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A diner for modern times



Mini Park design takes shape

see Mini Park, pg 13

The resistance, then and now

Local filmmaker sees parallels between America's first famous socialist and Bernie Sanders

Eugene Victor Debs

Author of 12 books, Strom has also composed for film, television, theater, radio and symphony orchestras.

see Profile, pg 12

At Miami, my journalism teacher and student newspaper adviser was also the city editor at The Journal-News, a daily newspaper in Hamilton, Ohio. Jim Blount became an important mentor and hired me as a sports writer at The Journal-News while I was still in college. My sports editor was Bill Moeller, a local legend in his own right who had once interviewed Babe Ruth.

see Farewell, pg 4

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Iconic water tower to undergo retrofit

Ken Williams | Editor

This spring, the historic University Heights Water Tower — commonly called the North Park Water Tower — will undergo a major project costing \$2.163 million to upgrade structural deficiencies in case of an earthquake or windstorm.

Built in 1924, the water tower has been a visual landmark for generations of residents living in North Park and University Heights.

Maryam Kargar, the city’s project manager for this particular endeavor, briefed the community at the Jan. 16 meeting of the North Park Planning Committee. She said it would be “a five-month project.”

The project design was completed earlier in January, and the work is expected to begin within a few months. Construction, which will take place only during daytime hours, is scheduled to be finished by the fall.

The design team included Rick Kennedy of Infrastructure Engineering Corp. and Subash Patel of Beyaz & Patel.

Located at the intersection of Howard Avenue and Idaho Street, the water tower can be seen for miles and once contained 1.2 million gallons of water until it ceased operations in the 1990s. In

its heyday, the water tower supplied water at adequate pressure for the growing communities of University Heights and North Park.

On Nov. 5, 2015, the American Society of Civil Engineers proclaimed the water tower as a Local Historic Civil Engineering Landmark. The water tower also is on the National Register of Historic Places under Criterion C in the area of civil engineering.

Time, however, has taken its toll of the physical structure that keeps the water tower in place: 12 steel girders that hold up the riveted steel tank. The seismic retrofit project calls for:

- Replacement (in-kind) of the existing corroded tie-rod, bracing and gusset plates, corroded washers and anchor bolts.

- Extension of column footing foundation.

- Lead coating abatement and repainting the lower portions of the structures to match the weathered appearance and color of the existing tower.

Kargar said the project has been reviewed and approved by the city’s historical staff to make sure that the historical integrity of the water tower will not be impacted by the construction work.

Katherine and Steve Hon, of the North Park Historical Society, said the project



The historic University Heights Water Tower, also known as the North Park Water Tower, will be getting an upgrade on the structures that hold up the water tank. (Photos by Connor McBride)

also met with their approval. Katherine Hon said the historical society did not ask for the water tank itself to be repainted.

“We want to keep that patina,” she said.

Kargar said no work will be done to the water tank, the catwalk or the ladders. However, some audience members asked that the gang graffiti be removed from the water tank.

Fencing surrounding the water tower will be made higher, Kargar said, in an effort to discourage trespassing.

One woman in the audience, learning that the water tank was not usable, sounded displeased: “So it’s \$2 million to make it look pretty?”

In other news

North Park Planning Committee (NPPC) took the following action:

- Unanimously approved the consent agenda granting two Process 2 neighborhood development permits. One was for 2135 Felton St., allowing construction of a one-story, single-family home on a vacant lot south of Ivy Street and north of Hawthorn Street. The other was for T-Mobile

to continue using an existing wireless communications facility at 2828 University Ave. at Utah Street. NPPC had held up the application until getting assurances that T-Mobile would add a decorative element facing Utah Street that complements the Palisades sign on University Avenue that marks the former site of a roller skating rink.

- Voted 13-1 to amend the NPPC Bylaws to make the North Park Maintenance Assessment District (NPMAD) a subcommittee of the advisory planning group. The amendments were cleared by the City Attorney’s Office to make sure city policy was being followed and how to resolve any differences between NPMAD and NPPC.

- Announced that NPPC board elections will be held March 20 and reminded residents of North Park and eastern University Heights — which is part of the NPPC boundaries — that they had to attend at least one meeting in the past year and sign in before they were qualified to run for one of the seven seats that will be contested. Board chair René A. Vidales said he was

unsure how many incumbents will stand for re-election.

- Learned that several homeowners are appealing the November 2017 decision by the city’s Historic Resources Board to designate Valle Vista Terrace a historic district. Valle Vista Terrace is north of Adams Avenue and west of Texas Street, along Panorama Drive and Cliff Street, on the east side of University Heights. Many of the houses in Valle Vista Terrace overlook Mission Valley. The subdivision has 86 houses on 89 parcels, including 10 that are already deemed historically designated sites and 61 contributing buildings that were constructed between 1908 and 1942. NPPC board member Dionné Carlson urged residents to attend the meeting, tentatively scheduled at 2 p.m. Feb. 6, to support historical preservation efforts. Vidales said city staff is recommending that the City Council reject the appeal.

—Ken Williams
is editor of Uptown News.
Follow him on Twitter at @KenSanDiego, Instagram at @KenSD or Facebook at KenWilliamsSanDiego.❖



Graffiti mars the historic water tower.

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FROM PAGE 1

FAREWELL

Starting out

Early on, I covered high school, college and professional sports. I witnessed baseball greatness in the Big Red Machine — the powerhouse Cincinnati Reds of the 1970s — and interviewed future Hall of Fame manager Sparky Anderson and superstars Pete Rose, Johnny Bench, Joe Morgan, Tony Perez, Dave Concepción, George Foster and Ken Griffey Jr. It was a heady time for a young sportswriter.

Next, I tried my hand at covering local news. I really didn't like covering homicides or traffic fatalities, and the sight of seeing a dead body at a car accident made me sick to my stomach. But there were rewards, too. My first-ever

investigative series, examining the crumbling railroad infrastructure in southwestern Ohio, would earn statewide honors from The Associated Press (AP).

I would leap at the chance to become the newspaper's Arts & Leisure Editor, which allowed me to review movies, television, theater, concerts and restaurants, as well as interview hundreds of celebrities. Imagine being able to write feature stories on your childhood idols like Captain Kangaroo (Bob Keeshan); the "king of the cowboys" Roy Rogers; or the "queen of the movies" Myrna Loy, who was the perfect foil to William Powell as they played Nick and Nora Charles in the "Thin Man" detective series.

Jane Fonda once told me to look her up if I ever wanted to break into screenwriting. Long before he became a pariah, Woody Allen sent me a

handwritten note, thanking me for my review of "Annie." Pat Paulsen, so funny on "The Smothers Brothers Comedy Hour" on CBS, had me laughing non-stop during a dinner interview. Tim Conway and Harvey Korman from "The Carol Burnett Show" were such a hoot in person. I could go on and on.

I would get to travel extensively as a movie critic, including to Hawaii, Los Angeles, San Francisco, Chicago, Miami, New York and London — to me, exotic places so unlike where I grew up.

Who can forget the 1977 movie premiere in the Big Apple for Martin Scorsese's "New York, New York," starring Liza Minnelli and Robert DeNiro? We were treated to a boat trip around Manhattan — at night — with all the skyscrapers ablaze in lights! Liza signed photos from our press kits, and my autographed copy sits proudly on a bookshelf in my living room.

Another unforgettable experience was a trip to London for the grand opening of the James Bond movie, "The Spy Who Loved Me," starring Roger Moore, Barbara Bach and Curt Jurgens. Princess Anne attended the much-ballyhooed royal premiere at the Odeon Leicester Square on July 7, 1977. This was a big deal. I even had to buy my first tuxedo! Movie critics from the United States were "taught" how to greet Princess Anne in the receiving line, and we were told that Americans do not bow to British royalty and that we should only shake her hand if offered.

Following my peers in the receiving line, it was my time to approach the Princess, who was dressed in a shapeless evening gown with puffy sleeves. My name and newspaper were announced. She nodded at me, and offered her hand, which was covered in long white gloves that extended inside those big sleeves. It was over



1977: Princess Anne greets "The Spy Who Loved Me" actor Richard Kiel at the royal premiere in London.



1980: I (left) get direction from Jerry Lewis (center) on how to play a scene in the movie "Hardly Working."

just like that, but the moment is forever burned into my memory.

Months later, I interviewed American "royalty." I landed an exclusive interview with boxing legend Muhammad Ali and it got picked up by the AP and was reprinted in newspapers around the world. For a 25-year-old journalist, it was an exciting time that showed me the broad reach of the press.

The Florida years

My career then took me to South Florida to the Hollywood Sun-Tattler, where I daringly decided to be out in the newsroom — something practically unheard of in the late 1970s. I would hit the so-called "gay glass ceiling" a few times, but amazingly found acceptance in almost every corner of the country where I would work.

I was hired as a film and theater critic and wrote a weekly column about the burgeoning nightlife scene from Miami to Fort Lauderdale to Palm Beach. This was during the height of the disco era, and I had a front row seat for KC and the Sunshine Band, the Bee Gees, Celi Bee, Sister Sledge, Barry White, Donna Summer, Sylvester, the Pointer Sisters and the like. It was a lot of fun reviewing concerts by the greats of the 1980s, including Frank Sinatra, Cher, Diana Ross, Liza Minnelli, Barry Manilow, Elton John, Melissa Manchester and Carole King.

During an interview with Eartha Kitt, the sultry singer burst into tears when I asked her about how her anti-war beliefs infuriated President Lyndon B. Johnson, got her investigated by the FBI and the CIA, and landed her on President Richard Nixon's "enemies list." As a result, she exiled herself to Europe for many

years. My article would win an award from Scripps Howard.

