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Uptown News

San Diego

Hillcrest • University Heights • North Park • South Park • Golden Hill

'Hamilton' is ground-breaking

Review of Karina's Ceviches & More

Surfer overcomes adversity

Affordable housing in 1930s

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San Diego Community News Network

Veronica Mays once saw herself as Michael Jackson and lived in two worlds. Then the rocker found the right medicine and begun to make beautiful music. *(Courtesy of Veronica Mays)*

By Joyell Nevins

North Park resident Veronica Mays is on a mission — to change the stigma surrounding mental illness and bring hope to those who live with mental disorders. Her concerts do more than fill the room with high energy and rock 'n' roll sounds; they bring a message of compassion and triumph.

“Once I started seeing the impact of my own vulnerability,

it made me want to be more vulnerable," Mays declared.

Mays' story gives her something to be vulnerable about. At 25 years old, she woke up in an alley in a full delusion, also referred to as a manic episode. Someone called an ambulance to take her to the hospital, where she was checked into the psychiatric ward.

"It was undeniable that something was wrong," Mays said.

She was diagnosed with bipolar 1 disorder. While bipolar 2 leans more towards depression, Mays said, bipolar 1 refers to a psychotic break and a tendency toward mania. Mays would walk into a grocery store and think people were trying to kill her. She had episodes where she saw herself as Michael Jackson or Jesus.

see Rucker, pg 12

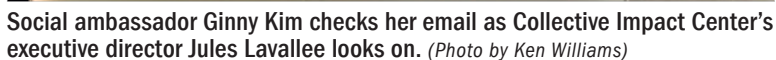
Normal Heights space is devoted to social entrepreneurs

Ken Williams | Editor

In the past decade, co-working has gone from experimental to a trendy business practice. San Diego, too, has embraced this movement, a social gathering of people who work independent of each other but often share similar values and office amenities.

A new co-working space, the Collective Impact Center, had its grand opening on Jan. 9 in the Christ United Methodist Ministry Center complex, located on the southwest corner of Meade Avenue and 33rd Street in Normal Heights.

This one touts an altruistic bent, according to its mission statement: “The Collective Impact Center is a community



work space with co-working
offices dedicated to advancing
the social venture ecosystem
by providing spaces for social

entrepreneurs to work, collaborate, and thrive.”

see Co-working, pg 5



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Hillcrest Town Council update

By Mary M. McKenzie

The Hillcrest Town Council (HTC) held its first community meeting of the year on Tuesday, Jan. 9, at the Joyce Beers Community Center. Despite stormy conditions, more than 50 community members came to discuss Hillcrest's priorities in 2018.

Public comment was the focus of the meeting. Eric Hufford, from San Diego Remembers, explained efforts to preserve the John Wear memorial plaque, located between two parking meters on University Avenue, between Tenth Avenue and Vermont Street.

Wear, 17, was murdered in 1992, a victim of a hate crime. The plaque has fallen into disrepair despite efforts to preserve it. San Diego Remembers proposes to move the plaque to a more visible and safe location; one option is near the Pride flag.

Hillcrest's public representatives also spoke about this year's priorities. Zach Bunshaft, representing U.S. Rep. Susan A. Davis (D-San



Hillcrest Town Council president Kath Rogers surveys the audience during the Jan. 9 meeting. (Photo by Kaimi Wenger)

Diego), emphasized her continued commitment to Deferred Action for Childhood Arrivals (DACA), the Development, Relief and Education for Alien Minors (DREAM) Act, and higher education.

State Sen. Toni G. Atkins sent the news that she has

been elected the Senate's next President pro Tempore, effective March 21, a first for a woman and for an LGBT leader.

State Assembly member Todd Gloria continues to work on affordable housing and homelessness, said Nick

Serrano, his communications director. Serrano emphasized that the housing crisis is not limited to San Diego but encompasses the entire state. Climate commitments remain a priority as well.

San Diego City Council member Chris Ward is working diligently on the crisis of homelessness. Brittany Bailey, Ward's community contact, reported that Ward will again serve as chair of the Regional Task Force on Homelessness.

Nancy Moor encouraged the attendees to reconsider the location of the planned AIDS Memorial, proposed for the planned Olive Street Park in Bankers Hill.

Tom Mullaney, of Uptown United, gave a brief presentation about the proposed development at Seventh Avenue and Pennsylvania, and he asked that the community seriously reconsider the structure and logistics of the multi-story complex. The proposed building will be higher than the AT&T building across the street, and the only access to owner parking will be on the alley between Sixth and Seventh avenues. He

argued there are better, more environmental friendly ways to develop that parcel with fewer negative impacts. A few residents spoke in favor of the project, including Benjamin Nichols, executive director of the Hillcrest Business Association.

The community also learned about a Humane Society-sponsored ballot measure promoting more humane treatment for farm animals and heard from Lori Saldaña, candidate for county supervisor.

Eddie Reynoso, head of the LGBT Visitors Center, alerted folks about Diversity Night at the San Diego Gulls hockey game on Jan. 20, a first in many respects for the LGBT community. For more information about Diversity Night, visit bit.ly/2Cq2pw2.

HTC meetings are held at 6:30 on the second Tuesday of every month at the Joyce Beers Community Center. The Hillcrest Town Council always welcomes new volunteers. If you have any comments or questions, look for the HTC on Facebook or contact Kath Rogers at dognamedannie@gmail.com.

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

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— Joyce Bruun, age 78, Home-maker / artist

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— Jan Delair, age 63, retired

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Uptown News BRIEFS

MARCH IN BALBOA PARK TO STOP HUMAN TRAFFICKING

Community members will march at Balboa Park from 1-3 p.m. Saturday, Jan. 13, to bring one of San Diego's major human-rights issues out of the shadows at Junior League of San Diego's fifth annual Human Trafficking Awareness Rally.

Local anti-human-trafficking leaders will teach the crowd to recognize and assist victims before the marchers start their walk through the park with homemade signs of hope.

Human trafficking involves exploitation in many forms, from forcing people into prostitution to subjecting them to slavery or involuntary servitude. Sadly, the FBI names San Diego as one of the 13 areas with the highest rates of child sex trafficking in the nation. These advocates will spend their Saturday speaking out for the sake of those most at risk, including children who are homeless.

Meet up in Balboa Park, at the intersection of Laurel Street and Sixth Avenue.

Speakers include San Diego County District Attorney Summer Stephan; Assembly member Brian Maienschein; Jamie Quient, Free to Thrive president and managing attorney; and Joseph Travers, Saved in America executive director and private investigation manager.

Visit jlsd.org for more information.

Target plans November opening in North Park

Ken Williams | Editor

Target formally announced on Thursday, Jan. 11, that it will open a small-format store in November in a historical retail building in North Park.

This confirms what San Diego Uptown News reported in the issue published Nov. 3, 2017, that a Target Express would fill the empty space located at 3029 University Ave., near the intersection with Ray Street.

The historical building was erected in 1942 for J.C. Penney, and the department store thrived in North Park for decades. But J.C. Penney became one of four anchor stores when Fashion Valley mall opened in Mission Valley in 1969 — and North Park began to decline as a shopping destination until its recent revival.

The building would later house tenants that included REI, Big Lots and Wang's North Park restaurant. The restaurant opened in January 2012 after a \$1.75 million makeover, but closed in May 2015. The building has been vacant since then.



Exterior rendering of Target's North Park small-format store. (Target)

Target North Park will join Target South Park as two of the retail chain's small-format stores in San Diego. The retailer expects to be operating 130 small-format stores nationwide by the end of 2019, serving neighborhoods where a traditional-sized Target store may not fit. A supersized Target store is located in Mission Valley.

"Target's newest San Diego small-format store in the North Park community will be

customized to fit the unique character of the neighborhood and meet the needs of neighbors and visitors alike," Mark Schindele, Target's senior vice president of properties, said in a news release.

"Target has met with Councilmember Chris Ward, leaders from the North Park Main Street Association, the North Park Planning Committee, the North Community Association and

the North Park Historical Society, and will continue to partner with local leaders to ensure the spirit of this community is reflected throughout the store assortment and design," he continued.

Officials with North Park Main Street Association and the North Park Planning Committee had confirmed Target's interest in North Park in the Nov. 3 article in Uptown News.

Target verified that it has signed a lease to open a small-format store that would occupy about 35,200 square feet of space. The store will employ around 50 local residents and provide neighboring families, students and young professionals with a quick-trip shopping experience and a carefully tailored assortment mix, according to the news release. Services will include:

- A broad beauty assortment presented in a boutique-style setting.
- Baby and kids assortment, including basics, apparel, toys and sporting goods.
- Men's and women's basics, apparel and accessories.

- A grocery selection for the fill-in trip, including fresh produce, grab-and-go items, snacks and meal solutions.

- Free guest parking in lots or public parking at low hourly rates.

- Services include CVS pharmacy and order pickup.

Target's "order pickup" service offers even more convenience and added security with the customer's ability to buy online and pickup in store. More than 95 percent of pickup orders are ready in less than an hour, Target officials said.

Target has been expanding nationwide by locating small-format stores in dense suburban neighborhoods, urban areas and near college campuses. The small-format stores are tailored to meet the needs of local residents.

—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.✴

FROM PAGE 2 NEWS BRIEFS

WOMEN'S MARCH SET FOR JAN. 20

The second annual Women's March has been scheduled for Saturday, Jan. 20. Meet up at 10 a.m. at Waterfront Park in Downtown San Diego.

The first march last January attracted more than 100,000 women, men and children.

With the elections coming up on Nov. 6, the theme of this year's march is to "make all votes count."

"Last year's march was a powerful and engaging event for raising awareness of important issues," Monica Boyle, director of the local march, said in a statement. "This year, we will again peacefully gather and mobilize that energy towards impacting the 2018 elections, ensuring representation of our ideals of dignity, justice and equity."

This year's march will engage and empower voters to support women's rights, human rights, social and environmental justice,

and to encourage participation in 2018 elections. This march will reaffirm Women's March San Diego's ongoing commitment to building a positive and just future for all, and celebrates the spirit of resistance efforts over the past year, and the history of resistance in America.

Visit womensmarchsd.org or their Facebook page for more details.

RESTAURANT WEEK RUNS JAN. 21-28

Created to unite the curious, the hungry and the talented, the 14th annual San Diego Restaurant Week returns Sunday, Jan. 21 through Sunday, Jan. 28, to take your taste buds on an edible extravaganza like never before.

For these eight days only, restaurants throughout San Diego County will offer exclusive prix-fixe menu options to introduce you to some of the best California-based cuisine.

Varying by restaurant, the options will include three-course prix-fixe dinner menus for \$20, \$30, \$40 or \$50 per person and/or two-course prix-fixe lunch menus

for \$10, \$15 or \$20 per person.

Whether you're looking to try a new restaurant, type of taste or you're just craving some good grub, this foodie-favored week is the perfect time to take a culinary tour throughout the diverse and thriving food culture of San Diego. And with over 180

participating restaurants spanning across the county from the South Bay to East County and to the borders of Oceanside and Fallbrook to the north, you're sure to find all your favorite flavors.

Tickets are not necessary for this delectable week of

discounted dining, but reservations are highly recommended.

Visit SanDiegoRestaurantWeek.com for more information, including a list of participating restaurants, or to make your reservations in advance.

see News briefs, pg 4

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Heart of a champion

North Park amputee is a winner in adaptive surfing

By Lucia Viti

North Park is paying homage to a gold medal-winning resident, Dani Burt, recently crowned the female champion at the International Surfing Association's (ISA) World Adaptive Surf Championships.

Burt stole the show at the competition's maiden voyage in its first all-female final. Winning, however, is nothing new for the above-the-knee amputee. Burt has competed in adaptive surfing championships against men for years, simply because there were "no female adaptive surfers to compete against."

The fall 2017 hallmark event, hosted at La Jolla Shores, catapulted Burt into a groundbreaking legacy. Burt won the AS2 female division, placed seventh in the AS2 mixed-gender division, and finished third in Team USA. Pride and humility go hand in hand for this champion.

