s] scene was like.

"I thought a really good way to bridge the gap was to tell a ghost story. A ghost story can transmit you immediately between two eras — 2006 and



1982. Getting into the heads of the characters from both time periods, in a ghost story, gave me a way to explore those two very different times," Agranoff said. "It's kind of like 'The Shining,' my absolutely favorite Stephen King novel, but instead of a hotel it's a punk rock tour band. I was already into horror fiction in the seventh grade, so these two worlds always blended for me. Writing horror novels that take place in the punk rock scene was just natural, and no one had created a niche there before — there is 'Green Room,' which



David Agranoff

came out last year. It's probably the best example of a punk rock horror story that's been filmed."

Punk rock has certainly suffered some failures, many of them self-induced, and Agranoff acknowledges those, including the many bands that started out with high ideals and failed to fulfill them.

But he holds to the essence of punk rock as basically good, invested in an independent ethos that spurns the corporatization of music. He cites one post-hardcore band as an example: "Fugazi got hundreds of major label offers and turned them all down."

Like a loyal friend, Agranoff captures much of the essence of the old punk rock culture in his characters: profane, political and impetuous; repackaged by corporate marketing; discarded by mainstream music consumers, eager for newer genres and newer revolts; but still adored by those who knew the intimacy and passion of the movement.

Ultimately, the author brings the mystery of Frank Hull to conclusion with an unusual cunning that committed readers will find intriguing.

And what's next for the author? There may be more to Frank and The F**kers than meets the eye, one more chapter, perhaps, that must be told. But that's another story for the future.

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

PUZZLE SOLUTIONS

Sudoku

Puzzle from page 16

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

Handily

Crossword from page 16

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

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UPTOWN CALENDAR

FEATURED EVENTS

‘Gay (as in happy) Songs & PGK Dances’

Friday, April 7-Sunday, April 9

“Gay (as in happy) Songs & Dances” premieres at Diversionary Theater, 4545 Park Blvd., Unit 101 in University Heights. This interactive “cabaret” is a mashup of pop with theater songs. The audience can sing and dance along to tunes such as Katy Perry’s “Firework” and Justin Timberlake’s “Dance, Dance, Dance.” The performances will feature three vocalists and four dancers. Performances: Friday, April 7, 8 p.m.; Saturday April 8, 2 and 8 p.m.; and Sunday, April 9, 2 p.m. Visit bit.ly/2nLthQj.

Massive Music concert

Friday, April 7

Grammy-nominated New York Polyphony joins Pro Arte Voices for a Massive Music concert at 7:30 p.m. at St. Paul’s Episcopal Cathedral, 2728 Sixth Ave. in Bankers Hill. Featured piece will be J.S. Bach’s eight-voice motet, “Komm, Jesu, Komm.” \$20 for adults; \$5 for students at door or sdproartevoices.org.

‘Read Imagine Create’ ceremony

Monday, April 10

Write Out Loud will announce the finalists in the “Read Imagine Create” literature-inspired arts competition for San Diego middle and high schoolers, at 7 p.m. at Old Town Theatre, 4040 Twiggs St. in Old Town. All submissions were inspired by reading Emily Dickinson, and entered in Literary Art, Visual Art and Performance/Media Art categories. Professionals judged in each category. Free. Visit writeout-loudsd.com.



Natalie Sanchez recognized

East Hillcrest MAD meeting

Tuesday, April 11

Property owners in east Hillcrest are urged to attend meeting at 5 p.m. at Joyce Beers Community Center in the HUB shopping center, 3900 Vermont St. Hillcrest Business Association (HBA) has been working to expand the boundaries of the East Hillcrest Maintenance Assessment District to pay for enhanced security, cleaning and gardening services. Property owners will vote on a proposed special assessment to provide those services. HBA officials will explain the proposed levy. Public welcome. 619-299-3330 or hillcrestBia.org.

Hillcrest Town Council meets

Tuesday, April 11

State Sen. Toni G. Atkins will speak at the Hillcrest Town Council meeting at 6:30 p.m. at Joyce Beers Community Center in the HUB shopping center, 3900 Vermont St. The council will also present a panel to discuss hate crimes. Visit hillcresttowncouncil.org.

SUSTO at Soda Bar

Wednesday, April 12

From Charleston, South Carolina comes the five-piece indie rock band SUSTO, which will perform at 8:30 p.m. at Soda Bar, 3615 El Cajon Blvd. in North Park. Cat Clyde will open. This is a 21-and-older show. Tickets \$10 at fgtix.to/2iRm7tS.

North Park Main Street business mixer

Wednesday, April 12

In conjunction with The Safehouse North Park, the North Park Main Street will have a business mixer from 5:30-7:30 p.m. at The Safehouse, 2930 University Ave. Participants will get free video games and small bites, along with happy hour drink specials. 619-294-2501.