One night, I judged a talent contest at a local nightclub called Hemingway's. The winner that evening was a little-known local band called the Miami Sound Machine, starring Gloria Estefan. They would end up becoming world famous.

It was in South Florida where I discovered young talent acting in college plays, including a pair of young Cuban-American actors: Andy Garcia and Steven Bauer. Both actors are still making movies and starring in TV series.

A teenager from Miramar, Florida, kept calling me, touting his garage band called The Kids. Every once in a while, I'd drop a note about the band in my nightlife column and one day in 1983, band frontman Johnny Depp phoned me to tell me that he and his band were heading to the other Hollywood to make it big in rock 'n' roll. The band bombed, but Depp had the good fortune to meet Nicholas Cage at a bar and get important introductions to people in the entertainment industry. Depp would land a few roles as a movie extra, then was cast in Wes Craven's 1984 hit horror movie, "Nightmare on Elm Street," and he became an "overnight sensation."

The next year I was in Hollywood, California, to conduct a series of celebrity interviews. Andy Garcia met me for lunch. Steven Bauer chatted with me on the phone. And Johnny Depp stood me up, failing to show up for our interview at the famous Chateau Marmont Hotel on Sunset Boulevard. I would later get my "revenge" when a well-known teen magazine called me for

see Farewell, pg 5



1983: (I to r) comedian Buddy Hackett and myself in Hollywood, California after a laugh-filled lunch

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1970s: I strained to catch every word of Richard Pryor in Chicago. Not only was he a funny man, but he had a brilliant mind and a fascinating worldview.

FROM PAGE 4
FAREWELL

“background information” on Depp, and I shared some juicy details about his troubled youth that he probably wishes went unknown.

I’ll never forget Jan. 28, 1986. Local film critics, including myself, were sequestered away in a movie theater previewing the movies coming to the next Miami International Film Festival. We had just seen a movie from China and were given a break for lunch. We walked into the lobby to order food and were shocked to see on TV that the space shuttle Challenger had exploded off the coast of Florida, just 200 miles

away. We were probably the last people on Earth to learn of the terrible tragedy.

Also in South Florida, I uncovered a movie and recording scam by a charismatic flimflam artist who had conned dozens of elderly people out of more than a million dollars. The newspaper took me off my regular beat for six weeks so I could interview dozens of victims around the United States and grill investigators who were pursuing the crook, who authorities described as a mobster. I was told to look under my car before turning on the ignition, just in case there was a bomb planted underneath. Police drove past my home on a regular basis to make sure nothing was amiss. I doggedly chased the story and wrote a

damning six-part investigative series that would lead to the mobster’s arrest, conviction and imprisonment. That series would be nominated for national awards.

Things got tense in the newsroom when we discovered that the executive editor — who was paranoid, hiding dark secrets and openly cheating on his wife and family — was illegally eavesdropping on reporters and editors. One day, a paddy wagon showed up and several men in white jackets forcibly removed him from office. His life spiraling out of control, he would later kill himself.

My co-workers and myself would eventually endure terrible agony when our newspaper was suddenly sold by Scripps Howard; on “Black Friday” the new management began laying off two-thirds of the staff. I was one of the last employees to be informed of their fate: I was unexpectedly promoted to second-in-command of the newsroom. I was stunned: The new owners remembered me from my work at the Journal-News. But after three years of working with a reduced staff and diminishing resources, the paper folded on Christmas Eve 1991. I was turning 40 a few days later, and became unemployed for the first time in my career.

Off to Pennsylvania

I rented a beachfront condo in Flagler Beach, Florida, and took six months off before finding my next job. I landed in Pennsylvania as a night city editor at the Times-Leader in Wilkes-Barre. It was an old,

historic city full of deep-seeded hate and resentment. We weren’t a good fit. As the supervisor at night, I reported an uncomfortable situation where I heard several members of the sports department making anti-gay jokes as well as comments demeaning to women. The human resources department at ABC/Cap Cities, our corporate owner, sent in a team and required every employee to undergo sensitivity training. Staffers were not too happy with the guy who forced them to confront their own biases.

Later, one of the young women under my charge confided in me that she was being sexually harassed and stalked by her much older supervisor, who was married with children. I reported that, too. Instead of seeing him disciplined, he was promoted ahead of me on the food chain and became my supervisor. Outraged, I demanded a transfer to another newspaper, and that’s how I landed in Texas working at the Fort Worth Star-Telegram. The victim also decided to leave the newspaper and the state, and the accused supervisor would later land a job at The New York Times.

The years in Texas

The Lone Star State was a shock to my system. A “Yankee” like me was viewed with utmost suspicion. But I learned to fit in, talk like a Texan, and wear cowboy boots, jeans and flannel shirts. I would become fond of the Dallas-Fort Worth area — except for the frequent tornados, including the 2000 Fort Worth tornado that jumped over our



(l to r) Ken Williams, Joan Rivers and James Rheaume. Joan was always funny, off stage and on.

office building and slammed into the high-rise across the street; the fist-sized hail that destroyed my car and killed a man attending an outdoor festival; and the extreme heat that arrived every summer.

At the newspaper, I worked as an assistant metro editor in charge of 10 reporters, and I learned so much from two incredible supervising editors, Joan Krauter and Lois Norder. We all did a herculean effort covering the Oklahoma City bombing on April 19, 1995.

A motorcycle accident laid me up for six months with a horribly broken leg. After a grueling rehabilitation, I ended up working on the copy desk where I would win awards for writing great headlines. I even won “headline of the year,” which included an awards sculpture of the newspaper’s legendary publisher, Amon Carter, holding out his trademark cowboy hat.

see Farewell, pg 14



1980s: Pop singer Melissa Manchester was such a regular performer in Hollywood, Florida that we always chatted like old friends.

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GUEST EDITORIAL

Will 2018 be the year of the woman?

By Rep. Susan A. Davis

Women have been fighting for their rights throughout this nation's history. As a woman who has been active in women's empowerment as a leader with the League of Women Voters in the 1970s, I'm moved to see that women are more motivated and inspired than they have been in many years. We are not going anywhere — we are only stronger now. We are fighting back against pervasive harassment and repression, we are winning elections, and we are demanding respect.

What an inspiration it was to take part in the first Women's March in Washington, D.C. The crowd was so large they had to reroute the march! Following similar events throughout the country, women were becoming more active in politics. Just from the events I hosted in my congressional district, I saw the impact.

I held two town halls at the beginning of last year. In past years, maybe 50 constituents attended. But for these town hall meetings, it was very different. The rooms filled to capacity in a matter of hours and the vast majority of the attendees were women, around 80 percent. More women are showing up to demand action on climate change, social justice and voting rights. And as always, women of color are at the forefront of these issues.

A Pew survey recently reported that 58 percent of women are paying closer



attention to politics since the 2016 election. That is compared to 46 percent of men.

We are hearing stories of women attending a Women's March and being inspired to run for office, which is good because women make up only 19 percent of Congress right now.

Not only are more women running for office, but they are winning.

Women led the blue wave that swept over Virginia in November. Of the 14 Virginia House seats that were flipped, 11 of the winners were women.

This trend of women being more engaged comes with the current #MeToo movement. Women are coming forward in record numbers — across a spectrum of industries — to confront sexual harassment and sexual assault.

In Congress, five members have resigned or won't run for re-election after claims of sexual misconduct.

This has prompted taking a closer look at how Congress handles accusations of sexual harassment.

Our current system is designed to protect the member of Congress at the expense of the victims.

Congress is rightly working to change the process to include more transparency and more protections for victims. I am a co-sponsor of bipartisan legislation to revamp the process so it is more victim-friendly yet strictly maintains due process.

The most significant aspect of these reforms is that taxpayers will no longer foot the bill for compensation to victims, which is currently the case.

Under the new rules, members of Congress will have to pay such settlement money out of their own pockets.

So we are seeing positive change from the #MeToo movement. This is just the beginning.

The momentum from the Women's March continues to build and we're excited about where it might take us. We will continue to explore ways that we can learn from one another.

Increasing women's participation in government and holding harassers accountable has been an incredible reckoning to witness. But I am also excited about the cultural shift that is beginning. We are demanding women be respected not just as co-workers, but also as mothers, wives, sisters, bosses and friends. Almost

every woman I know has had the experience of voicing an idea at a table, only to be ignored. Moments later, the same idea can be repeated by a man, and it is met with praise. It will take the concerted efforts of men and women to "hear" and incorporate all voices.

At the State of the Union address on Jan. 30, I will be joining my colleagues in wearing black in support of the #MeToo movement, with a touch of suffragette white. Last year, I led the Democratic women in wearing white to honor the movement's early trailblazers.

The work continues. Hopefully we will be seeing more women in Congress, state legislatures, and governors' mansions. What cannot be denied is that a year out from the first women's march, the number of women engaged is still high and growing. That is not only good for women, it is good for America. In all of my travels, one thing has always struck me — women are the strong backbones of their communities. Their resilience will continue to light the path forward.

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

Things you didn't know about your vintage house

Rats. Clowns. Lawyers. It could get scary.

HouseCalls Michael Good

Old houses are full of secrets. Sometimes they are secrets we really would rather not know. Your contractor calls down from the attic: Hey, did you know you had a fire up here? The electrician discovers the remains of a rat in the walls. No, wait — two rats! And everywhere you look, you see evidence of former owners with a shortage of taste and an excess of paint. If you feel you can take it, read on.

1. It was pink. In your kitchen, bathrooms and bedrooms, on your door casings, picture rails and baseboards, beneath the layers of white, off-white, Arizona white and Navajo white, lurks a layer of pure unadulterated Pepto-Bismol pink. Pink was popular in the 1920s and had a revival in the '50s and '60s. Despite the revulsion it causes today, someday pink will come back, and you are going to have to defend your house against it.