"Winning gold symbolizes how far I've come," said Burt, who has a Ph.D. in physical therapy. "I'm grateful for this life. I'm proud and honored to have surfed with women from around the world. Coming out of the final, cheered by those who believe in me, was beyond words. My goal is to ensure equal opportunity for female para surfers in a male-dominated industry."

Life-changing ride

Para surfing earmarks a journey for Burt that began during a Sunday afternoon motorcycle ride. Fourteen years ago, while riding with friends, the then-19-year-old rounded what she assumed to be a wide turn. There was no signage to indicate otherwise. Unable to "lay it down quickly," the narrow curve caused her to crash into a guardrail. She blacked out. Unconscious, Burt soared 65 feet down a 400-foot mountain.

The impact of landing "woke" her up. Fellow riders "reacted quickly." A nurse serendipitously driving by also came to her aid. An ambulance rushed her to Palomar Medical Center.

Burt coded twice during her first 12-hour surgery. Injuries included broken ribs, a broken neck at c6, a broken left humerus, collapsed lungs and an injured right leg. She "acquired" a mild brain injury during the procedure. Placed into a drug-induced coma for five weeks, she developed acute respiratory distress syndrome causing her to begin "drowning in my lungs." As her body fought ferociously to protect its broken carcass, Burt developed gangrene in her right knee. As such, "my body worked to fix my legs instead of my lungs."

see Champion, pg 13

FROM PAGE 3

NEWS BRIEFS

TODD GLORIA NAMED ASSEMBLY'S MAJORITY WHIP

Heading into his second year of service in the California legislature, Assembly member Todd Gloria (D-San Diego) has been appointed by Speaker Anthony Rendon (D-Paramount) as the Majority Whip of the California State Assembly.

"This is a tremendous honor and I am humbled by the faith Speaker Rendon has placed in me to serve as the Assembly's Majority Whip," Gloria said in a statement. "Last year, we achieved the most productive and progressive legislative session in recent memory. Now, it's time for us to build on that progress and I look forward to being part of the team to make that happen."

Gloria's appointment as Majority Whip comes after a year of service as Assistant Majority Whip. As the Majority Whip, Gloria will lead a team of Assembly members to push for priority legislation and issues of the Democratic Caucus.

In addition to this new leadership role, Assembly member Gloria will also serve as a member of the Assembly's Housing and Community Development Committee.

"Working on housing issues is a personal passion of mine and largely why I became involved in public service," Gloria said. "California's housing crisis remains one of our state's

most pressing issues and I look forward to working with my colleagues to ensure every Californian can have a roof over their head at a price they can afford."

The Assembly Committee on Housing and Community Development has primary jurisdiction over housing finance, homeless programs, land-use planning, redevelopment, farm worker housing, mobile homes/manufactured housing, building standards, eminent domain, housing discrimination, and natural disaster assistance and preparedness.

SANDAG SEEKS MEMBERS FOR AUDIT COMMITTEE

The San Diego Association of Governments (SANDAG) is seeking three public members and potential alternates to serve on its recently authorized Audit Committee.

The three public members will serve with two SANDAG board members for a two-year term, beginning in March. All committee members will be appointed by the SANDAG board of directors.

The Audit Committee will be responsible for making recommendations to the board of directors regarding the hiring of SANDAG's independent performance auditor, the oversight of that auditor, SANDAG's annual audit plan, the firm to perform the SANDAG annual financial statement audits, and internal control guidelines for the agency. The Audit Committee also will monitor the implementation of any corrective actions arising from the audits.

Public member applicants must possess independence, experience and technical expertise including, but not limited to, knowledge of accounting, auditing and financial reporting. Applicants also must meet minimum professional standards, which include 10 years of experience as a certified public accountant, a certified internal auditor, or 10 years of other professional accounting, auditing, financial or legal experience in audit management.

Public member applicants will be considered by a screening committee composed of one SANDAG board member, a chief financial officer or finance director from a SANDAG member agency, and at least one outside financial expert.

For more information, including application materials, visit: sandag.org/AuditCommittee.

SCHOLARSHIP PROGRAM FOR EMERGING ARTISTS

Mission Federal ArtWalk, San Diego Visual Arts Network and The Studio Door in North Park have announced an opportunity for local artists with this year's The Business of Art scholarship in conjunction with the 34th annual Mission Federal ArtWalk in Little Italy held on April 28 and 29.

The scholarship will be awarded to one lucky art student or emerging artist who has a body of work to showcase and is interested in selling their artwork. The scholarship includes a booth at the art festival, professional development throughout 2018, and a marketing package.

"This is such a fantastic opportunity for artists who

want to engage in creative commerce," said Patric Stillman, The Business of Art mentor and owner of The Studio Door. "The whole package that The Business of Art scholarship offers is the type of platform that can really help establish an exciting career path for an emerging artist. It's a rare opportunity to find industry professionals that will take the time to nurture local talent and help guide them through the realities of the art world. I'm happy to be a part of this cooperative effort."

The recipient will follow in the footsteps of last year's scholar Mikaela McLeish, whose large-scale oil paintings are currently on display at The Studio Door in North Park through January as part of "3•UP," an exhibition on figurative art also featuring David Jester and Margaret Chiaro. In addition, McLeish was also selected by Art San Diego as their Launchpad Artist of 2017. Her star continues to rise on the local arts scene due to her commitment and dedication to her art.

Details for scholarship can be found online at bit.ly/2D8sRLW. Applications are being accepted through Feb. 15. Also visit the websites of Mission Federal ArtWalk (artwalksandiego.org) and San Diego Visual Arts Network (sdvisualarts.net) to learn more about San Diego's premiere art events.

SIGN UP FOR SPRING SEMESTER

Students can sign up for a wide variety of evening and online courses, in addition to a bounty of career education classes, as open registration is under way for the San Diego Community College District's 2018 spring semester.

Classes begin Jan. 29.

San Diego City, Mesa and Miramar colleges are offering nearly 1,000 fully online or partly online courses. All online courses are taught by experienced instructors, and technical support is offered 24 hours per day, seven days per week.

Because more than 7 in 10 students are employed at least part time, the district also offers nearly 1,200 evening classes — with mathematics, English, exercise science, biology, and fine art being the most popular — to accommodate working adults and others looking for more flexibility in their schedules. In fact, many certificate of achievement programs can largely be completed in the evening, including cosmetology, engineering and electronics at City College; chemistry, physical sciences, and computer and information sciences at Mesa College; and accountancy, business administration and fire technology at Miramar College.

Students can register now for classes at schedule.sdccd.edu. Students wanting to get a head start on their studies for the new year can also register for four-week and six-week intersession classes.

San Diego City, Mesa and Miramar colleges offer 65 associate degrees for transfer. At \$46 per unit, the SDCCD offers the lowest-price higher-education option in the country.*

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FROM PAGE 1

CO-WORKING

Jules Lavallee, the executive director, said the Collective Impact Center was founded by Lee Barken, who is chief community officer for CollectiveSun. The solar financing company, which helps nonprofits and tax-exempt organizations fund solar projects nationwide, is a tenant in the center.

Barken and pastor Bill Jacobs, of the ministry, came up with the idea of a co-working space for social entrepreneurs while brainstorming one day last year, Lavallee said.

Founding partners are Impact Without Borders, a group dedicated to pursuing positive social or environmental change in the San Diego-Tijuana region; Mission Edge, which maximizes the impact of nonprofits and social enterprises; and San Diego Impact Investors Network, which makes investments in companies and organizations that provide measurable social and environmental impacts.

Prospective tenants at the center will include nonprofit groups, artists, educators and activists who are committed to pursuing positive and sustainable social or environmental change in San Diego, she said.

"We want to create a great community where people can grow and thrive," Lavallee said.

Although the center is not targeting a specific demographic, she said attracting a variety of different types of entrepreneurs would make it a place for creativity.

"Diversity is important, people who are creative, people who are authentic," Lavallee said. "I am authentic; I think I am going to make a difference in this community through this center."

A native New Englander with a Boston accent, Lavallee arrived in San Diego last year. She formerly was a marketing manager for Orchid Technologies Engineering and Consulting, which is based in Maynard, Massachusetts.

Lavallee is also the Hollywood celebrity correspondent for Copa Style Magazine, published by Rodney Wayne Branche.

Her LinkedIn profile shows she has volunteered with Big Brothers Big Sisters and People Making a Difference in Boston.

"I done a lot with homelessness, including raising money," Lavallee said. "I really enjoy volunteering; it's good for the soul."

Fundraising for the homeless

The Collective Impact Center's first fundraiser will raise money for the San Diego Coalition for the Homeless, based in City Heights, and the Urban Street Angels, based in North Park.

The fundraiser, "Fashion for Causes," will be from noon to 5 p.m. Saturday, Jan. 13, at the Collective Impact Center. Besides the "red carpet" treatment, the event will include inspiring speakers, live entertainment and networking opportunities.

"We want to use the fashion show to engage the community and show them the space," Lavallee said. "I'm inviting my celebrity friends and reaching out to everyone I know."

Featured speakers will include:

- **Lamin Turay**, a digital marketing professional and founder of the media production company Maveriqs. He is the creator of Maveriqs' flagship show "Boss Battles" and its new web series "Skill Trees." His passion, Lavallee said, is helping entrepreneurs bring their stories to life.

- **Shantaya Pace**, CEO and founder of a minority-based nonprofit charity, T.L.E.B.G. The charity provides access to educational resources for low-income, minority girls in an effort to create bright leaders of the future.

- **Ken Gora**, a television producer, film director and entrepreneur from San Diego. He has produced two TV series showcasing the business and startup companies in Southern California. He was the creator, judge and director/producer of the television series "So You Think You Can Sell" and the TV series "The Romance," both filmed in San Diego.

- **Kamila Gornia**, known as the "Blow Up, Scale Up" marketing strategist and business coach for entrepreneurs and leaders who want to make a massive impact with their message and scale their business online.

- **John Scott Castro**, who works to help people make quantum shifts in their belief systems and business model design. He is also a digital marketing consultant and corporate sales trainer.

- **Brandee "Kurvy" J**, a self-acceptance advocate, multimedia personality, author, fashion editor and speaker. She empowers women to embrace the best versions of themselves.

- **Michelle Romano**, actress, director and producer who can be seen in commercials, print ads and independent film productions. She is an advocate for the organization Childhood Cancer Kids and serves as an honorary board member for several women empowerment campaigns.

Tickets are \$25 at bit.ly/2CHJ3U5.

Lavallee said the fashion show should be the first of many fundraisers held at the center.

What does it cost?

Pricing starts at \$110 per month for a "hot desk." Tenants pick an open seat in a common area and go to work.

A "dedicated desk" — a space just for you — starts at \$175 per month.

A "private office" starts at \$250 per month.

The center has a series of meeting spaces and an "ideation room" for collaborative innovation.

Amenities include access to meeting rooms and the kitchen, high-speed internet, printing services, and free parking, coffee and tea.

All tenants will be able to attend free or discounted training sessions and workshops.



Jules Lavallee, Collective Impact Center's executive director, sits at a desk that can be rented by tenants. (Photo by Ken Williams)

"Lunch and Learn" events will be offered on a regular basis. For example, Lavallee said, she would be presenting workshops on digital marketing, social media and public relations.

Because the center is located within the ministry center complex, tenants will also have access to a prayer and meditation space.

Tenants will have 24/7 access to the center via a keyless system. Social ambassador Ginny Kim will work Monday through Friday during normal business hours.

Future plans include expansion to the ground-level space above the center. "We plan to add a food pantry and a clothing-donation room" that would help low-income residents, Lavallee said.

In June, the center will take over operation of the day-care center located in the Ministry Center. "This will be very valuable to young moms" who are tenants of the Collective Impact Center, Lavallee said.

The co-working space is located in the 26,000-square-foot basement on the south side of the complex.