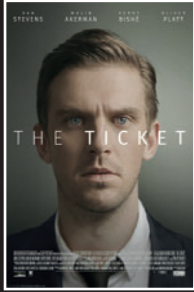
North Park Community Association mixer

Thursday, April 13

Kicking off its annual membership drive, North Park Community Association will hold a mixer from 6:30-8:30 p.m. at Dexter’s Deli, 3773 30th St. Meet the folks from the pet store as well as the crew from Barons Market North Park. Visit northparksd.org or call 619-923-2979.

see Calendar, pg 23

DIGITAL GYM GEMS



‘The Ticket’ — A man who spontaneously recovers his sight is overwhelmed by the possibilities now open to him, but reevaluating his present circumstances tempts him to betray his loved ones. Unrated. Friday, April 7 to Thursday, April 13.



‘My Life As A Zucchini’ — In this whimsical Oscar-nominated animated film, a young boy who goes by the name Zucchini is sent to a live in a foster home after the death of his mother. After a series of adventures with his new friends, he begins to re-define what it means to have a family. Rated PG-13. Friday, April 14 to Thursday, April 20.



‘The Freedom To Marry’ — Director Eddie Rosenstein’s inside story of the same-sex marriage movement through the eyes of those who led the fight. Not rated. Friday, April 14 to Thursday, April 20.❖

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

RECURRING EVENTS

Marie Hitchcock Puppet Theater:

Presenting “Goldilocks and The Three Little Bunnies” at 10 and 11:30 a.m. April 12-14; 11 a.m., 1 and 2:30 p.m. April 15-16 at puppet theater in Balboa Park. Marionette performed by “Big Joe” Fitzpatrick. Jennifer Purviance provides Goldilocks’ voice. Tickets \$5 at balboapark-puppets.com or call 619-544-9203.

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. toastmaster-sclubs.org.

Open Mic Night: 7:30 p.m., the mic is open to you at Lestat’s Coffee House, 3343 Adams Ave., Normal Heights, free. Lestat.com.

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.

Wednesdays

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

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

Thursdays

Uptown Sunrise Rotary Club meetings: 7 a.m., weekly meeting at Panera Bread, 1270 Cleveland Ave., Hillcrest. Sdurotary.org.

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

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

Kornflower’s Open Mic: Signups at 6:30 p.m., open mic (no poetry or comedy) 7–10 p.m. Family-friendly event at Rebecca’s

Coffee House, 3015 Juniper St., South Park, free. RebeccascOFFEEHOUSE.com.

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

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

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. Sandiegoitaliafilmfestival.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.

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 Twigg’s Coffeehouse at 4590 Park Blvd., University Heights, free. Comedyheights.com.

Sundays

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

West African dance class: 5:30–7 p.m., Master dancer Djibril Camara from Guinea teaches these classes that are also a great workout for all ages and skill levels at La Vie Dance Studio, 325 W. Washington, Hillcrest. Lavie.dance.

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

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

FROM PAGE 22

CALENDAR

**Sara Petite performing
at Park and Rec**
Friday, April 14

San Diego's own Sara Petite will perform "a little



Singer/guitarist Sara Petite (sarapetite.com)

bit country, a little bit rock
'n' roll" at 10 p.m. at Park
and Rec, 4612 Park Blvd. in
University Heights. No cover.
This is a 21-and-older show.
619-795-9700.

Shaed at Soda Bar

Friday, April 14

D.C.-based trio Shaed — featuring vocalist Chelsea Lee and twins Max and Spencer Ernst — will appear at 8:30 p.m. at Soda Bar, 3615 El Cajon Blvd. in North Park. Manatee Commune will open. This is a 21-and-older show. Tickets \$15 at ticketf.ly/2jIU2o.

Taste of Hillcrest

Saturday, April 15

More than 30 restaurants will participate in the annual Taste of Hillcrest, running from noon to 4 p.m. in Hillcrest. Sample bites of food from various cuisines. Tickets are \$30 in advance or \$35 on the day of the event. Visit bit.ly/2o8nffX.

Poetry reading
Thursday, April 20

Celebrate National Poetry Month as some of area's finest poets will read their works published in the San Diego Poetry Annual, 7 p.m. at Mission Hills Library, 925 W. Washington St. Free. 619-692-4910. [facebook.com/mhlibrary](https://www.facebook.com/mhlibrary). ❖

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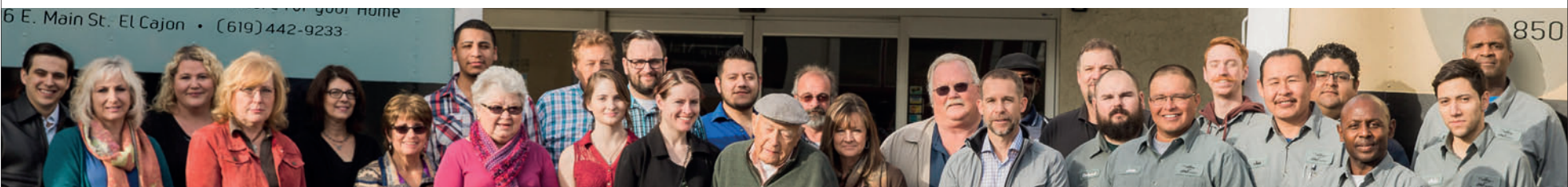


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