2. Your house is trying to talk to you. Color forensics is one of the few rewards of stripping paint: You'll find a history of misbegotten colors, but down in the final layer you might also find a tasteful (even original) option. If you need further inspiration (or corroboration), Sherwin Williams makes an historic palette.

Going historic can be freeing. There are fewer color choices than the modern fan deck, which can be overwhelming. Just don't fall back on the least inspired of options: white.

Even white wasn't really white back in the day. White in 1910 was cream, and had hints of yellow, brown or, even, pink. Think pearlescent. Plaster walls were often tinted. And paint wasn't always applied flat: It was rag rolled, sponged and layered in washes, coated with glazes or varnish.

Wood trim was also stained in strong colors: forest green, bright yellow and various degrees of red or mahogany. And sometimes faux grained. Just for fun, not necessarily to save money.



A high-quality vintage gumwood "faux bois" on a Douglas fir window casing (some of the paint has already been removed by heat gun).

3. With time, all will be revealed. It takes some contemplation and education to really understand and appreciate your old house. A change in the seasonal light can reveal an impression that tells you where a molding once belonged. Visiting houses in the neighborhood (and other neighborhoods) can reveal a lost twin. And hours of combing old photographs at the History Center or notices of completion at the public library can also reveal some hidden truths about your house.

If you want to move along the process of discovery: Original wall colors and textures are sometimes hidden inside bookcases, behind china cabinet drawers, and behind window and door casings. Closets often go unpainted for years, and sometimes the original sponged-on ceilings, with a cloud-like effect, can be found there. Or you can always chip off the non-original ceiling texture to find what had originally been there. And you never know when someone might stop in front of your house while you're sitting on the porch and say, "Hey, I used to live here. It was pink!"

4. Your house was made by artists and craftsmen. In Europe, where many of San Diego's turn-of-the-20th-century builders, designers and tradesmen originated, there was a tradition of apprenticeship steeped in 2,000 years of history. In America, students went through a very rigorous manual arts training program in the public schools that provided a formal education in design as well as craftsmanship.

5. A lot has gone missing over the years. You know the usual suspects: dining room buffet, living room bookcases, fireplace tile and wood trim. But there were many other standard features in even the most humble bungalow: picture rails (sometimes nearly flush with the ceiling), matching custom light fixtures, exterior wood screens, stencils, free-hand artistic decoration and other paint treatments, elaborate plaster textures, roller blinds, breakfast nooks, swinging café kitchen doors, art deco tile bathrooms, and back porch storage cabinets for dairy delivery (complete with a dial to indicate your desires, such as butter, cream or a personal visit from the milkman).

Then there are the items that no one really misses: the water heaters that didn't have a thermostat and tended to explode, the dripping and not very chilly ice box, the un-insulated gas oven that turned the kitchen into a sauna, and the 10-gallon-flush toilet (actually, some homeowners miss that, because it worked).

6. Somebody famous lived in your house. Well, maybe not famous-famous. But interesting-famous. Some of my favorites from houses I've worked on and researched recently: the original owner

of the Chicken Pie Shop (who lived in Kensington). A Mission Hills-based Navy ship captain (youngest in the nation at the time of his commission), who became a civil service commissioner and drove the mayor from office (apparently, things at City Hall weren't ship-shape). And then there's the guy who came up with the idea of putting tuna in a can and making sandwiches out of it — he revolutionized lunch.

7. Someone infamous lived in your house. This is a lot more interesting than someone famous. Infamy requires the cooperation of the press. To paraphrase a 20th-century poet, newspapers in fin de siècle America needed lawyers, guns and marriage. I hit the trifecta recently when trying to learn more about those decorators who had painted clouds on my ceiling. Who were these artists? Were they itinerant paint-splattered wretches, living a hand-to-mouth existence? Or were they model citizens involved in the day-to-day civic life of this great metropolis?

By pure coincidence, I happened upon Evan MacLennan, who Donald Covington wrote about in a 1993 article for the Journal of San Diego History. MacLennan lent his artistry to the William Wheeler-designed Swiss Chalet house at 2457 Capitan, with its "heavy re-sawn timbers stained in dark moss green" and the "curly maple" trim with 12 hand-rubbed coats of finish. "Special decorative features included stencils and free-hand paintings by the artist, Evan MacLennan," wrote historian Covington, author of the book on Burlingame and North Park.

In 1912, MacLennan lived a few blocks away on 32nd Street in a Mission-style bungalow where he and his wife hosted "Scotch" parties (according to the San Diego Union). Guests danced to the Highland fling and the Scotch reel, and MacLennan and his wife Anna sang "The Crookit Bawbee" and "Bonnie Doon."

But there is a dark side to this story, too.

When MacLennan immigrated to the U.S. from Scotland in 1908, it was in the company of Anna, who was then married to another man, Charles H. Biggs, a former clown, swimming instructor, dish washer, steamship steward and street-car conductor. Biggs was then a car dispatcher for the United Railroads in San Francisco, which kept him away at night. MacLennan claimed he was Anna's cousin, and moved right in. But Biggs began to suspect if they were cousins, they were the kissing kind.

According to court testimony, Biggs came home early one evening to find the doors locked. He spied the couple through the rear window. MacLennan spied back, making a face, which, according to Charles, caused him great distress. (You'd think



Decorative painting on a rusticated wooden beam in a Spanish style house. (Photos by Michael Good)

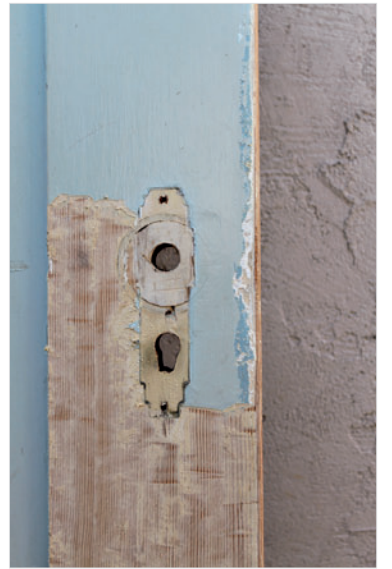
a former clown would be used to that.) Fisticuffs ensued, with MacLennan emerging the victor. The trial made for good copy in the Chronicle and Call, especially MacLennan's love letters, which were printed in full, with accompanying poetry, "by Bobbie Burns."

MacLennan claimed in court it was all a joke, that he was just trying to help his cousin out by making her inattentive husband jealous, but after Charles divorced Anna, the "cousins" married. They took up residence in Denver, Colorado where she shot him in the back one night while he was adjusting his tie after threatening to leave over a disagreement about ventilation (he wanted the door closed, she wanted it open). In newspaper accounts (the story was picked up by papers everywhere), MacLennan's wounds were described as "mortal," but he survived, even if the marriage did not. He and Anna parted ways in 1915 — he ran an ad in the San Diego Union in August 1916, declaring, "As I am not living with my wife, I will not be responsible for any debts incurred by her. Signed Evan MacLennan." She responded with: "Evan MacLennan has not supported me since May 15, 1915; his notice is somewhat superfluous (signed) Nan MacLennan nee Galloway."

Apparently this rejoinder was not enough to set her mind at ease. Anna returned to the Bay Area and was committed to Mendocino State Hospital — by her sister. "She suffers



This old growth Douglas fir mantel was hidden behind white paint for 50 or so years until refinished in 2014.



This kitchen door in a Kensington Spanish was originally painted with a white primer, followed by a crème-colored oil. Later the original round escutcheon was replaced by a rectangular art deco example and over time the door was painted two different shades of blue.

from spells during which she becomes crazy about men," a physician wrote, adding: "Is irascible, quarrelsome, and dangerous. Tried to kill both husbands." And this is a problem, how?

But apparently the Mendocino treatment worked: A few weeks later she was discharged, fully "recovered." If Anna MacLennan nee Galloway shot any more husbands, she must have done it under a different name.

Evan MacLennan recovered too, his reputation relatively unscathed. He married again, to another Scottish woman, and was granted U.S. citizenship in 1928. Vouching for him on the application were the proprietors of the two leading paint companies in town: S.R. Frazee and James A. Moore.

In the 1920s, MacLennan formed a painting company with his brother and bought a house in Mission Hills. He ran MacLennan Bros. well into the 1950s, and became a high-ranking officer in the Scottish Rite. He managed to dodge both scandal and bullets until his death at the age of 80 in 1959.

If you live in Burlingame, South Park or Mission Hills, Evan MacLennan's handiwork may well be somewhere in your house, perhaps hidden under layers of artlessly applied paint. All it takes is a little digging.

—Contact Michael Good at housecallssdun@gmail.com.*



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'The Last Wife' is timely

Theater Review

Jean Lowerison

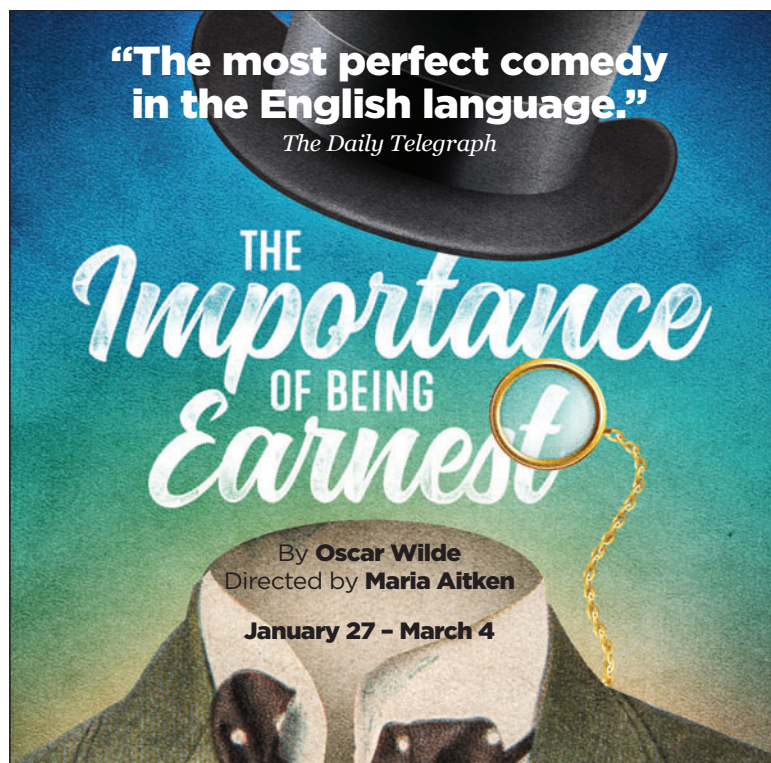


"Fighting the patriarchy since 1543," states a poster outside Cygnet Theatre advertising its new show, "The Last Wife."