Prospective tenants are invited to an open house from 4-6 p.m. on Jan. 16.

For more information, visit collectiveimpactcenter.com or drop by the center Monday through Friday between 8 a.m. and 5 p.m.

—Ken Williams is editor of Uptown News and can be reached at ken@sdcdn.com or at 619-961-1952.*



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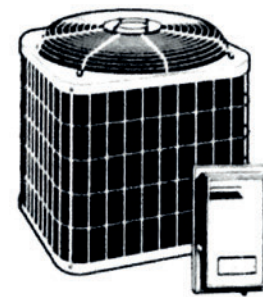
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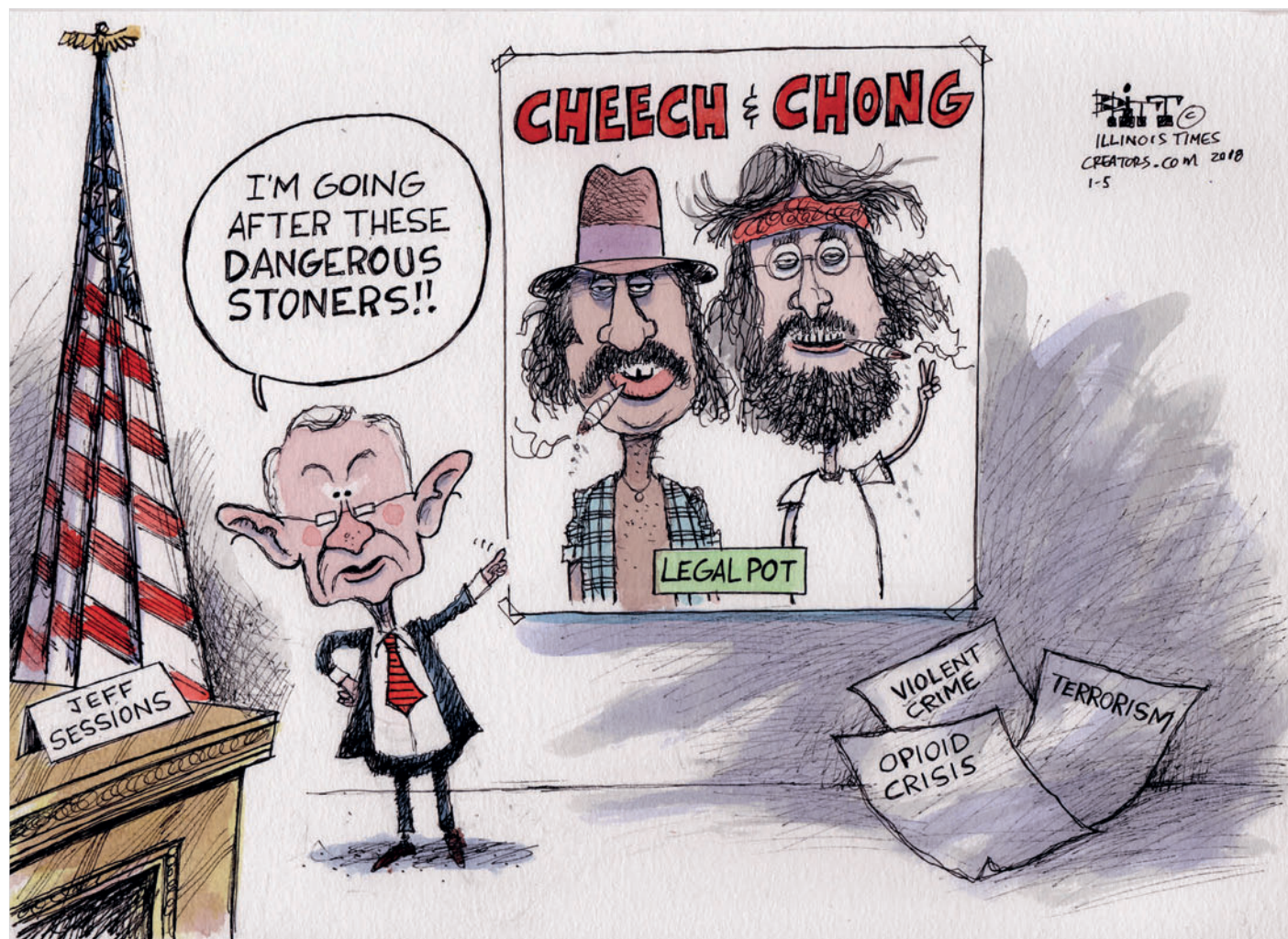
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GUEST EDITORIAL

Team Internet is far from done

What's next for net neutrality and how you can help

By Elliot Harmon
and Corynne McSherry

Defying the facts, the law, and the will of millions of Americans, the Federal Communications Commission has voted to repeal net neutrality protections. It's difficult to understand how radical the FCC's decision was.

The internet has operated under formal and informal net neutrality principles for years. For the first time, the FCC has not only abdicated its role in enforcing those principles, it has rejected them altogether.

Here's the good news: The fight is far from over, and Team Internet has plenty of paths forward.

Defending net neutrality in Congress

It's not too late to stop the FCC's rule change from going into effect. Poll after poll show that Americans overwhelmingly support net neutrality, and Congress has already been inundated with calls for them to take action. We need to keep up the pressure, and we will.

Under the Congressional Review Act (CRA), Congress can reverse a change in a federal regulation by a simple majority vote within 60 working days after that regulation is published in the official record. In other words, Congress can vote to overturn FCC Chairman Ajit Pai's rule change and bring back the Open Internet Order.

There are already members of Congress promoting compromised net neutrality

bills that won't give us all of the protections we need. Congress has a cleaner, faster path to real net neutrality: simply restore the 2015 Open Internet Order.

Technically, Congress can't invoke the CRA until the final rule change is published in the Federal Register, which will take several weeks. Between now and then, we will be watching Congress closely to see which members make public commitments to use the CRA to restore the order.

Defending net neutrality in court

While the CRA process moves forward, the FCC will be facing multiple legal challenges. Public interest groups, state attorneys general, and members of Congress are already getting ready to go to court. The FCC is required to listen to the public in its rulemaking processes and show clear evidence for its decisions. The commission did neither in its decision to roll back the Open Internet Order. Among other things, it ignored the technical evidence EFF and others submitted showing why the 2015 order made sense given 21st-century internet realities, in favor of self-serving claims from the ISPs and organizations they support. It relied equally heavily on the absurd notion that a few large tech companies, combined with the theoretical possibility that incumbent ISPs might someday face competition, eliminated the need for regulation.

And that's just the beginning. The new order is full of holes, and judges will be able to see them.

Defending net neutrality in the states

Lawmakers and executive branch leaders in multiple states are working to fill the gap the FCC is creating and protect their constituents from unfair ISP practices. Before the FCC's vote, Washington Governor Jay Inslee announced a multi-tiered plan to preserve net neutrality for Washingtonians, including cutting down on state benefits to ISPs that don't adhere to net neutrality principles and taking measures to bring more competition to the broadband marketplace. Just after the vote, California Senator Scott Weiner announced his plans to introduce a bill preserving net neutrality protections for Californians. And this is just the beginning.

Defending net neutrality at home

Net neutrality begins at home. One of the most important ways that we can soften the blow of losing the FCC's net neutrality protections is to push for local policies that offer users real choices and ISPs that adhere to net neutrality principles.

The majority of Americans have only one option for a broadband internet provider. If that provider decides to block or throttle its users' traffic, users have no options. To make matters worse, those

providers often have de facto monopolies thanks to local government policies.

Electronic Frontier Foundation (EFF) is working with policymakers and activists across the country to push for community broadband. We're working in particular with allies in San Francisco to develop a neutral infrastructure and policies for competition among providers that can serve as a model for cities across the country. If cities invest in good internet infrastructure — and allow multiple providers to access that infrastructure — then users can have recourse when a single provider acts unfairly.

It's not over. Call Congress now.

FCC may be abdicating its role in protecting the open internet, but we will not. In the courts, in the halls of Congress, in our local communities, online and in the streets, Team Internet will fight for net neutrality — and we'll be counting on you to join us.

You can start today: Call your members of Congress and urge them to use the Congressional Review Act to save the Open Internet Order.

—Corynne McSherry is legal director and Elliott Harmon is an activist at Electronic Frontier Foundation, a national organization dedicated to the free and open internet, as well as championing civil liberties in the digital world. For more information, visit eff.org.

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12 issues - \$18.60 or 26 issues - \$40.30

DISTRIBUTION: San Diego Uptown News is distributed free every other Friday.
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What will 2018 hold?

Congressional Watch

Andy Cohen



(Editor's note: Since this edition of Congressional Watch was written, U.S. Rep. Darrell Issa (R-49) announced on Jan. 10 that he will not seek re-election in November. Issa barely won in 2016 in a district that is turning increasingly blue.)

Congress can be a fickle beast, particularly when one political party controls both chambers and shows little to no interest in working with their counterparts from across the aisle. This is what happened throughout 2017. Republicans finally had the unified government they craved and promised big things would come. Those promises, for the most part, fell flat.

Despite their majorities in both the House of Representatives and the Senate, Republicans failed to accomplish much of anything. Their promise to repeal the Affordable Care Act died embarrassingly (and let's be honest: There was never any real intent to replace it). They failed to even consider one of President Trump's stated priorities, infrastructure. They took no action on the DREAM Act, beginning the process of deporting DACA (deferred action on childhood arrivals) recipients, most of whom have

never known any other country and are productive members of American society.

Their only real accomplishment, if you can call it that, is the tax cut bill that was signed into law just before legislators left for the holiday break in December. It was a hastily cobbled together bill relying heavily on lobbyist input, which explicitly excluded Democrats from the process. It is a law that cuts taxes on the rich and corporations, but according to both the Congressional Budget Office and the Joint Committee on Taxation, leaves middle class and poor taxpayers worse off in the long run. The law also adds \$1.5 trillion to the debt and deficit.

Scott Peters (D-52), Susan Davis (D-53), Juan Vargas (D-51) and Darrell Issa (R-49) all voted against the tax bill, with **Duncan Hunter (R-50)** being the lone "yes" vote among the San Diego delegation. Issa was one of only two of California's 14 Republican members of Congress to vote "no."

So this was the Republican Congress' major accomplishment in 2017. It also sets up some important battles in the months to come.

By mid-January, Congress must pass a government spending bill in order to keep the government open and operational, otherwise we will see another government shutdown.

This bill will need to address everything from military spending to health care spending. Critical among the needs is CHIP (child healthcare insurance program), which provides health insurance for 9 million children nationwide. Federal funding for CHIP ended on Sept. 30, and states have been scrambling ever since to stretch their budgets and ensure coverage for eligible children. Most states are or have already run out of funds, which means those children will be without health care.

Also at issue is what should be done about DACA recipients: Democrats are adamant that they continue to receive protections and be allowed to remain in the U.S. without fear of deportation, and many Republicans agree.

The spending bill cannot be passed without Democratic support, and Democrats will likely not support a bill that does not adequately address CHIP and DACA. The current continuing resolution that was passed on Dec. 22 expires on Jan. 19, meaning Congress has to act before then to keep the government open.

Also at issue is President Trump's border wall, funding for which House Republicans, at least, are expected to attempt to include in any extended funding measure.

So how will San Diego's five representatives in Congress likely vote on this important measure?

Juan Vargas is unlikely to vote for anything that does not

include strong protections for DACA recipients. Representing a border district, immigration reform is his bailiwick.

Susan Davis and Scott Peters, are also unlikely to vote for anything that does not address DACA and offer full funding for CHIP, though they are both pragmatists and will likely compromise where possible — assuming the Republicans who control the process are willing to compromise.

Duncan Hunter is likely to vote against anything that funds CHIP or creates protections for DACA, and will insist on funding for the border wall, which is extremely unlikely to happen.

Which leaves Darrell Issa as the wild card. Issa is in trouble, and is fighting for his electoral life. He has expressed support for protecting DACA recipients in some form, and wants to be viewed as sympathetic to their cause. But how far will he be willing to go? In the past, Issa has voted "no" on CHIP funding, but given his current electoral challenges, opposing insurance for 9 million poor kids is unlikely to play well in his rapidly changing district. My guess is he'll find some way to tepidly support a funding bill.

CHIP funding, by the way, is relatively inexpensive in the grand scheme of things: Leading up to the tax vote, Utah Republican Senator Orrin Hatch insisted that the government simply could not afford to fund CHIP (and he was one of the original authors of the first

CHIP program!). Full funding of the program for five years will cost \$8 billion. But compare that to the \$1.5 trillion deficit the tax bill creates, and CHIP is but a pittance, relatively speaking.

The biggest challenge coming in 2018, however, will be whether or not Republicans decide to slash funding for Medicare, Medicaid, and Social Security in order to pay for their tax cut bill. House Speaker Paul Ryan has already signaled that this is coming. Eliminating "entitlement programs" has long been a dream of Ryan's, and he sees this as his golden opportunity to take significant steps toward that end. The way he sees it, the budget hole the tax cut bill creates justifies decimating "entitlements."

Look for Peters, Davis, and Vargas to adamantly oppose any and all efforts to slash what they view as programs essential to maintaining a decent quality of life for all Americans. Hunter will, of course, support such measures.

Which again leaves Issa as the wild card. In the past, he might have supported efforts to slash Medicare, Medicaid, and Social Security. But again, his precarious electoral prospects will come into play. Efforts to curtail these programs will inflame his constituents and all but ensure his retirement from Congress in November.

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

'I am humbled' to lead the Senate

Notes from Toni

Toni G. Atkins



The Legislature returned to the Capitol on Jan. 3 to start a new session. In addition to the normal business, the Senate is scheduled to hold a vote to elect a new leader, the president pro tem.

In December, current President Pro Tem Kevin de León, who will be termed out of his Senate seat in 2018 and is currently running for U.S. Senate, announced that the Senate's Democratic caucus had reached a consensus on choosing me to succeed him as leader.

I am truly humbled by the trust my colleagues have placed in me, and I will work hard every day to earn that trust. Pro Tem de León did a wonderful job of ensuring that California is a place of opportunity for everyone, regardless of race, religion, gender or background.

I will honor his hard work by continuing along that path and taking every opportunity to improve quality of life for all residents.

At some point after the vote, there will be a transition of leadership, and I will work closely with the outgoing pro tem to make sure that it runs smoothly and seamlessly.

I am fortunate to have had the experience of leading the Assembly from 2014 to 2016. That gives me a unique perspective as I take up the reins

in early 2018 to lead the Senate.

As speaker, I enjoyed an excellent working relationship with Gov. Jerry Brown and Pro Tem de León. Together, we framed and implemented an ambitious agenda, and accomplished what I believe were great things for the people of California:

- We crafted a wide-ranging, \$7.5 billion water bond and sent it to the ballot, where it became Proposition 1 and passed with more than 67 percent of the vote.
- We created California's first-ever Earned Income Tax Credit to put more money in the hands of our state's struggling working families and individuals.
- After 20 years of chaos surrounding the issue of medicinal marijuana, we created a framework for regulating cannabis in California.
- We passed SB 350, major climate-change legislation requiring California to generate half of its electricity from renewable energy sources and double energy efficiency in all buildings.
- In the final moments of my tenure as speaker, we passed a package of six bills to more tightly regulate tobacco in California.
- We passed the landmark End of Life Options Act, allowing Californians suffering from painful terminal illnesses to end their lives on their own terms.

- We increased funding by \$337 million to care for Californians with developmental disabilities.
- Ahead of our big housing package in 2017, we allocated \$100 million for affordable housing in the 2014-15 budget — \$50 million each for multifamily rental housing and permanent supportive housing. And we created the CalWORKS Housing Program, which allocated \$20 million in the 2014-15 budget for rapid re-housing of families in our state's safety net program who become homeless. That program was expanded to \$35 million in the 2015-16 budget.

- In addition to setting the stage for major housing legislation, we began the conversation that led to this year's SB 1 — \$5.4 billion annually to rebuild our transportation infrastructure.

Meanwhile, I was in a great position to enhance San Diego's influence by increasing the number of local residents appointed to important statewide policy boards and commissions.

I look forward to the opportunity to work with my colleagues in the Senate, Speaker Rendon and my former colleagues in the Assembly, as well as Gov. Brown, to improve life for everyone in San Diego and all of California.

—Toni G. Atkins represents District 39 in the California Senate. Follow her on Twitter, @SenToniAtkins.



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'Hamilton' lives up to its billing

Theater Review

Jean Lowerison



Everything you've heard about "Hamilton" the musical is true.

"Hamilton" is for everyone who thinks U.S. history a bore — and for teachers looking for a way to make it come alive. It's for those who think musical theater is phony because "people don't sing conversation" (never mind opera).

"Hamilton" is for adventurous theater buffs who welcome a different approach to telling a story — even for those who don't think they'd welcome something quite this different.

In short, "Hamilton" is for every American old enough to

sit in a theater seat for a few hours without getting antsy and disturbing others. And seeing it just may rearrange a few of your music-appreciation molecules.

"Hamilton" is the story about how the sausage of the original U.S. government was made, told by those who were in "the room where it happened" and contributed to it.

Lin-Manuel Miranda's theatrical phenom landed on Broadway in 2015, took home 11 Tony Awards and a Pulitzer Prize, and changed the concept of the musical forever. Thanks to Broadway San Diego, it has finally arrived in San Diego, where it plays through March 28 at San Diego Civic Theatre.

Oskar Eustis, artistic director of New York's Public Theater (which hosted "Hamilton's" pre-Broadway run)

likens Miranda to a latter-day Shakespeare. "He does exactly what Shakespeare does," Eustis said. "He takes the language of the people and heightens it by making it verse."

Ah, but not just any old kind of verse: hip-hop. Yes, imagine late 18th-century Americans rapping about the great American experiment. It's downright revolutionary — and makes for utterly engrossing theater.

You'll meet Caribbean immigrant Alexander Hamilton (Austin Scott), orphaned at 12 and sent to New York, about whom contemporary Aaron Burr (Ryan Vasquez) wonders how this "bastard, orphan, son of a whore and a Scotsman" grew up to be "a hero and a scholar."

It may be because Hamilton is ambitious and persistent — as he puts it, "I'm not throwin' away my shot." And perhaps also because George Washington (Isaiah Johnson, African American, regal and singing like an angel as the Revolutionary general, father of the new country and its first president) took Hamilton under his political wing.

Meanwhile Aaron Burr, the politician's politician, has this advice for Hamilton: "Talk less. Smile more. Don't let them know what you're against or what you're for." (Sound familiar?) Hamilton and Burr sparred verbally until finally Burr became famous as "the damn fool who shot him" (Hamilton) in a duel.

Another immigrant who figures here is the Marquis de Lafayette (Jordan Donica), who came from France to fight with the revolutionaries. He and Hamilton provoke great applause when they note that "immigrants get the job done."

Donica also plays Thomas Jefferson, the dandified American who spent several years in Paris as American ambassador to France, resplendent in a magenta frock coat. He is annoyed only by Hamilton.

Along for laughs is England's King George (Rory O'Malley, reprising his Broadway role), who sings several verses of "You'll Be Back,"



An actor playing England's King George

a jaunty song about his annoyance with those break-away Americans. O'Malley mugs with the best of them while maintaining his cool royal bearing.

Fear not, women are not slighted here, even if — as early feminist Angelica Schuyler (Sabrina Sloan) points out with some annoyance — they are left out of the Declaration of Independence. Hamilton will marry Angelica's sister Eliza (Raven Thomas), and they will have eight children. Not so different from today, Hamilton will later both do himself in politically and break her heart with extra-curricular activities.

This show is also spectacular visually, in its energetic, athletic, sometimes even

gymnastic choreography (by Andy Blankenbuehler), colorful costumes by Paul Tazewell and especially effective lighting by Howell Binkley.

Conductor Julian Reeves' mighty band of nine keeps the place rocking with great sounds.

So much could be said about this show. Just know that this delightful show will take you somewhere you've never been, and although you may have to scramble to keep up with these actors and their speedy hip-hop patter, it's a journey very much worth taking (though I'd advise listening to the score a few times before you go).

—Jean Lowerison is a long-standing member of the San Diego Theatre Critics Circle and can be reached at infodame@cox.net.



Cast members from a production of "Hamilton" (Photos by Joan Marcus)

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(l to r) Actors portraying Alexander Hamilton and George Washington



A scene from "Hamilton" (Photos by Joan Marcus)

MEXICAN WITH THE OPTION OF THAI

Restaurant Review

Frank Sabatini Jr.



It was one of last year's most surprising dining developments, in which Thai restaurateur Su-Mei Yu of the long-established Saffron in Mission Hills partnered with Karina's Group, which owns several Mexican seafood restaurants throughout San Diego County.

The result was a walk-up window named Karina's Ceviche & More. The venture replaced Yu's famous (and diminutive) rotisserie chicken shop that she ran next door to Saffron on India Street for more than two decades. Yu kept Saffron and remodeled it around the time Karina's came along.

Patrons of Karina's can consume their ceviches, seafood cocktails, tacos or burritos in Saffron's indoor-outdoor dining sections. Or they can seize a stool along a two-tiered outdoor-seating area just to the right of Karina's. When the food is ready, it's delivered to wherever you chose to sit.

The popular "ceviche Karina's" requires two stomachs to fully consume if you order it in plate form for \$10. The other option is more doable, served on a tostada for \$4. Either way, the very-green construct is a commingling of lime-marinated shrimp cloaked in avocado, cucumber, cilantro and Serrano chili sauce. It tasted bright, fresh and dramatically tangy.

On my most recent visit, we skipped the ceviches and gravitated to the "more," starting with tuna sashimi arranged prettily in some seriously sweet mango puree. Not even the accompanying soy-jalapeno sauce or the fresh jalapenos perched atop each rectangular piece of gorgeous fish could tone down the cloying aspect of the dish. One piece was enough for me, although my sweet-tooth companion relished every bite.

From the taco offerings, we ordered grilled cod, lobster and surf and turf (shrimp and steak). All three were street-size beauties with exceptional flavor. The meat in the lobster taco (\$5) was particularly luxurious — tender, sweet and abundant although overly bathed in what an employee described as a "spiced cream cheese sauce." Half the amount of this velvety condiment would have been super.

Glistening, ruby-red ahi poke on a crispy tostada shell proved tasty with the enhancements of pickled red onions, cilantro and a judicious application of spicy mayo. It's listed among the regional Mexican ceviches, which include various combinations of shrimp, octopus, white fish and ahi "cooked" in lime juice and strewn with peppers and other veggies.

Yu's mouthwatering rotisserie chicken appears in burritos on Karina's menu. They're also available whole or in parts at Saffron next door, where you can essentially blanket your table with a cross-cultural feast of tofu salad rolls, pad Thai



A walk-up window for ceviche, tacos and seafood cocktails (Photos by Frank Sabatini Jr.)

noodles, Mexican ceviches, Baja-style tacos and the crispy-skinned birds.

The closest we came to crossing international lines was by adding a chicken burrito to our lineup. But did it fall into the Mexican or Thai ballpark? We weren't sure.

It encased a mix of juicy white and dark meat swaddled in tomatoes and shredded lettuce. But the elusive Thai spices I came to appreciate on these chickens over the years were lost in the translation. Actually, without the support of Karina's kicky hot salsa, the burrito was rather bland.

At the walk-up, I'll stick to the ceviches, poke and seafood tacos. Sure, they're everywhere nowadays but not always boasting such decent quality, particularly when presented this casually in paper baskets and with plastic utensils.