Kate Hennig's sprightly play (at Cygnet through Feb. 11) is nominally about Katherine Parr, the last (and spunkiest) wife of Henry VIII. She became queen almost by royal fiat and then decided that once there, she would at least try to change the job description to better suit her. There are present-day parallels to be found.



Manny Fernandes as King Henry VIII and Allison Spratt Pearce as Queen Katherine (Photos by Daren Scott)



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Highborn and well-educated, Kate (Allison Spratt Pearce) is in love with courtier Thom Seymour (Steven Lone) when the king (Manny Fernandes) meets and takes a fancy to her — to the extent that he sends Thom to Holland, presumably to get him out of the way.

It works, and Kate becomes queen in 1543. Henry VIII makes it clear that he wants his son Eddie to succeed him on the throne. Kate, more visionary than her husband, realizes that Henry's daughters Mary (in her 20s) and Bess (11) are not in the official line of succession, and begins to lobby to change that. Meanwhile, she is named teacher to both Eddie (Giovanni Cozic) and Bess (Kylie Acuña). Mary (Cashae Monya) just sits around making wonderfully acerbic comments.

The play is a sort of political chess match between the rotund king (in constant pain because of a leg injury that practitioners of the time continued to bleed, rather than letting it heal) and the upstart queen, who has her own (often quite good) ideas about the monarchy. It's a delicate balance, of course, because Henry can have Kate executed at any time, for any (or no) reason.

But she persists (Kate would have loved the women's marches we just witnessed nationwide), and when Henry insists on going off to fight in France (to do his "man thing"), he accedes to her suggestion to name her regent, in case of his death. That will give her control of the royal purse and the power to protect Eddie, should that be necessary.

Henry makes it back from France, impressed that Kate and the girls managed to get ammunition shipped to the front without male leadership — and acknowledges that they helped win the war.

Henry likes a strong woman (or so he says), and Kate has certainly proven her value as a partner, but his jealousy hasn't abated: he asks her about Thom's visit before he joined the King on the battlefield (she insists it was only a political visit).

But Henry really gets ticked when she mentions something about "sharing responsibility and authority." His man thing kicks in and it seems this (or



(l to r) Cashae Monya, Allison Spratt Pearce and Kylie Acuña

having the effrontery to name it so baldly) may be a place too far. It's a delicate spot for Kate, whose life is in the king's hands.

It's important to note that Hennig does not aim for historical accuracy here. She's telling a modern story in modern dress, using historical figures who faced some of the same questions of authority and the rights of women we face today.

Allison Spratt Pearce (well known in these parts for terrific portrayals in the musical comedy genre) proves she is just as good when she doesn't sing. It's safe to say her Kate will be appreciated by all the women in the audience for her strength, humor, intelligence and determination — and also by all the men with any brains.

As Henry, Fernandes turns in another fine performance. He isn't as portly as the original, but exhibits the same male assumptions of superiority still seen in many parts today. You have to giggle at this assertion about his philandering: "I'm capricious. That makes me a fascist, not a liberal."

Steven Lone turns in a fine performance as Thom, the man Kate wants to marry but sets aside in favor of the king, at least for a while (Henry died in 1547; Kate survived him, married Thom and died herself in 1548). Lone exhibits the charm, flirtatiousness and allure that Kate appreciated.

Cashae Monya is a hoot as Mary, Henry's elder daughter, in her 20s at the time of this play and weary of all the hoopla of the court. She's a wry, acerbic counterpoint to Kylie Acuña's younger stepsister Bess (11 at this time), who is

'The Last Wife'

Wednesdays through
Sundays
Through Feb. 11

Cygnet Theatre
4040 Twiggs St.
Old Town.

619-337-1525
cygnettheatre.com



Allison Spratt Pearce and Steven Lone

tired of being shunted off to school and appreciates that Kate has brought her home. Acuña occasionally talks too fast, but she's charming and likable.

Giovanni Cozic is cute as a button as king-to-be Eddie.

Director Rob Lutfy and scenic designer Sean Fanning overcome the somewhat episodic nature of the script — with many short scenes — with a simple but versatile set design that flows with the action and makes it work, aided greatly by Chris Rynne's excellent lighting effects. Kevin Anthenill's sound effects are equally effective.

Veronica Murphy's costumes are excellent. Kate's dresses are especially opulent and lovely.

Call it feminist revisionist history or just a good story, "The Last Wife" definitely offers a good night at the theater.

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



(l to r) Steven Lone, Allison Spratt Pearce, Kylie Acuña and Cashae Monya

21st-century diner

Restaurant Review

Frank Sabatini Jr.



Ric Libiran closed Cafe Bleu in Mission Hills last year and replaced it with Jo's Diner in an effort to "bring something different to the neighborhood." In casting out his long-established French concept for what he terms "a familiar sounding diner," he wholly succeeded. Though given the lack of vinyl booths, stainless steel trim and retro décor — not to mention the absence of patty melts and cream pies — this diner is an iconoclast. The space greets with sunshiny orange and yellow walls, neatly arranged tables and banquettes lined with throw pillows. You immediately realize upon entering there's no chance of seeing poodle-skirted waitresses shuffling across the dining room to Elvis and Motown tunes. Although the prospect for scoring a milkshake is

realistic, provided your palate is positioned for flavors tilting toward gourmet, like chocolate ganache or strawberry with sweet wine reduction. I opted instead for a house-made agua fresca that tasted as though I was drinking straight from a cantaloupe. The frescas also come in watermelon, strawberry and cucumber-mint. Breakfast is served all day, which thrilled my companion on this early-afternoon visit as he sipped from a cup of good, strong coffee. I took the lunch route and kick-started with a cup of wine-spiked French onion soup flaunting a thick, toasted cap of divine Gruyere cheese. It's one of the few carryover items from Cafe Bleu. Of the breakfast fare, the buttermilk biscuits drizzled in sausage gravy and flecked with green onions will be the No. 1 reason my companion comes back. The coined-size biscuits, arranged like dominoes, were airier than most — practically pastry-like. The gravy was

velvety and sported beads of lean, flavorful sausage. Hams are glazed and baked in-house. Several generous slices of it complemented two eggs over easy and tender potatoes on yet another breakfast dish he ordered. With the help of my meddling fork, both plates were left barren. Other egg-based choices include various Benedicts such as salmon, short rib or spinach-artichoke. Omelets and scrambles capture everything from bacon and Brussels sprouts to goat cheese, shrimp and the house ham. There's also brioche French toast, which includes brandy-kissed bananas foster that looked gorgeous when it whizzed past our table. In lieu of a tempting hanger steak salad with white balsamic vinaigrette, I opted for the "angry Jo," one of several burgers in the offing served on excellent focaccia-style buns from Con Pane bakery in Point Loma. The ground beef is infused with chili peppers and crowned with Gruyere, spicy aioli,

tomatoes and iceberg lettuce. (I got lucky with very crisp sheaths of the lettuce.) This was a commendable burger, but one that could have been angrier. The heat level was tamer than I anticipated, failing to leave me red in the face. It was accompanied by coleslaw so fresh I'd swear the cabbage (green and red) was shredded to order. Ditto for the julienne pieces of green apples adding a touch of sweetness to the mildly creamy dressing. Clearly, this isn't your typical diner-style slaw scooped out of a drum with a pool of watery mayo at the bottom. Jo's is about to receive its beer and wine license. Libiran has operated patiently without alcohol since opening the business in July. He predicts it will a few weeks before the license comes through, allowing him to add craft beers to the beverage list as well as boutique wines selected by his daughter, who is a level-three sommelier. In addition, customers can opt nightly for three-course prix fixe dinners. They cost \$17.50 Sunday through Thursday, and \$21.50 on Friday and Saturday, and include soup or salad, a main

Jo's Diner

807 W. Washington St.
Mission Hills

619-323-2035
josdinermissionhills.com

Breakfast plates: \$7.50 to \$19.50. Soups, salads and appetizers: \$4.50 to \$15.50; sandwiches and burgers, \$10.50 to \$15.50; entrees, \$9.50 to \$19.50. Prix fixe dinners: \$17.50 and \$21.50

entree, and a house-made dessert. Those menus along with many of the regular offerings go to show that Jo's really is a nice, respectable restaurant that thinks it's a diner. —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.



Biscuits and gravy



French onion soup capped with Gruyere cheese



A house-made cantaloupe agua fresca



House-baked ham and eggs
(Photos by Frank Sabatini Jr.)



The spicy "angry Jo" burger

RATINGS

Drinks: **★★★★**

About two dozen choices comprise the craft beer menu, which offers styles ranging from IPAs and smoked porters to blonde ales, imperial stouts and lagers.

Food: **★★★★**

Pizzas are of the deep-dish variety and topped with flavorful, non-acidic tomato sauce. They're available by the slice with a choice of sausage, pepperoni, pesto-garlic or plain cheese.