As you'll see if choosing to dine on Saffron's property, the partnership with Karina's is a win-win strategy for both businesses because customers come in direct eye shot with the tempting cuisine from each kitchen. Only here have I ever lusted over a bowl of tom yum soup kissed with hot chili peppers while

sinking my choppers into a marvelously snappy ceviche.

—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.



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An elegant Japanese restaurant with impressive design features has opened in Little Italy. (Cloak & Petal)

New to Little Italy's dining scene is Cloak & Petal, a 7,500-square-foot space designed to look like an abandoned Tokyo subway station. The modern, upscale Japanese restaurant was launched by restaurateurs Cesar Vallin and business partner Isamu Morikizono, who also owns Tajima.

The aesthetics feature glazed tiles and brick as well as detailed "hanami-inspired" cherry blossom trees, replete with flowering branches. An ambitious sake and cocktail program is in place to augment a menu of crafty small plates, sashimi and nigiri. 1953 India St., 619-501-5505, cloakand-petal.com.



Josh McCorkle recently introduced Copper Top Coffee & Donuts in a familiar Hillcrest structure. (Photo by Frank Sabatini Jr.)

The iconic A-frame structure in Hillcrest that housed Wienerschnitzel for many years sprung back to life Dec. 28 as Copper Top Coffee & Donuts. Owner Josh McCorkle, a Seattle native who worked in the restaurant and coffee industries for 20 years, said the venture marks the first of more coffee shops he hopes to open around town.

"Hillcrest was the warmest and most inviting community we could find for our first location," he said. "We're serving high-end coffee in a drive-through setting."

The menu features coffee drinks and a proprietary blend of espresso, using beans from the Seattle-based roaster, Rococo.

There's also locally sourced Bootstrap Kombucha on tap along with cake-style doughnuts

made to order. Those are available with various toppings such as white chocolate with coconut and sprinkles; sugar and cinnamon; and salted caramel with chocolate and crushed walnuts. Additional flavor combinations are in the pipeline along with breakfast and lunch sandwiches.

McCorkle retained the walk-up window in front and added a drive-through window in the back. New seating alongside the building was installed as well as fresh plumbing, lighting and kitchen equipment.

"I love the idea of turning something old and decrepit into something fresh and vibrant," he added. 101 W. Washington St., coppertopcoffee.com.

San Diego's first and only Scottish gastropub (the Tilted Kilt doesn't count) has delayed its opening due to last-minute construction issues. Owner Peter Soutowood originally set his sights on New Year's Eve to debut Fourpenny House in La Mesa. But he assures the venture will now open by the end of January to the tune of

bagpipes, house-made Scottish meals and four types of signature beers brewed onsite.

Heading the kitchen is David Chenelle, board chairman of the Chefs de Cuisine Association of San Diego and past executive chef for the Silver Gate Yacht Club. 8323 La Mesa Blvd., fourpenny-house.com.



Don't be misled by the name of this upcoming gelato shop on Adams Avenue. (Courtesy Bay Bird)

The stretch of Adams Avenue near 30th Street continues growing into a culinary hot spot with the announcement that a former dry cleaner's will soon morph into a gourmet gelato shop.

Due to open this spring under the name An's Dry Cleaning, the project has been years in the making between longtime friends and will

feature seven rotational flavors using ingredients sourced from local purveyors whenever possible. Some of the flavors will stick to tradition while others featuring cactus, goat cheese and wasabi not so much. The gelatos will also be used to create cakes adorned with carved fruits. 3017 Adams Ave., adcgelato.com.

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Create your own poke bowls at the newest San Diego location of The Poke Co. (Photo by Frank Sabatini Jr.)

Mission Valley's dearth of pizzerias recently grew larger with the closing of The Works in the Friars Mission Center shopping plaza. The space, which is nestled among Grater's Grilled Cheese, The Flame Broiler and Tandoor, was still up for lease as of Jan. 1. 5608 Mission Center Road.

A little further east in the Rio Vista Plaza, The Poke Co. has replaced Kasi, an Indian

restaurant that struggled under fleeting sets of owners. This is the second San Diego location of the Los Angeles-based Poke Co., which has an outlet in the Gaslamp Quarter as well. 8950 Rio San Diego Drive, 619-542-9234, thepoke-co.com.

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

Last-minute taste of France

**Come On
Get Happy!**
Dr. Ink

A light rain during rush hour was all it took to delay our arrival to Au Revoir Bistro's happy hour, held within a narrow window of time from 4 to 6 p.m. Monday through Thursday.

Just as my drinking assistant had warned, driving from Fashion Valley into Hillcrest under these conditions wouldn't give us enough leeway to enjoy a second round of discounted drinks at the bistro. Sure enough, after a 30-minute car ride through what seemed like Armageddon, we schlepped our thirsty muzzles into the place 10 minutes before happy hour ended.

My goal when exploring San Diego's happy hours is to spend around \$10 for either one drink and a nosh or two drinks and a better buzz. In a perfect world, nibbles such as peanuts, pretzels and popcorn would be complimentary, but you have to leave the high-rent bubble of San Diego to find bar owners capable of providing such freebies.

At Au Revoir, I went over my budget by only 50 cents after quickly ordering a Kronenbourg French pilsner (\$4) and a "tarte flambe" with onions and bacon (\$6.50). Had we sailed in after 6 p.m., my bill would have come to \$16, according to our young waiter when pointing out the regular prices in his heavy French accent.

The golden beer, poured from a bottle, revealed pleasant yeasty notes and a soft, slightly creamy finish. Known for its versatility in food pairings, it jived nicely with the onion tart, which tasted more American than French because of the bacon on top.

Conversely, my companion's black mussels (\$7) served in a pond of white wine, garlic, shallots and parsley tasted like a dish straight out of Paris. He washed them down with a glass of Chateau Gaudou malbec (\$5) and came away highly satisfied. But why no bread to mop up the precious juice at the bottom of the bowl?



Au Revoir Bistro greets with a cozy, elegant ambiance. (Photos by Dr. Ink)

Our waiter couldn't give us an answer.

Other brews on special during happy hour include Gavroche French red ale, Stella Artois, Rough Draft Brewing IPA, and Miller Lite, which might seem

like a mismatch to Au Revoir's warm, Euro-style atmosphere.

Discounted wines by the glass are more limited in comparison to a California cabernet and chardonnay, and a Chilean pinot noir.

As for additional food choices, you can score an order of frog legs or baked escargot for only \$6, either of which will send you on a fast track to France for a highly affordable price.❖



An onion tart with bacon

French pilsner by Kronenbourg

Au Revoir Bistro

420 Robinson Ave.
Hillcrest

619-268-2400
aurevoirbistrohill-
crest.net

Happy hour: 4 to 6
p.m. Monday through
Thursday

RATINGS

Drinks: ♂♂♂

A handful of bottled beers (craft and domestic) are in the offing along with a limited selection of wines by the glass. The Kronenbourg pilsner is balanced and drinkable and pairs well with any type of meal.

Food: ♂♂♂♂

The black mussels in white wine sauce were generously portioned and captured the essence of French cooking, more so than an onion-bacon tart, which wasn't as flaky and delicate as expected.

Value: ♂♂♂♂♂

French wine, beer and food doesn't normally come cheap, although here you'll save about 30 percent on all of it when visiting during happy hour.

Service: ♂♂♂♂

Drinks came fast, although food took a little longer. With several French waiters on staff, the style of service is warmly semi-formal.

Atmosphere: ♂♂♂♂

Cafe-style tables and chairs occupy an open dining room featuring brick walls, large blackboards and beaded chandeliers. The mood is especially romantic after sunset when table candles are lit.



Black mussels in white wine, garlic and herbs

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FROM PAGE 1
ROCKER

“I live in two different worlds,” she explained. After being hospitalized, Mays decided to see herself as a victor rather than a victim. She took ownership of her illness and began identifying her own triggers. “We have these choices — why wouldn’t I choose to do that?” Mays said. “When it’s time to put the gloves on, I do.” Part of putting those gloves on was engaging her friends in the fight. Mays shared signs of looming episodes with people who were focal points in her life and encouraged them to speak up. “They have permission to say, ‘Hey Veronica, you’re not Jesus,’” Mays said. Mays also started seeking the proper medicine. When she found the right medication, it was a game-changer. Mays said there is still a resistance in the mental health community to taking medication for their illness — and she wants to remove that. “Medicine is not a sign of weakness,” Mays said. “We take medicine for our heart, for our kidneys. But when it

comes to our greatest asset, our mind, we neglect it.” **Music and truth** Mays has been playing the guitar since 1985. She is also adept with the piano and percussion instruments. A year ago, her life consisted of teaching classes and working in music therapy and doing her own music and a plethora of projects. But then a quote in “The Bell Jar” by Sylvia Plath brought her to a startling realization. Plath was likening her life options to figs in a tree, and wrote, “I saw my life branching out before me like the green fig tree in the story ... I saw myself sitting in the crotch of this fig tree, starving to death, just because I couldn’t make up my mind which of the figs I would choose. I wanted each and every one of them, but choosing one meant losing all the rest, and, as I sat there, unable to decide, the figs began to wrinkle and go black, and, one by one, they plopped to the ground at my feet.” Mays saw her own projects as those figs — all good things, but so many that they were shriveling up, too. So she “stripped everything away,” and decided to pursue being a solo artist.

“When it comes to following your own passion, it’s more risky,” she said. But it’s worth it. Because Mays doesn’t just write music with a catchy hook, she writes music that she can relate to. Music about her own life and conflict. And in her shows, she shares her story of mental illness, both the struggles she’s been through and successes she’s had. Mays shares this without shame. She said one of the cultural norms she’s trying to change is being able to talk about mental illness. She noted that people might speak openly about a family member with cancer, but then lower their voice when referencing a loved one with a mental disorder. But Mays is honest and unabashed with her own story. And people respond in kind — she said at every show, people will come up to her afterwards and share their own sagas. Together, they’re changing the outlook of mental health. Mays also writes a “Bipolar Weekly Blog” and is working on a memoir titled “Open Book.” She has compiled her own band of musicians who get it and rock with her: Jeff Berkley, Josh Hermsmeier and Jeff Johnson. She plays both locally and nationally and continues to serve as a mental health advocate. Become a “Mayniac” and connect with Mays on her website at veronicamays.com. You can also like or follow her on Facebook and Instagram. —Joyell Nevins is a freelance writer who can be reached at joyelle@gmail.com. Find her blog *Small World, Big God* at swbgblog.wordpress.com. ❖

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Veronica Mays (Photos courtesy of Veronica Mays)

FROM PAGE 4

CHAMPION

Doctors decided to amputate her right leg above the knee to save her life and “take me out of my coma.”

Bouncing back “super quick,” Burt was transferred to Sharp Memorial Rehabilitation Center, facing “life in a whole new world that was hard to put into words.” The New Jersey native said she had fled to San Diego to “escape” an unstable and troubled childhood. Now, a life of independence gave way to a life of dependence based on a choice “I never made.”

“The doctors chose to save my life,” Burt explained. “And I had to choose between giving up or putting in 100 percent. It wasn’t easy. Because I was in a coma for five weeks, I lacked strength. I couldn’t sit up. I couldn’t even talk. My leg was missing. I was now an amputee. I never even knew an amputee. I was depressed, angry. I had no choice in the amputation. Everything changed. Everything you do changes. Society looks at you differently. But because I never believed in giving up, I decided to give it my all and move forward.”

Burt had to “learn” how to ask for help. Vulnerable but determined, she created a support system that included a therapist to get her “mental game on track.”

“I knew that I had to talk to someone or I’d be in trouble,” she said. “Losing a limb was a lot for a young person to deal with.”

Within the year of learning how to walk again, Burt was skateboarding and snowboarding. The ocean beckoned — but a decade ago, surfing prosthetics didn’t exist because “amputees were not yet participating in action sports.” Determined, she made a new prosthetic surfing leg from old prosthetic parts. Touting wave knowledge, athletic balance and a surf board, Burt “found her sanity.”