Value: **★★★★**

Draft beer prices average \$7.50 a glass, but with each beer purchase during happy hour you can buy a slice of deep-dish pizza for \$2, which is less than half the regular price.

Service: **★★★★**

Ask to sample any of the beers before making a purchase, and ye shall receive.

Atmosphere: **★★★**

The long, narrow space bears all the elements of a festive dive bar, from its slapdash décor and craggy concrete flooring to string lights and high-top tables.

A deep dive for beer and pizza

Come On Get Happy! Dr. Ink

A chalkboard listing two dozen craft beers at Berkeley Pizza in North Park shows happy hour as a footnote, stating simply that it runs from noon to 7 p.m. every day. What it doesn't spell out, even on the website, is that a purchase of any draft beer allows you to score a slice of precious deep-dish pizza stuffed with a choice of ingredients for only \$2.

Not a bad deal considering these weighty wedges usually cost \$4.25 each.

I first encountered Berkeley Pizza several years ago at the Little Italy Mercato before it landed in brick-and-mortar addresses in the Gaslamp Quarter and here. The owner apparently became hooked on deep-dish pizza at one or two pizzerias while attending college in Berkeley, and decided to start slingin' the tall-crust pies in San Diego.

Beer naturally entered into the equation, especially when branching into the most famous beer neighborhood in the nation. Although despite conspicuous high-shelf displays of beer cans from many different brewers, Berkeley doesn't sell suds in aluminum.

The bartender, a welcoming and affable guy, immediately offered me samples of any tap

Berkeley Pizza

3934 30th St.
North Park

619-295-1008
berkeleypizza.net

Happy hour:
Noon to 7 p.m. daily

beer I considered from the impressive lineup. Knowing that Chicago-style pizza — by way of Berkeley — was in my cards, I wanted something light, preferably a pale or blonde ale.

So I asked for a taster of Coast is Clear pale ale by Knee Deep Brewing, but it was too hoppy to pair with food of any kind. The bartender then suggested the Berkeley Pizza blonde ale (\$7).

Bingo. It was a little sweet and creamy but without coming off as heavy.

"It's like Coors Light from a better batch," the bartender quipped as I reacted favorably to it.

I augmented the suds with a slice of sausage pizza. As deep-dish pizza goes, the cheese and meat reside beneath the sauce, which is mantled generously on top.

This was a good, bright tomato sauce, although the sausage was scant and the well-textured crust wasn't as



Berkeley Pizza's North Park digs (Photos by Dr. Ink)

buttery compared to the many deep-dish pies I've shoveled down in Chicago. Nevertheless, I would've ordered a second slice had I not been faced with dinner plans two hours later.

Berkeley's North Park atmosphere is comfortably divey, like a hybrid of watering holes from Ocean Beach and some

small college town. The entrance is plastered with posters advertising local concert gigs by alternative bands, and the inside greets with white string lights, a few flat-screen TVs, a "multicade" game box and an intimate bar toward the back.

Clearly, it's where beer, pizza and hipsters rule the day.❖



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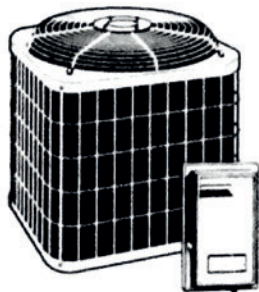
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Part beer bar, part pizzeria defines the casual interior



A sausage deep-dish pizza fresh from the oven

The Berkeley Pizza blonde ale



In celebration of its 35th anniversary, **Rubio's Coastal Grill** will flash back to the decade it was founded in the Mission Bay area by selling original fish taco plates for \$5 and playing '80s music during normal business hours on Jan. 25 at all locations. The plates feature two beer-battered fish tacos, pinto beans and chips. Rubio's currently operates more than 200 locations throughout the U.S., including 30-plus outlets in San Diego County, and has added grilled seafood options to its menu over the years. rubios.com.



A grand, new coffeehouse and cafe has opened in Hillcrest. (Photo by Frank Sabatini Jr.)

Lines snaked out the door throughout the opening weekend (Jan. 20-21) of **Better Buzz Coffee** in Hillcrest, which marks the Vista-based company's most ambitious branch in San Diego County. The two-story outlet doubles as a cafe and features a central oblong-shaped bar on the ground floor, plus communal tables, mezzanine seating

and a full-production roasting facility that encompasses a coveted Probat roaster dating back to the early 1900s. A newly implemented kitchen allows customers to order a variety of grilled sandwiches and avocado toast while sipping from a wide selection of hot and cold coffee drinks. 801 University Ave., 619-269-2740, betterbuzzcoffee.com.

Swami's Cafe, which currently has nine locations throughout San Diego County, will open a Hillcrest branch "hopefully by February," according to Martin Kleckner, a manager for the family-owned company. The cafe will go into the space formerly occupied by **Busalacchi's A Modo Mio**, which closed last year

and is now undergoing minor remodeling. Known for their extensive breakfast and lunch options, as well as fresh juices and smoothies, some of Swami's Cafes also offer dinner, which Kleckner said "might" enter into the Hillcrest concept along with the availability of beer and wine. 3707 Fifth Ave., swamiscafe.com.

The fourth annual **Gluten Free & Allergen Friendly Expo** will be held from 10 a.m. to 3 p.m. Feb. 10-11, at Del Mar Fairgrounds. Dozens of local and national vendors exhibiting more than 100 gluten-free brands and products will take part in the event, along with chefs, authors and bloggers doling out food samples and leading instructional classes on gluten-free diets.

Participants include **Barons Market**, **2Good2Be Bakery**, **Milton's Craft Bakers**, and more. The cost is \$15 for a



Hundreds of tasty samples and discounted food products will be in the offering at an upcoming gluten-free expo. (Gluten Free Media Group)

one-day pass; \$25 for a weekend pass; and \$5 and \$7 respectively for children 3 to 12 years of age. 2260 Jimmy Durante Blvd., Del Mar, gfafexpo.com.



Matt Austin and Chef Danilo "DJ" Tangalin Jr. of Bivouac Ciderworks (Photo by Frank Sabatini Jr.)

Bivouac Ciderworks in North Park officially opened Jan. 23 after some licensing delays. The taproom and restaurant, co-owned by brew hobbyist Matt Austin, debuts with five different house-fermented ciders on tap, plus about 10 more to be rolled out in the next three to four weeks. The ciders vary in flavors and range in alcohol from about 5 percent to 12 percent, and more than a dozen "guest ciders" also occupy the taps.

Located in a remodeled space defined by rustic, outdoor elements and brew tanks, the kitchen is headed by Danilo "DJ" Tangalin Jr., former executive chef for **Tidal**. His cider-friendly menu includes bison risotto, Spanish-style octopus, smoked trout tartine and a variety of vegan/vegetarian options such as jackfruit sliders and green goddess hummus. 3986 30th St., 619-725-0844, bivouac-cider.com.



Kearny Mesa's popular Nishiki Ramen is branching into Hillcrest. (Yelp)

The recently shuttered **Whistling Duck Tavern** in the HUB Hillcrest Market will make way for **Nishiki Ramen**, which operates a location in Kearny Mesa (8055 Armour St.) with customer lines often extending out the door. The eatery was founded in 2015 by Tokyo-born chefs Jimmy Kitayama and Mike Furuichi, both lauded for their

house-made noodles and veggie and meat broths. "They're a proven concept with an excellent product," said Steve Hargrave of Regency Centers, which owns the HUB. The 2,082-square-foot space will undergo a redo to the dining area and take on new kitchen equipment for an expected May opening. 1040 University Ave., nishikiramen.com.

Renowned pastry chef Karen Krasne will close her original, long-established location of **Extraordinary Desserts** at 2929 Fifth Ave. later this year and move it "a scone's throw away" to 2870 Fourth Ave. into The Louie, a mixed-use building that also houses James Coffee Co. Krasne is making the move because her lease on Fifth Avenue is due to expire after she held it for more than 30 years. The new digs will allow for an expanded menu of sweet and savory items, as well as beer and wine and indoor-outdoor seating. It will be designed by architect Jennifer Luce of LUCE et Studio, who worked on Krasne's second location of Extraordinary Desserts (1430 Union St.) in Little Italy before it opened more than a decade ago. extraordinarydesserts.com.



Extraordinary Desserts will expand its selection of decadent sweets when moving from its original location into newer digs this fall. (Twenty Nine 12 Public Relations)

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Living under the airport flight path

By Leo Wilson

If you reside in Bankers Hill, people will often ask: “How bad is the airplane noise?” or “Do you live under the airplane flight path?”

Almost all of Bankers Hill is under a flight path that leads to San Diego International Airport (SDIA). It is one of the defining features of Bankers Hill; in most areas you can look up and see airplanes flying overhead, often at a very low altitude.

Even if you don’t see the airplanes, you can hear them — often loudly, even when you are indoors. Excessive airplane noise and flight path safety concerns are a prominent feature of land-use planning in Bankers Hill. Often buildings must incorporate noise attenuation measures, and building heights and certain types of land uses are restricted in some areas.

There are actually two distinct airport flight paths overlaying Bankers Hill. Both are under the jurisdiction of the Federal Aviation Administration (FAA), and are subject to other federal, state and local agency regulations as well.

1. Main SDIA Flight Path: This flight path passes east-west over southern and central Bankers Hill. It overlays about two-thirds of Bankers Hill, particularly the area south of Laurel Street. The SDIA Airport Land Use Compatibility Plan (ALUCP) is the major policy document regulating this flight path.

The ALUCP was adopted pursuant to state law, and is

incorporated into San Diego’s current General Plan. It requires the city minimize excessive aircraft-related noise when it effects residential and other noise sensitive areas, and limits the height of buildings and certain type of land uses allowed under the SDIA flight path.