With a lack of formal adaptive surfing competitions, “just expression sessions,” Burt competed sporadically. Surfing was sidelined while she pursued a doctorate in physical therapy — one class at a time — admitting that the accident served as her impetus.

“I had no idea what a physical therapist was before I had a whole bunch of them,” she said. “And I loved everyone. Physical therapy gave me back my independence. And my independence gave me strength.”

Helping other amputees

Today, Burt works in acute care physical therapy with new amputees at Sharp Memorial Hospital. Describing her work as “impactful,” she reminisced, “I wished I had someone who could’ve paved the road for placing my thoughts in a better spot. The visibility of being an amputee to other amputees offers insight. They see what they can do by seeing what you do.”

Patients are often surprised to discover that Burt’s an amputee. Donning scrubs that hide her prosthetic leg, “super-upset” patients become

“stoked” and “comforted” to “talk to someone who really knows how it feels.”

“Losing a limb makes you feel like you’re done,” she said. “Life’s never the same. What you’re used to is gone. You think there’s no more going above and beyond. But when I show an amputee a picture or video of someone actually doing something they thought they couldn’t, it gives them hope. Visibility encourages and gives patients an opportunity to excel.”

Giving back is Burt’s reward. “I pay it forward,” she continued. “It’s such a great feeling to impart knowledge that moves patients forward as quickly as possible. I’ve been helped so much. It’s an overwhelming feeling to give back.”

While Burt admits that surfing is daunting, she enjoys “large, challenging surf.”

“Competition’s made me stronger and more capable,” she said. “There aren’t many situations that make me nervous.”

No longer vulnerable, she’s happy to train, encourage and share her knowledge.

“Surfing’s a passion that’s enabled me to put the ghosts of my past to rest,” Burt said. “Everyone has their hard days. I have bad days. But I’ve developed coping mechanisms and skill sets, like surfing. Surfing in salt water clears your mind. Surfing places everything in front of you — but the water — on pause.”

Burt praised the Challenged Athletes Foundation (CAF) and its Chief Executive Director Virginia Tinley for obliging her



Dani Burt of North Park is the reigning female champion of the International Surfing Association’s World Adaptive Surf Championships. (Photo by Chris Grant)

requests, “no matter how odd,” early on.

“Whether it was skateboarding or surfing, Virginia Tinley and CAF were always extremely supportive,” she said. “I’m truly grateful for everything they’ve done, not only for me, but for others.”

Sponsored by Stance (socks) and presented by Vissla (wetsuits) and the city of San Diego, the 2017 World Adaptive Surfing Championship noted its dedication to promoting gender equality in Para Surfing a.k.a. Adaptive Surfing.

According to Burt, the championship acts like any other able-bodied, global competition. However, these participants have a physical handicap. Qualification is required through regional competitions.

Six divisions classify surfers on their physical impairments. Championships now accommodate women adaptive surfers.

The event was also noted as the first World Adaptive Championship since ISA gained its landmark recognition from the International Paralympic Committee (IPC). More than 100 challenged athletes from 25 countries showcased their surfing talents. Athletes, sponsors and ISA are working diligently to include a para surfing championship in the Paralympic Games.

“ISA is proud to promote the development of women’s surfing around the globe,” said Fernando Aguerre, ISA president. “Adaptive surfing is a vibrant sport infused with youthful energy and

high-performance qualities. The growth of adaptive surfing is just incredible. Under ISA’s leadership, we’re intent on taking the sport to the 2024 Paralympic Games.”

Vissla also laid claim to its support and excitement.

“Vissla is stoked to support ISA and the adaptive surfing movement,” said Paul Naude, president of Vissla Wetsuits. “The determination, courage, inspiration and fearlessness of these world-class athletes epitomize our principles as a brand and define our value of creative freedom. The future is looking bright for adaptive surfing and we’re excited to be along for the ride.”

—Contact Lucia Viti at luciviti@roadrunner.com.✽

Families Using Smart Tech for Pet Care

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

Make pets comfortable while home alone:

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

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

- One in three pet owners reported they would be more likely to use a pet

sitter if they could monitor their activity through home automation technology.

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

Buy smart technology for pets

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

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

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

Spend a lot on pets:

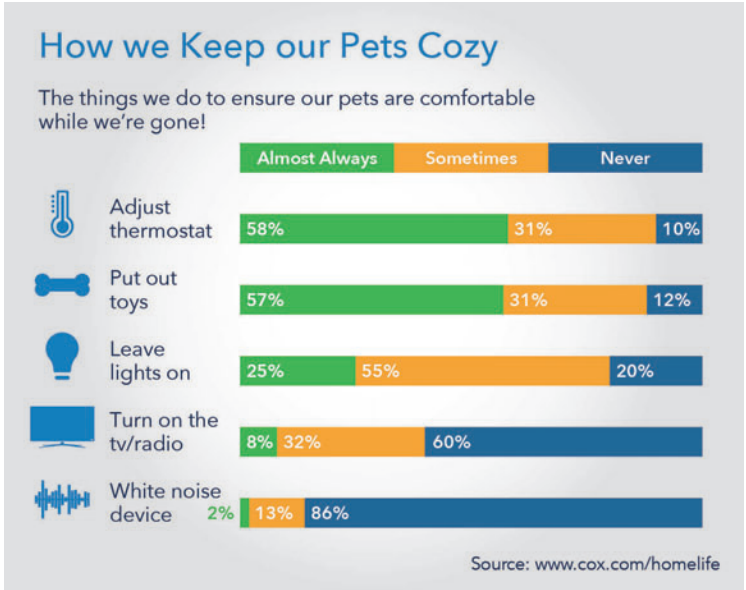
Pet owners spend more money on gifts for their pets than for their friends and work colleagues.

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

It’s evident that pet owners love their pets. And while video monitoring of pets is a perk of having a home monitoring and automation

system, it also provides peace of mind for the entire household. Cox Homelife’s state-of-the-art security and home automation technology can not only safeguard your home and its contents, but also provide warning of potential damage caused by weather events such as the heavy rains and flooding and monitor for flooding, smoke and carbon monoxide, in addition to a host of other customizable features.

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FROM PAGE 1

DANCER

Beret holds the 2017 title as the United States Highland Dancing Champion for ages 14/15. Competing for the coveted title for more than five years, she beat out the top three qualifiers. On a roll, she won the United States Inter-Regional Championship and presently reigns as the Western U.S. Champion in her age group.

“I’m happy to do what I love,” Beret said. “It’s thrilling to combine my adrenaline rush with walking away with big wins. That’s my goal. Winning encourages me to work hard and walk into the next competition with confidence. It’s satisfying to know that I do something that I love that keeps me in very good shape. It’s a thrilling experience for everyone. A lot of hard work but the reward is worth it.”

Additional 2017 titles include the Margo Naismith Memorial Award Winner, City of Edinburgh Medal Winner and Champion in the United States Western Region Closed Championships. Beret received first runner-up status in the United States Western Region Open Premiership, the Sacramento Open Championship and the Phoenix Open Championship.

And Beret danced her way to third runner-up during the Queen Mary Open Championship and the Queen Mary Open Premiership — a truly competitive arena.

Premier Level Highland Dancing rivalries are not for the faint of dancers. Awards achieved are at the highest competitive levels attainable in Scottish Highland dancing. Almost 350 individual dance placings are awarded. Almost 40 elite championships include global competitors. Placing among the top six is described as an “accomplishment and honor, especially at internationally attended championships.” And to no one’s surprise, Beret placed third.

Not only did Beret place third at the Cowal Highland Games World Qualifying Championship in Scotland in August, she received a gold medal for the Sword Dance. As the overall third runner-up in these games, she opened the door for dancing her way through the World Championships the following day.



Beret Dermbach (Courtesy of Dermbach family)

“Scotland was busy,” she continued. “One weekend, we competed on one side of the country on Friday, then Saturday on the other side, only to turn back where we were on Friday on Sunday! We saw the country by taking trains, buses, ferries, taxis and a whole lot of walking! It rained every single day and was colder than San Diego’s winter, which made it extra challenging, as outdoor competitions are held rain or shine.”

The Scottish Highland Gathering and Games, held in Pleasanton, California, served to challenge the dancer’s heat tolerance with temperatures crawling to 112 degrees. Undaunted, Beret described dancing outside in her heavy wool kilt, wool socks and long-sleeved velvet jacket as “interesting.”

In Nashville, Tennessee, Beret was nominated by the British Association of Teachers of Dance (BATD) and won its North American Senior Scholarship based on her performances and her theoretical knowledge.

Beret ended her season with the Seaside Highland Games in Ventura, California, by “sweeping” her age group, noting that the event “was a good wrap-up to a spectacular year.”

“I love travelling,” she said. “I love meeting people. We met so many really incredible people in Scotland, Australia and Canada. Competitions leave little time for socializing because we focus on the competition. But afterwards we always have great fun.”

The year 2016 was as equally impressive. Last July, she placed second runner-up, age 14, in the Canadian Open Championship held at Prince Edward Island, Canada. Recognized as the world’s largest championship, 900 dancers from five continents competed in a myriad of categories. Beret competed among 30 Premier Championship dancers from the U.S., Canada and Scotland. She ranked as the top American dancer in her age bracket.

And yet, the polished pro drips in humility for a track record that includes over 200 individual dance placings scored between the ages of 5 and 9.

In addition, over the past five years, Beret has earned almost \$12,000 in scholarship and prize awards that help to defray expenses associated with competing on a national level. However, at every \$1,000, the “Bear” donates a percentage of her good fortune to a charitable cause.

Balancing work and school, Beret practices every day, twice during her busy season. The sophomore at the San Diego School of Creative and Performing Arts intends to continue Scottish Highland dancing and to eventually study law while “one day, teaching others the art form” that she loves so. Described as “driven even during setbacks,” she loves to give local performances, so one shouldn’t be surprised to her dancing in North Park.

“I do my best during every dance,” Beret concluded. “I’m competitive. I channel my competitions into an art form. A dancing art form that I’m really passionate about.”

—Contact Lucia Viti at lucia-viti@roadrunner.com.

HEALTH & FITNESS

SPECIAL SECTION

APPEARING IN THE FOLLOWING ISSUES:

January 12 Mission Valley News

January 19 Gay San Diego

January 19 Mission Times Courier

January 26 San Diego Uptown News

January 26 La Mesa Courier

February 2 SD Downtown News

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Highland dance explained

Highland dancing was used by Scottish regiments as a form of exercise. Here are the basic Highland dances:

- **The Highland Fling:** A celebration dance performed after battle victories.
- **The Sword Dance:** Historically earmarked to prophesize a warrior’s fate. Danced the night before battle, if the warrior’s feet touched the sword, he’d be wounded. If he kicked the sword, he’d be killed. Performed to the bagpipe’s Ghillie Calum, slow steps precede quick steps. Touching the sword causes a loss of points while displacing the sword marks disqualification.
- **The Seann Truibhas:** The Gaelic meaning of “old trousers.” Trousers are “shaken off” by graceful, ballet-like movements replaced by the joyous quick steps of dancing in a kilt.
- **The Reel:** Several types of ‘group’ dances performed by Highland Dancers.