Pursuant to the ALUCP, proposed development projects under the flight path must be reviewed by the local Airport Authority to determine if they are consistent with the ALUCP. A determination of inconsistency by the Airport Authority will stop a project, unless it is overridden by a two-thirds vote of the San Diego City Council — which must make a specific finding that the proposed project will protect the public health, safety and welfare; and minimize excessive noise and safety hazards in areas around the airport.

A separate city regulation that also applies to the main flight path is the city’s Airport Approach Overlay Zone (AAOZ), which creates a 50-foot buffer zone under the FAA flight path. The AAOZ completely prohibits any new development intruding into the AAOZ buffer zone. It has no exceptions, but does not apply to the first 30 feet from ground level.

After its adoption in the 1990s, the city failed to enforce the AAOZ. The Bankers Hill/Park West Community Association, which I chaired, demanded it be applied and enforced during the approval process of several controversial

projects in Bankers Hill beginning in 2004.

2. Small Plane Flight Path: This flight path passes north-south, and is used by small planes to land at SDIA — which, in most cases, are not permitted to use the main flight path.

Small planes arrive from the north, and fly south through Bankers Hill above Fourth/Fifth/Sixth avenues and Balboa Park. They then make a sharp west turn when they arrive at the main SDIA flight path, and proceed to land at the airport. Often these small planes fly only a couple hundred feet above the ground when utilizing this flight path. Many residents and those working in tall buildings in Bankers Hill wave to the pilots as they fly by at very low altitudes.

This north-south flight path is part of the FAA 14 CFR Path 77 “horizontal surface” flight path, and is regulated primarily by the FAA. It begins at approximately 160-170 feet above the ground surface in north Bankers Hill.

Any proposed project that may impact this FAA flight path is required to obtain a consistency determination from the FAA prior to being approved. The FAA determines whether the proposed project creates a potential obstruction to air space, or if it creates a visual or electronic interference with air navigation.

The airport safety regulations that apply to Bankers Hill are complex, but are a necessary and vital part of protecting Bankers Hill, as well as the public-at-large, and contribute to making Bankers Hill a vibrant, urban community.

—Leo Wilson is administrator for Metro San Diego CDC and is a Bankers Hill resident.✽

FROM PAGE 1 PROFILE

Here are five questions with Strom, regarding his documentary on Debs:

Q: What inspired you to do a documentary on Debs, and how challenging was it collecting all the historical photos and documents?

A: When then-Sen. Barack Obama was running for the presidency in 2007, many people who came to his political campaign rallies who opposed him would hold up signs saying, “You socialist, go back to Russia,” etc. And I said to my wife, Elizabeth Schwartz: “Obama’s political policies are not even close to socialism.”

So I decided to delve into the history of the man who co-founded the Socialist Party of America and also rehabilitate the word “socialist” so it is not considered an epithet (and an empty dog-whistle epithet at that).

Finding all the archival photos took a lot of sleuthing, patience and luck. Some I found online, but the photos that have rarely if ever been seen by the public came from various libraries of all sizes, from small towns like Girard, Kansas, to the Walter Reuther archives at Wayne State University in Detroit.

Q: What parallels do you see between today’s political and economic landscapes and those that existed during the time when Debs was trying to foster change in America?

A: It was because of these parallels that I felt it was finally time to make this film. When Debs was energizing the working-class people of America, 1896-1926, the United States was in the midst of massive industrial output from cars, to steel and construction materials. More Americans were working, but their salaries were not keeping up with the daily cost of living and they were not sharing in this economic boom. America had a new tier, a group small in numbers but powerful in its control of wealth. In 1912, 2 percent of the nation’s population owned 60 percent of the nation’s wealth. When [financier and banker] J. Pierpont Morgan Sr. was asked if corporate directors were at all responsible for the workers at his companies, he replied “Not at all, I should say.”

We have the same income disparity today with the top 1 percent of households owning more wealth than the bottom 90 percent combined. Yes, there are more workers employed today, but more and more are barely — if at all — making a living wage. Debs was then convinced that the “trickle down” economic theory did not work. And since then, it still hasn’t worked.

Q: One of the challenges facing Debs, the political candidate, was being able to separate American democratic socialism from the communist brand fostered by Karl Marx, and yet he was able to win



Mission Hills resident Yale Strom performs at a wedding. (Courtesy of Yale Strom)

‘American Socialist: The Life and Times of Eugene Victor Debs’

28th annual San Diego Jewish Film Festival

Feb. 11 at 11 a.m.
Edwards San Marcos Stadium 18
1180 W. San Marcos Blvd.
844-462-7342

Feb. 13 at 5 p.m.
Edwards Mira Mesa Stadium 18
10733 Westview Parkway
858-635-7716

over legions of voters in conservative places like Oklahoma and Texas. Can modern socialists like Bernie Sanders thrive in a political system dominated by two parties, and do you see a revival of democratic socialism in American politics, especially among millennials?

A: I do see a revival today among millennials. For them the word “socialism” isn’t some dirty word. The root of the word “socialism” is “social” — it comes from the Latin “socius” “comrade, friend, ally” (adjectival form: socialis) and is used to describe a bond or interaction between parties that are friendly, or at least civil; it has given rise to the word “society.” Our present economic system of unbridled capitalism, where greed is considered a virtue, is not working. We should be open to new ways of creating a better economic system for all and not just for some.

Q: To nearly 1 million voters for president, Debs was a hero of ordinary Americans. Yet, Debs was ridiculed by the status quo and eventually imprisoned for his beliefs. President Woodrow Wilson called him a traitor and refused to pardon the political prisoner. What are the enduring legacies of Debs?

A: First, Debs did not just talk the talk, but walked the walk. He was willing to go to prison (sentenced to 10 years) for his beliefs that the United States should not have entered World War I. It was a war where thousands of young men died, and industrialists around the world just got richer. He showed that democratic socialism is an alternative economic philosophy that was fairer for

see Profile, pg 13

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FROM PAGE 1

MINI PARK

“We’ve hit 60 percent of the construction design, a milestone moment for us,” said Chris Langdon, team leader at KTUA – Landscape Architects.

What about a fence?

KTUA, based in Hillcrest, briefed several dozen residents on the design progress at the Jan. 22 meeting of the North Park Recreation Council. This was the second appearance before the rec council to update the community on the project, but the first time that officials floated the idea of erecting a tall fence around the park.

Adding a metal fence — with wide gates placed along Granada Avenue, North Park Way and 29th Avenue — would cost about \$350,000. Kevin Oliver, project officer II with the city, said police suggested that the fence would have to be 7 or 8 feet tall to be effective to keep people out of the park after hours. Contractors would have to be hired to lock and unlock the gates, he said.

Several residents scoffed at the assertion that the gates would be operational as planned, based on their observations of the joint-use park at nearby Jefferson Elementary. The public is supposed to gain access to the park after school is over, but the gate along 28th Street is routinely locked, day after day, forcing residents to walk four blocks out of their way to access the open gate on Utah Street.

Several examples of fencing were shown during the PowerPoint presentation, but didn’t impress the audience. One resident muttered that the fences looked more suitable for a prison.

A poll of the audience found 16 residents opposed to a fence, seven in favor, and four wanting more information.

What’s the cost?

The park’s construction cost is estimated at \$1.7 million, with the overall budget set at \$2.4 million, including design and administrative fees. The city has already budgeted the money to build the Mini Park.

“This will be a transformative space,” said Matt Wilkins, project manager with KTUA.

To draw attention to the park, designers will place wayfaring pylons on the northwest corner of the plaza along Granada Avenue and on the east side facing 29th Avenue. The base will feature colored tile patterns, similar to the one on the wayfaring pylon on University Avenue near Walgreens or the iconic North Park neon sign. The top will be a three-sided giant flame made of custom-formed perforated metal sheet with a painted finish.

Another branding tool will be a “monument wall,” giant

concrete letters spelling out “North Park,” to be located on the plaza’s southeast corner facing 29th Avenue and North Park Way. There is a public parking garage across the street, with the entrance on 29th Avenue.

Dealing with security

City officials addressed security issues, which concerned many residents.

Security cameras will be strategically placed throughout the park, in case of crime.

At night, security lighting will be subtle enough to not disturb nearby residents but effective enough to allow police officers to see throughout the park.

Some residents worried that the Mini Park would be overrun by the homeless, who camp out at the much larger North Park Community Park bounded by Howard and Lincoln avenues, and Oregon and Idaho streets.

KTUA officials said design elements will discourage people from sleeping on permanent benches and seating, and specialty painting and design elements will be deterrents to taggers.

The concept is that the Mini Park will be an active and open place, not a passive one, so that there will be no hiding places for trespassers.

Also, the city is intentionally leaving out public restrooms, although officials said portable toilets could be rented for special events.

Who will use the park?

North Park Main Street (NPMS) is expected to be one of the frequent users of the Mini Park. Headed by executive director Angela Landsberg, NPMS promotes development that supports arts, culture and entertainment while preserving the historical integrity of North Park.

The agency is associated with the national Main Street program that is affiliated with the National Trust for Historic Preservation, and it is also a business improvement district.

City officials said they would be looking to public partnerships, such as the NPMS, to help operate the Mini Park. The city’s Parks and Recreation Department will maintain the park.

For example, NPMS has said it would love to expand the Thursday farmers market into the plaza, or perhaps sponsor food truck nights. Food trucks could set up in the plaza, where portable furniture would be set up to give participants a place to sit and enjoy their meal. Or a community group could stage a play, show a movie, or sponsor a concert in the park.

Festivals could be expanded into the park, too.

The movable furniture would be stored in a shipping container that would be hidden behind a fence, along with trash bins, in front of the south wall of the building housing the laundry and gym.

To accommodate the Observatory, a 12-foot lane will extend from Granada Avenue to stage doors on the southwest corner of the theater. This will allow band vehicles to unload gear and park during concerts.

The park’s design is also meant to be environmentally friendly, so a bio retention basin will be established at the southwest corner of the park to filter water before it runs off toward the ocean.

Since the park is designed to be a public plaza, there will be no grass.

Large planter rings will be placed around trees, and can serve as additional seating.

Four to six bicycle racks will be set up around the park to accommodate those who wish to pedal to the park.

At least one water fountain will be installed near the children’s play area.

KTUA said it would be finalizing the design phase soon, get the city’s blessing, and then the project would go out to bid.

To read a previous Uptown News article about the Mini Park, visit bit.ly/2DA2ou1.

—Ken Williams is editor of Uptown News. Follow him on Twitter at @KenSanDiego, Instagram at @KenSD or Facebook at KenWilliamsSanDiego.✧

FROM PAGE 12

PROFILE

all. He was able to connect with races, ethnicities and religions. In fact, much of Debs’ support came from the poor, white Evangelical Christians living in areas we today consider red states like Oklahoma, Kansas, Nebraska and Texas. Debs said, “Socialism empowers the farmer and gives him a purpose and a vision far richer and far more to be respected than the competitive lonely search for personal wealth that now is the cornerstone of our capitalistic culture.” Debs was deeply religious, and his worldview was based on Christian morality. It’s not these tenets, but the priorities of many Evangelical Christians, that seem to have changed.

Q: One of the interesting points in the film was that in 1908 Debs drew 15,000 people to a rally in San Diego, which was a backwater town with a population of around 38,000. What does that say about his populism, and do you have any other stories about his visit to San Diego?

A: Debs brought his “Red Special” 1908 presidential campaign to San Diego. This was during the free speech era of 1907-16, when there were 1,000 registered socialists in San Diego. Some of them were members of the newly formed International Workers of the World (I.W.W.), which had thousands of members and

sympathizers in the Northwest and West Coast among men and women who worked especially as longshoremen, lumbermen and farm workers.

The likes of union organizer songster Joe Hill, union activist Elizabeth Gurley Flynn, Debs and many others visited San Diego from 1908 to 1912. They would place the platform setup at E Street just below Broadway, where these socialists made passionate stump speeches to thousands in English and Spanish. Often the police, backed by fire hoses and vigilantes, came to break up the free speech demonstrations with hundreds of activists being beaten up, jailed or run out of town. Finally, in March 1912, the City Council banned street meetings in the Downtown area that served as the stage for political soap-boxers.

Activism is alive and well in San Diego — just look at the number of people who marched last year and this year in the Women’s March. I hope anyone who feels we can be a more just and humane society sees this film before November’s elections. The San Diego Jewish Film Festival described it as essentially a course in Resistance 101, and I think that’s pretty apt. First Run Features is working on getting more screenings in San Diego.

—Ken Williams is editor of Uptown News. Follow him on Twitter at @KenSanDiego, Instagram at @KenSD or Facebook at KenWilliamsSanDiego.✧

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FROM PAGE 5

FAREWELL

Eventually I was promoted to deputy copy desk chief.

I was one of the founding members of the Star-Telegram's Diversity Committee, which was charged with setting and enforcing policy to change the culture of the newsroom. This was a groundbreaking moment for the newspaper.

Some truly unforgettable days at the office included our extensive coverage of the 9/11 terrorist attacks on America and the Columbia disaster on Feb. 1, 2003 when the space shuttle exploded over Texas.

Arriving in San Diego

In 2005, I took a vacation to California to visit my old boss

from the Star-Telegram, who was now working at The San Diego Union-Tribune. The U-T interviewed me and offered me a job as a senior copy editor. It was a tough decision to leave Dallas/Fort Worth, but San Diego was always a place where I wanted to live. Publisher Helen Copley had died in 2004 and her son, David C. Copley, had just taken over leadership of the Copley News empire.

The heir would be the first — and only — publisher I worked for but never formally met; I shared an elevator with him once and saw him briefly one afternoon at the Mission Valley offices. He never had much interaction with his employees; and for an adoptee who inherited a billion-dollar fortune, he is remembered for giving his employees a \$50 supermarket gift card at Christmastime.

In 2006, the U-T and Copley News Service won the prestigious Pulitzer Prize for uncovering a bribery scandal involving local Congress member Duke Cunningham. I had a small role in that investigative series as one of the senior copy editors who worked on the articles, writing headlines and captions, and making sure the final product was factually accurate for grammar, spelling, punctuation and style. Mr. Copley, to his credit, recognized that the copy desk is a crucial part of the editing process and he ordered replica copies of the Pulitzer Prize medallion for every member of the copy desk who had worked on the award-winning series. That medallion has a prominent spot in my home, and I consider my participation in this investigative series as one of the highlights of my career.

Alas, in May 2009, Copley sold the U-T to a Beverly Hills investment firm, Platinum Equity, which had zero experience in publishing. Massive layoffs ensued, and I was axed in the fifth round of job cuts.

I would interview at Daily Variety and Bloomberg News, but didn't get either coveted job. That's when I decided I needed to learn how internet publishing worked, and took the job as editor-in-chief of San Diego Gay & Lesbian News. In five years, SDGLN.com expanded from a local start-up into an internationally known LGBT media destination, attracting 1.5 million unique visitors per year from every continent across the globe.

One of my favorite stories resulted after I interviewed our first-ever reader from Antarctica, who provided a spectacular photo of himself wearing a black tuxedo while



Some of my awards, including a replica of the Pulitzer Prize medallion awarded to The San Diego Union-Tribune in 2006.



2011: (l to r) Ross Murray of GLAAD, myself and Uganda's Bishop Christopher Senyonjo spoke at the Compass to Compassion conference on global LGBT equality at Union Theological Seminary in New York.

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1980s: With "Wonder Woman" Lynda Carter after her nightclub performance in Hollywood, Florida.

playing with penguins outside the scientific outpost.

At SDGLN, I specialized in breaking news and was honored to cover "don't ask, don't tell," California's Proposition 8 and the U.S. Supreme Court challenge; and other issues crucial to the LGBT community.

I was always a fan of San Diego Uptown News, so I was thrilled when publisher David Mannis offered the job as editor in 2015. It's been an editor's dream covering hyper-local issues such as homelessness, urban growth and transit; and interviewing local figures who are making a difference in our Uptown and Mid-City communities.

One of my favorite issues was published on July 29, 2016. The dramatic front cover had only two stories, but they packed an impact. The main story was titled "Beware! Bringing human trafficking into the light," exposing an ugly side of San Diego, showing how our young people are getting conned into forced labor, sexual slavery and exploitation. The secondary story was "Return to glory: Georgia Street Bridge," about plans to return the historical bridge to magnificence.

That issue was part of a three-issue portfolio submitted to a North American competition for non-daily newspapers. Uptown News won third place for general excellence — the category for the top awards — at the 2016 AFPP Annual Publications Awards. Although we are a bi-weekly, Uptown News won a top award against larger weekly newspapers.



2011: On the red carpet for "GLAAD Hancock Park: Top Chef Invasion," a fundraiser for GLAAD.

San Diego is a great city to live in, problems notwithstanding, but I'm convinced that our deep pool of talent will eventually resolve our issues concerning homelessness, lack of affordable housing and income inequality.

We should also take great pride for our city's diversity, and our penchant for electing LGBT politicians — who have gone on to do great things. In March, South Park resident Toni G. Atkins will take over as president pro tem of the California Senate. And Mid-Cities native Todd Gloria has been named majority whip of the California Assembly. Look for good things coming from two other local LGBT politicians: University Heights resident Chris Ward, who represents District 3 on the City Council, and Georgette Gomez, who represents District 9 and just was named chair of the San Diego Metropolitan Transit System. It has been a pleasure to chronicle their journeys.

I've met so many nice people who love reading Uptown News — and that is a good feeling for any journalist. But it is finally time to say goodbye; as of today, I am retiring as a full-time journalist.

What an interesting career I've truly enjoyed! Thank you, dear readers, for a remarkable journey.

—You can follow Ken Williams on Twitter at @KenSanDiego, Instagram at @KenSD or Facebook at KenWilliamsSanDiego. Sara Butler will now take over as editor of Uptown News, and she can be reached at sara@sdenn.com.❖

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If the number is uncomfortably high, you’re not alone. We’ve all heard the adage that it takes 21 days to start a new habit. According to a study completed at University College London, it isn’t easy: 96 habit-hopefuls found it challenging to add a new healthy routine such as running every night after dinner, including fruit with their lunches, or doing 50 crunches every morning after breakfast.

While some more feasible habits, such as drinking a glass of water in the morning, did seem to get established after 20 days, the average habit-forming time span was 66 days, with some folks in the study still trying for habit status after the better part of a year. Yikes!

Before you throw in the gym towel and decide that you’re doomed, we have some tips for how to successfully get started on your own quest to health.

1. Start, and continue, with an attitude of self-compassion. Aside from sounding very gentle and sweet, there is scientific backing to this. If you exercise or diet from a place of guilt, or from a fixed mentality, then every time you slip up (which we all do, many times) you’ll view it as a character flaw. But an attitude of self-compassion will help you to think of your diet changes and exercise attempts with a growth mentality, or something you can improve.
2. Remember that every positive decision you make is a gain, but you have to keep going. One long walk isn’t going to fulfill your requirements for a week, just like one super food salad isn’t going to “carry” you through the next five meals. The long walk and salad are, however, great steps in getting you to where you want to be.

see Fitness, pg 19

BUSINESS SPOTLIGHT

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BUSINESS SPOTLIGHT

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Ryan Gans has been involved in the fitness community for the better part of a decade. His journey in fitness started after suffering a brutal knee injury that required surgery. It was during the rehabilitation to gain basic function back in his knee that Ryan’s passion for fitness started. The rehab process is where Ryan learned the amazing capabilities of the human body.