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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 17

Uptown Crossword

Deep Freeze

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| 58 | | | | | | 59 | | | | | 60 | | | |
| 61 | | | | | | 62 | | | | | 63 | | | |

CREATORS NEWS SERVICE

By Charles Preston

- ACROSS**

 - 1 River's motion
 - 5 Malice
 - 10 Sharpen
 - 14 Horse's gait
 - 15 At this time
 - 16 Went horseback
 - 17 Elliptical
 - 18 Marry secretly
 - 19 Seaweed
 - 20 In confusion and haste
 - 22 Little garden dweller
 - 24 Former *What's My Line?* moderator
 - 25 Length measure
 - 26 Caricature
 - 29 Disgruntled person
 - 33 Unaccompanied
 - 34 Proofreader's mark
 - 35 Compete
 - 36 Alaska city
 - 37 Hoodlums
 - 38 Cozy home
 - 39 Expected
 - 40 Set of rooms
 - 41 European blackbird
 - 42 Exquisitely charming
 - 44 Attorney
 - 45 Very old
- 46 Speaker's platform
 - 47 Carpenter's tool
 - 50 Traitor
 - 54 Desert dweller
 - 55 Having debts
 - 57 Thomas ____ Edison
 - 58 Vend
 - 59 Seeing that: because
 - 60 Crystal gazer
 - 61 ____ and hearty
 - 62 Go in
 - 63 Ripped
- DOWN**

 - 1 Bad play
 - 2 Tender feeling
 - 3 Iridescent gem
 - 4 Accomplished nicely
 - 5 Hard and metallic
 - 6 One who wants a cracker
 - 7 Much admired person
 - 8 Faucet
 - 9 Objects offensive to the sight
 - 10 Phantom
 - 11 Grasp and keep
 - 12 Sharp side of a knife
 - 13 Little saline droplet
 - 21 Constructed
- 23 Bard
 - 25 Copy exactly
 - 26 Bearlike animal
 - 27 Audibly
 - 28 Son of Montague
 - 29 Fry in fat
 - 30 Each
 - 31 Passageway
 - 32 Hinder
 - 34 Young human
 - 37 Flower of the amaryl-lis family
 - 38 Nightly TV event
 - 40 Wise
 - 41 Water pipe
 - 43 Wander widely
 - 44 Bigger
 - 46 Stupid person
 - 47 Meat-vegetable dish
 - 48 Region
 - 49 Shaded walk
 - 50 Color permanently
 - 51 Spread for bread
 - 52 Affirm
 - 53 Mountain lake
 - 56 Take a prize

Puzzle answers on page 17

Classifieds

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BUSINESS SPOTLIGHT

All Saints' Episcopal Church
625 Pennsylvania Ave. 92103
619-298-7729

All Saints' Episcopal Church will be the home of Willan West 2018.

Willan West will be a year-long Southern California celebration of the 50th anniversary of the death of English-Canadian composer Healey Willan. He was one of the most prolific composers of liturgical music since J.S. Bach, and one of the most important organist-composers of the Anglican Church.

Willan West opens its 2018 festival on Saturday, Jan. 27, at 7 p.m. by celebrating three of Willan's compositions, written during one of his most prolific periods as Precentor of St. Mary Magdalene in Toronto. The Mass will be presented as a Votive Mass honoring the early church father, St. John Chrysostom, who is often commemorated on Jan. 27. The Mass will be sung by the Willan Collective under the direction of Ruben Valenzuela.

All Saints' Episcopal, one of the oldest churches in San Diego, was constructed in 1912 according to the designs of William Sterling Hebbard and Carleton Monroe Winslow, two of the most distinguished architects in San Diego's history. The church is a masterpiece of the Mission style and is known for its remarkable collection of stained glass. Worship at All Saints' adheres to the Anglo-Catholic tradition and maintains the rich language and stirring concepts of the Episcopal Book of Common Prayer, accompanied by joyful ceremony and a magnificent choir.

For the Willan West 2018 schedule of events, visit willan-west.org or Willan West or All Saints' Episcopal Church on Facebook.

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Resume to David Mannis
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PUZZLE ANSWERS

Sudoku

Puzzle from page 16

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 5 | 6 | 9 | 8 | 1 | 8 | 7 | 4 | 7 |
| 7 | 8 | 1 | 7 | 4 | 9 | 6 | 8 | 5 |
| 7 | 8 | 4 | 5 | 7 | 6 | 8 | 1 | 9 |
| 9 | 4 | 8 | 1 | 8 | 7 | 5 | 6 | 7 |
| 8 | 7 | 7 | 6 | 5 | 8 | 1 | 9 | 4 |
| 1 | 5 | 6 | 9 | 7 | 4 | 7 | 8 | 8 |
| 8 | 7 | 8 | 7 | 9 | 1 | 4 | 5 | 6 |
| 6 | 1 | 5 | 4 | 8 | 7 | 9 | 7 | 8 |
| 4 | 9 | 7 | 8 | 6 | 5 | 8 | 7 | 1 |

Deep Freeze

Crossword from page 16

| | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| N | U | O | I | U | E | I | N | E | E | T | A | H |
| B | E | S | E | C | O | N | I | S | T | I | E | S |
| A | V | A | T | O | N | I | M | O | B | A | V | A |
| I | V | O | C | O | N | B | N | I | B | E | W | A |
| S | I | V | O | D | O | E | O | V | | | | |
| E | T | A | M | A | T | E | T | R | A | V | O | |
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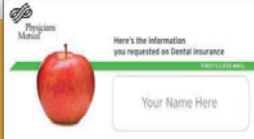
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UPTOWN CALENDAR

FRIDAY

Jan. 12

'Game Masters: The Exhibition'

See the works of over 30 video game designers and play video games both old and new. \$17-\$20. Through Jan. 15. Fleet Science Center, 1875 El Prado, Balboa Park. bit.ly/2sYkb5q.



'Pushing Figurative Painting Forward'

Works by emerging artists Margaret Chiaro, David Jester and Mikaela McLeish. Through Jan. 28. The Studio Door, 3750 30th St., North Park. TheStudioDoor.com or 619-255-4920.

'Strung-Together'

A collection of doily-inspired art, including by guest artist Chris Michael of Alpine. Through Jan. 27. Sophie's Kensington Gallery, 4168 Adams Ave. stmssc.org.

'Arts of South and Southeast Asia'

This exhibition displays images of Hindu deities. Through Jan. 31, 2019. San Diego Museum of Art, 1450 El Prado, Balboa Park. bit.ly/2sXMD1b.

'Brenda Biondo: Play'

Exhibit features 25 photographs from Brenda Biondo's series "Playground" and "Paper Skies." Through March 11. San Diego Museum of Art, 1450 El Prado, Balboa Park. bit.ly/2sYluiA.

'Aircraft Carrier: Guardian of the Seas'

Giant-screen premiere, IMAX theater, Fleet Science Center, Balboa Park. Rhfleet.org.



'Into' by Dean Ramos

Wood sculptures and abstract artwork, Art Produce, 3139 University Ave., North Park. Through March 3. 619-584-4448 or artproduce.org.

Memory Café

10-11:30 a.m., a gathering place for those with memory loss, caretakers and those worried about memory problems. First Unitarian Universalist Church of San Diego, 4190 Front St., Hillcrest. Donations appreciated. bit.ly/2vMSsZV.

'Legacy in Black'

10 a.m.-5 p.m. daily, works by local African-American artists Manuelita Brown, Ernest Eugene Barnes Jr., Jean Cornwell Wheat, Albert Fennell, Kadir Nelson, Faith Ringgold, Charles Rucker and Rossie Wade exhibited through April 15 at San Diego History Center, 1649 El Prado, Balboa Park. 619-232-6203 or sandieghistory.org.

Powers New Voices Festival

7:30 p.m., a free weekend of new American play readings.

Through Jan. 12 at The Old Globe Theatre, Balboa Park. TheOldGlobe.org.

'Magic Tree House: Pirates Past Noon Kids'

8 p.m. Fridays, San Diego Junior Theatre, Casa del Prado in Balboa Park. Also at 2 p.m. Saturdays and Sundays, through Jan. 21. 619-239-8355 or juniorthatre.com.

Glass Spells

8:30 p.m., with Of Ennui and Ethics. Space, 3519 El Cajon Blvd. 21 and older. \$5. ticketfly.com.

SATURDAY

Jan. 13

Old Town Saturday Market

9 a.m.-4:30 p.m., Harney Street and San Diego Avenue, Old Town. Also held on Sundays. Oldtownsaturdaymarket.com.

Golden Hill Farmers Market

9:30 a.m.-1:30 p.m., B Street between 27th and 28th streets, Golden Hill. Sdmarketmanager.com.

Story Time for Kids!

11 a.m., The Book Catapult, 3010-B Juniper St., South Park. Free. TheBookCatapult.com.

Kirtan in the Park

Noon, four hours of kirtan (non-sectarian group meditation) in the heart of Balboa Park. Meet at 1549 El Prado.

Human Trafficking Awareness Rally

1 p.m., Junior League of San Diego and community members rally to spotlight local problems involving human trafficking. Gather at Sixth Avenue and Laurel Street on the West Mesa of Balboa Park. Free. Register at bit.ly/2klpAjT. Social media tag is #jlsdforchange.



Martin Luther King Jr.

Weekend of Commemoration 2 p.m., showing of R-rated movie, "Get Out," followed by a discussion, Kensington United Church of Christ, 4773 Marlborough Drive. Free. 619-284-1129 or info@kensingtonucc.com.

Ray at Night

6-10 p.m., free monthly art walk with entertainment on Ray Street in North Park. bit.ly/2qpDcyY.

Comedy Heights

8-10 p.m., local comedians perform, Twigg's Coffeehouse, 4590 Park Blvd., University Heights. Free. Comedyheights.com.

The Generators

8:30 p.m., with Rat City, Dead on the Wire. Soda Bar, 3615 El Cajon Blvd. \$10. 21 and older. ticketfly.com.



K.Flav

8:30 p.m., Observatory North Park, 2981 University Ave. All ages. \$18 and up. Ticketweb.com.

SUNDAY

Jan. 14

Hillcrest Farmers Market

9 a.m.-2 p.m., Normal Street between University Avenue and Lincoln Street. Hillcrestfarmersmarket.com.



Opening reception

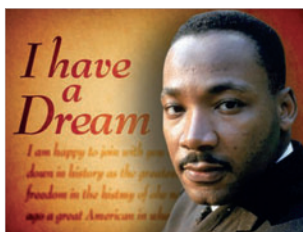
2-4 p.m., opening reception for "San Diego and Beyond," the inaugural exhibit of the San Diego Posse artist group. Inspirations Gallery, Arts District at Liberty Station, 2760 Historic Decatur Road, Barracks 16, Suite 202. Runs through March 27. 619-255-9483.

Pkew Pkew Pkew

8:30 p.m., with Daydream. Soda Bar, 3615 El Cajon Blvd. \$10. 21 and older. ticketfly.com.

MONDAY

Jan. 15



The MLK Jr. Day of Interfaith Community Service

8:15 a.m. registration, 9:15 a.m. ceremony, music and lunch at 11:30 a.m. at west end of Balboa Park, Quince Street at Balboa Drive. Come prepared to work. Children younger than 16 must be accompanied by an adult. Free. FUMCSD.org.

Family Day at The Nat

11 a.m.-3 p.m., "Whale of a Time" Family Day, The Nat, 1788 El Prado, Balboa Park. Free with paid admission. Sd-nat.org.

Bankers Hill Community Group

6:30-8 p.m., San Diego Indoor Sports Club, 3030 Front St., Bankers Hill. Bankershillcommunity.org.

North Park Toastmasters

6:30-8 p.m., St. Luke's Episcopal Church, 3725 30th St., North Park. 619-694-9148. bit.ly/2vMOGje.

Open Mic Night

6:30 p.m., Lestat's Coffee House, 3343 Adams Ave., Normal Heights. Free. bit.ly/2vMqHR9.

TUESDAY

Jan. 16



Susan Mae Hull exhibit

Through Jan. 31, Gallery 23, Spanish Village in Balboa Park. Hull, creator of Ladybug Art Studio, will show pastel and watercolor landscapes focusing on views of national parks and local landmarks. Artist reception 3 p.m. Jan. 20. 619-563-0082.

Open house

4-6 p.m., check out the new coworking space, Collective Impact Center, at Christ United Methodist Ministry Center complex, 3295 Meade Ave. in Normal Heights. collectiveimpactcenter.com or 619-717-2912.

North Park Planning Committee

6:30 p.m., North Park Christian Fellowship, 2901 North Park Way.

Alternative bands

8 p.m., The Kathryn Cloward Band, Cherry Moon and Danni Ammon. The Merrow, 1271 University Ave., Hillcrest. 21 and older. \$5. Ticketweb.com or 619-299-7372.

Naivete

8:30 p.m., with Battery Point, O/X, and Heir Gloom. Soda Bar, 3615 El Cajon Blvd. Free. 21 and older. ticketfly.com.

WEDNESDAY

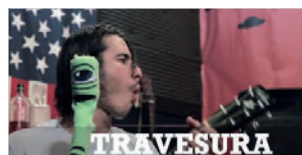
Jan. 17

Mission Hills Business Improvement District

3:30 p.m. Visit missionhills-BID.com for meeting location.

Wednesday Night Experience

7-8 p.m., uplifting and spiritually inspiring experiences for all, Universal Spirit Center, 3858 Front St., Hillcrest. \$20 donation requested. bit.ly/2vMK5xl.



Travesura

Featuring Leo Romero 8:30 p.m., with Jimmy Ruelas,

Kids in Heat. Soda Bar, 3615 El Cajon Blvd. \$7. 21 and older. ticketfly.com.

THURSDAY

Jan. 18

Uptown Sunrise Rotary Club

7 a.m., Panera Bread, 1270 Cleveland Ave., Hillcrest. bit.ly/2pezpnR.

North Park Thursday Market

3-7:30 p.m., North Park Way between 30th Street and Granada Avenue. Northparkfarmersmarket.com.

New Alchemy Poetry Series

3-7:30 p.m., open mic night at Lestat's, 3343 Adams Ave., Normal Heights. louie@les-tats.com or 619-818-8013.

Liberty Toastmasters Club

7 p.m., St. Paul's Community Care Center, 328 Maple St., Bankers Hill. bit.ly/2vN6A5t.

Courage to Change Al-Anon meeting

7:15-8:15 p.m., for friends and relatives of alcoholics, Christ United Presbyterian Church chapel, 3025 Fir St., South Park.

Italian Film Series

7:30 p.m., Museum of Photographic Arts, 1649 El Prado, Balboa Park. Sandiegaitalianfilmfestival.com.



Rayvon Owen

8 p.m., Martinis Above Fourth Table + Stage, 3940 Fourth Ave., second floor, Hillcrest. Tickets at ma4sd.com.

Big Boi

8 p.m., with The Cool Kids. Observatory North Park, 2981 University Ave. 18 and older. \$20. Ticketweb.com.

Cold Showers

8 p.m., with Second Still and Vitoriana. Space, 3519 El Cajon Blvd. 21 and older. \$8-\$10. ticketfly.com.

Fossil Youth

8:30 p.m., with Born Without Bones. Soda Bar, 3615 El Cajon Blvd. \$10. 21 and older. ticketfly.com.

Kirtan Musical Meditation

8:30 p.m., chant and sing ancient and contemporary mantras celebrating love and life, Pilgrimage of the Heart Yoga, 3301 Adams Ave., Normal Heights. Free - donations welcome. Pilgrimageyoga.com.

Rock bands

8 p.m., Color Til Monday and Justin Linn (of The New Addiction). The Merrow, 1271 University Ave., Hillcrest. 21 and older. \$5. Ticketweb.com or 619-299-7372.

Cold Showers

8 p.m., with Second Still and Vitoriana. Space, 3519 El Cajon Blvd. 21 and older. \$8-\$10. ticketfly.com.

FRIDAY

Jan. 19

Memory Café

10-11:30 a.m., a gathering place for those with memory loss, caretakers and those worried about memory problems. First Unitarian Universalist Church of San Diego, 4190 Front St., Hillcrest. Donations appreciated. bit.ly/2vMSsZV.

Concert

8 p.m., saying farewell to The Fighting Able with guests Sam Hell, The Peripherals and Dirty Pennies. The Merrow, 1271 University Ave., Hillcrest. 21 and older. \$5. Ticketweb.com or 619-299-7372.

Eukaryot

8:30 p.m., with Boostive and Monarch. Soda Bar, 3615 El Cajon Blvd. \$8. 21 and older. ticketfly.com.

The White Buffalo

8:30 p.m., Observatory North Park, 2981 University Ave. All ages. \$20. Ticketweb.com.

SATURDAY

Jan. 14

Old Town Saturday Market

9 a.m.-4:30 p.m., Harney Street and San Diego Avenue, Old Town. Also held on Sundays. Oldtownsaturdaymarket.com.

Golden Hill Farmers Market

9:30 a.m.-1:30 p.m., B Street between 27th and 28th streets, Golden Hill. Sdmarketmanager.com.

Book sale

9:30 a.m.-noon, Friends of the Library book sale, Mission Hills Library, 925 W. Washington St. 619-692-4910.



Women's March

10 a.m. meetup at Waterfront Park, Downtown. This year's theme is "make all votes count" as organizers bring attention to the 2018 midterm elections on Nov. 6. The first Women's March last year attracted 100,000 women, men and children. Womensmarchsd.org.

Story Time for Kids!

11 a.m., The Book Catapult, 3010-B Juniper St., South Park. Free. TheBookCatapult.com.



'The Language of Things'

7-9 p.m., opening reception for Roberto Romero-Molina multimedia installation, San Diego Art Institute, Balboa Park. Through March 17. SanDiego-art.org.

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CALENDAR

Comedy Heights
8–10 p.m., local comedians perform, Twiggs Coffeehouse, 4590 Park Blvd., University Heights. Free. Comedyheights.com.

Pulley
8:30 p.m., with Versus the World, GOMO, Skipjack. Soda Bar, 3615 El Cajon Blvd. \$15. 21 and older. ticketfly.com.



Restaurant Week
Through Jan. 28. More than 180 participating restaurants will offer three-course prix-fixe dinner menus for \$20, \$30, \$40 or \$50 per person as well as two-course prix-fixe lunch menus for \$10, \$15 or \$20 per person. SanDiegoRestaurantWeek.com.

Hillcrest Farmers Market
9 a.m.–2 p.m., Normal Street between University and Lincoln avenues. Hillcrestfarmersmarket.com.

Judas Priestess
8 p.m., with Tzimani. Soda Bar, 3615 El Cajon Blvd. \$15. 21 and older. ticketfly.com.

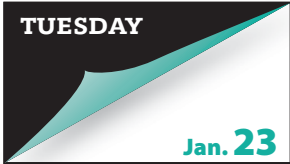


Hillcrest Business Association Beautification Committee
3 p.m., 3737 Fifth Ave., Suite 202, Hillcrest.


North Park Toastmasters
6:30–8 p.m., St. Luke’s Episcopal Church, 3725 30th St., North Park. 619-694-9148. bit.ly/2vM0Gje.

Open Mic Night
6:30 p.m., Lestat’s Coffee House, 3343 Adams Ave., Normal Heights. Free. bit.ly/2vMqHR9.

Willy Tea Taylor
8:30 p.m., with Tommy Alexander, Taylor Kingman. Soda Bar, 3615 El Cajon Blvd. \$8-\$10. 21 and older. ticketfly.com.



Talmadge
Maintenance Assessment District 6:30 p.m., Copley-Price YMCA, 4300 El Cajon Blvd.



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‘Aging & the Brain’
6:30 p.m., Jiwan Kohli and Feifei Gao of the SDSU Brain Development Imaging Labs will present a workshop on what happens to your brain as you age. Mission Hills Library, 925 W. Washington St. 619-692-4910.

Uptown Democratic Club
7–9 p.m., monthly meeting at Joyce Beers Community Center, 3900 Vermont St., Hillcrest. bit.ly/2tL2tTw.

Wolf Parade
8 p.m., with Charly Bliss. Observatory North Park, 2981 University Ave. All ages. \$28. Ticketweb.com.

Concert
8 p.m., Mess of Fun, The Shifty-Eyes Dogs, Retra and Shane Hall Trio. The Merrow, 1271 University Ave., Hillcrest. 21 and older. \$5. Ticketweb.com or 619-299-7372.

The Toasters
8:30 p.m., with Half Past Two. Soda Bar, 3615 El Cajon Blvd. \$12. 21 and older. ticketfly.com.



Meet the author
5 p.m., Mission Hills Mystery Book Club discussion with author Ona Russell about her novel “The Rule of Capture,” a historical mystery involving the oil industry in 1920s Los Angeles. Free. Mission Hills Library, 925 W. Washington St. 619-692-4910.


North Park Community Association
6 p.m., Lafayette Hotel, 2223 El Cajon Blvd., North Park.

Wednesday Night Experience
7–8 p.m., uplifting and spiritually inspiring experiences for all, Universal Spirit Center, 3858 Front St., Hillcrest. \$20 donation requested. bit.ly/2vMK5xl.

Craft & Canvas
7 p.m.–midnight, Thumbprint Gallery presents “Craft & Canvas Art,” Heights Tavern, 3377 Adams Ave., University Heights. Paint and drink craft beer. 21 and older. HeightsTavern.or ThumbprintGallerySD.com.

Spirit Award
8:30 p.m., with Wild Wild Wets, Jason Simon. Soda Bar, 3615 El Cajon Blvd. \$8. 21 and older. ticketfly.com.





MICHAEL KIMMEL
Psychotherapist
Author of “Life Beyond Therapy”
in Gay San Diego
5100 Marlborough Drive
San Diego CA 92116
(619)955-3311
www.LifeBeyondTherapy.com

Black Heart Saints
9 p.m., with Three Chamber Heart, Kodasounds. The Merrow, 1271 University Ave., Hillcrest. 21 and older. \$5. Ticketweb.com or 619-299-7372.



Uptown Sunrise Rotary Club
7 a.m., Panera Bread, 1270 Cleveland Ave., Hillcrest. bit.ly/2pezpnR.

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

High Tech Fair
5–8 p.m., for grades 7-12, Balboa Park Activity Center, 2145 Park Blvd. Also 8 a.m.–2 p.m. Jan. 26. Free. rhfleet.org.

Culture & Cocktails: Modern Masters
6–10 p.m., Enjoy cocktails, live music, dance performances, savory eats and treats, art-making activities, and more. Themed with “Modern Masters from Latin America: The Perez Simon Collection” and “Frida and Me” interactive exhibition. Pre-sale e-tickets: \$5 members, \$25 non-members. At the door: \$10 or \$35. Bit.ly/2BXjlrk.

‘Cardboard Piano’
7 p.m., a play by Hansol Jung, Diversionary Theatre, 4545 Park Blvd., Suite 101, University Heights. Opening night is Feb. 3. Through Feb. 25. \$15-\$50. 619-220-0097 or diversionary.org.

Liberty Toastmasters Club
7 p.m., St. Paul’s Community Care Center, 328 Maple St., Bankers Hill. bit.ly/2vN6A5t.

Courage to Change Al-Anon meetings
7:15–8:15 p.m., for friends and relatives of alcoholics, Christ United

Presbyterian Church chapel, 3025 Fir St., South Park.

Bria and Chrissy Live!
8 p.m., Martinis Above Fourth Table + Stage, 3940 Fourth Ave., second floor, Hillcrest. Tickets at ma4sd.com.

Grace Mitchell
8:30 p.m., with Hawai. Soda Bar, 3615 El Cajon Blvd. \$12. 21 and older. ticketfly.com.

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

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

—Compiled by Ken Williams.
Email calendar items to ken@sdcdn.com.❖

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| Billiards | Fast Food | Outdoor Dining |
| Breakfast | Fine Dining | Pet Friendly Dining |
| Brunch | French Cuisine | Pho/Noodle House |
| Buffet | Greek Cuisine | Poke |
| Burger | Golf Course | Pizza |
| Burrito | Happy Hour | Romantic Dining |
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| Casino | Hot Wings | Salad |
| Casino Buffet | Indian Cuisine | Sandwich |
| Casual Dining | Irish Pub | Seafood |
| Catering | Italian Cuisine | Spanish Cuisine |
| Chinese Cuisine | Japanese Cuisine | Sports Bar |
| Cocktail | Jazz Bar | Steakhouse |
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