In the years that followed, Ryan found the tools required to improve human performance. Anyone who has trained with Ryan can attest that his workouts are effective in achieving results.

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				7		9		
1		2		9		5		4
	5		4		1			

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

Round Up



CREATORS NEWS SERVICE By Charles Preston

ACROSS

1 Israeli dance
5 Fall beverage
10 Balance sheet item
14 Old
15 Ascend
16 Leather flask
17 Bridge coup
18 Force back
19 Intend
20 Round angles
22 Meaning
24 Scapegrace
25 Whirl round and round
26 Financial backers
29 Plagued
33 Deface
34 Evil spirit
36 Fence crossing
37 Currier's partner
39 Pontchartrain and Okeechobee
41 Iniquitous
42 Pole used in a Scots contest
44 More recent
46 Goddess of mischief
47 Raised
49 John Foster ____

DOWN

1 Fastener
2 Leer
3 Back
4 Regard with pleasure
5 Merry-go-round
6 Goddess of peace
7 Declines
8 Compass dir.
9 Depends
10 Round off
11 Dairy case item
12 Mast
13 Portable shelter
21 Precious metal
23 Shea Stadium team

51 Son of Seth
52 Ms. Lollabrigida
53 Certain sportswear
56 Round trippers
60 Employ
61 Look fixedly
63 Gleam
64 Not quite round
65 Consumed
66 Within: prefix
67 Refuse
68 Exhausted
69 Grate

25 Continue a subscription
26 Ecclesiastical linen neckwear
27 Marine
28 Dabchick
29 Jabbed
30 Competitor
31 Choice
32 Proofreader's marks
35 Ancestral spirits in ancient Rome
38 Roundly
40 Grounds
43 Rave

45 Mystical symbol
48 Throws
50 Bigger
52 Bridge expert
53 Wearing shoes
54 Apiary unit
55 Algerian port
56 Detest
57 Arm bone
58 Motions of assent
59 Trade or exchange: var.
62 Spigot

Puzzle answers on page 17

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Join us for the 37th annual “Tribute the Reggae Legends”
festival over Presidents’ Day weekend on Saturday, Feb. 17
and Sunday, Feb. 18, at WorldBeat Center in San Diego.
Featuring Roots Reggae artists:
Junior “One Blood” Reid
Big Youth
Warrior King
Sister Carol
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Leroy Sibbles
Boomshaka
Piracy
Milton Henry
Mr. Williamz
Kush
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More to be announced! Lineup subject to change.
“Tribute to the Reggae Legends Festival,” formerly known
as “Bob Marley Day,” has been an annual event in San Diego
for 37 years now.
The first “Bob Marley Day” was held at the International
Blend on 30th Street and then moved the following years to
the Jackie Robinson YMCA, Carpenters Hall, North Park
Theatre, Adams Avenue Theatre and recently the San Diego
Sports Arena.
Our ancestors of reggae music (Bob Marley, Peter Tosh
and Burning Spear, just to name a few) have laid the path to
liberation through music. Now we continue to use music, art
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today. For tickets or info, go to bobfestsandiego.com or call
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PUZZLE ANSWERS

Sudoku

Puzzle from page 16

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

Round Up

Crossword from page 16

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

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UPTOWN CALENDAR



High Tech Fair

8 a.m.–2 p.m., for grades 7-12, Balboa Park Activity Center, 2145 Park Blvd. Free. rhfleet.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.

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.

'Blazing Saddles'

8 p.m., Cinema Under the Stars, 4040 Goldfinch St., Mission Hills. \$17 for members; \$18 at box office. topsresents.com or 619-295-4221.

Square dancing classes

8–9:30 p.m. Recital Hall, 2130 Pan American Plaza, Balboa Park. \$50 for 13 classes. 858-277-7499 or circulators.sdsda.org.

The Zeros

8:30 p.m., with Strangers in a Strange Land and Thee Allyric Reaction. Soda Bar, 3615 El Cajon Blvd. \$12. 21 and older. ticketfly.com.



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.

Genealogy: Be An Ancestor Detective

5 p.m., Oasis class on how to begin finding your ancestors, Mission Hills Library, 925 W. Washington St. 619-692-4910.

Comedy Heights

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

'The Important of Being Earnest'

8 p.m., preview performance. Through March 4, Donald and Darlene Shiley Stage, Old Globe Theatre, Conrad Prebys Theatre Center, 1363 Old



Globe Way, Balboa Park. \$30 and up. 619-234-5623.

'Blazing Saddles'

8 p.m., Cinema Under the Stars, 4040 Goldfinch St., Mission Hills. \$17 for members; \$18 at box office. topsresents.com or 619-295-4221.

Funeral Chant

8 p.m., with Pandiscordian Necrogenesis, Mystic Ritual and Hadron. The Merrow, 1271 University Ave., Hillcrest. 21 and older. \$5. Ticketweb.com or 619-299-7372.

Twin Ritual EP release party

8:30 p.m., with Watch for Horses, Mannequin and Other Ways. Soda Bar, 3615 El Cajon Blvd. \$5-\$8. 21 and older. ticketfly.com.



Hillcrest Farmers Market

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

Coffee with the Catapult

11:30 a.m., an informal discussion about what's new in literature, The Book Catapult, 3010-B Juniper St., South Park. Free. TheBookCatapult.com.



Reverend Horton Heat

8 p.m., with Voodoo Glow Skulls and Big Sandy. Observatory North Park, 2981 University Ave. All ages. \$5. Ticketweb.com.

Piebald

8:30 p.m., with Tough Age. Soda Bar, 3615 El Cajon Blvd. \$20. 21 and older. ticketfly.com.



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.



Marbin

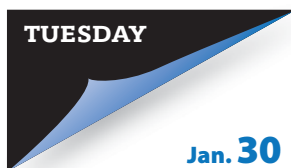
8 p.m., jazz concert, The Merrow, 1271 University Ave., Hillcrest. 21 and older. \$10. Ticketweb.com or 619-299-7372.

The Lillingtons

8:30 p.m., with The Bombpops, The Last Gang and The Two Tens. Soda Bar, 3615 El Cajon Blvd. \$15. 21 and older. ticketfly.com.

DVSN

9 p.m., Observatory North Park, 2981 University Ave. All ages. \$30.50. Ticketweb.com.



AABA Annual Breakfast Meeting

8 a.m., El Zarape Restaurant, 3201 Adams Ave. Adams Avenue Business Association will elect board members. \$10. craig@adamsavenuebusiness.com.

'The Ecology of Sound'

6:15 p.m., panel discussion followed by concert, San Diego Art Institute, 1439 El Prado, Balboa Park. In conjunction with interactive sound and video installation, "The Language of Things," by Roberto Romero-Molina. 619-236-0011.



Naivete

8 p.m., with Dani Bell and the Tarantist, Oak Palace and New Me. Soda Bar, 3615 El Cajon Blvd. Free. 21 and older. ticketfly.com.

Neon Dreams

9 p.m., with Chill Clinton and Lyrical Groove. The Merrow, 1271 University Ave., Hillcrest. 21 and older. \$10. Ticketweb.com or 619-299-7372.



South Park Business Group

8:30 a.m., Eclipse Chocolate, 2145 Fern St., South Park.

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.



Prawn

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



Dina Martina

8 p.m., "Dina Martina: Fine Avec Me" show, Martinis Above Fourth Table + Stage, 3940 Fourth Ave., second floor, Hillcrest. \$25-\$30 and \$15 per person food/drink minimum. Tickets at ma4sd.com.

The Hazytones

9 p.m., with Mortar, Sixes and Captain Howdy. The Merrow, 1271 University Ave., Hillcrest. 21 and older. \$7. 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.

First Thursday at The Lafayette

6:30–9:30 p.m., hosted by San Diego Made, Lafayette Hotel, 2223 El Cajon Blvd., North Park. bit.ly/2qprnJd.

University Heights Community Association

6:30 p.m., Alice Birney Elementary School auditorium, 4345 Campus Ave.

Human Rights Watch Film Festival

7 p.m., opening night, showing "Lindy Lou: Juror Number 2." Museum of Photographic Arts in Balboa Park. Festival runs through Feb. 4. MOPA.org/hrwff or 619-238-7559.

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.



Passion Pit

8 p.m., Observatory North Park, 2981 University Ave. All ages. \$35-\$129. Ticketweb.com.

Bad History Month

8 p.m., with Longface, Miss New Buddha and Young Jesus. 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.

Banditos

8 p.m., with The Liquor-smiths. Space, 3519 El Cajon Blvd. 21 and older. \$10-\$12. ticketfly.com.

EndCastle

9 p.m., with Ned and the Dirt, and Pinkeye. The Merrow, 1271 University Ave., Hillcrest. 21 and older. \$5. Ticketweb.com or 619-299-7372.



'About Time'

8 p.m., Cinema Under the Stars, 4040 Goldfinch St., Mission Hills. \$17 for members; \$18 at box office. topsresents.com or 619-295-4221.

Square dancing classes

8–9:30 p.m. Recital Hall, 2130 Pan American Plaza, Balboa Park. \$50 for 13 classes. 858-277-7499 or circulators.sdsda.org.

STRFKR

8 p.m., Observatory North Park, 2981 University Ave. All ages. \$22. Ticketweb.com.

Birdy Bardot

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

The Gorgeous Boy Scouts

9 p.m., with The Paragraphs, Turtle Turnip and Thea! The Merrow, 1271 University Ave., Hillcrest. 21 and older. \$7. Ticketweb.com or 619-299-7372.



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.

Comedy Heights

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

'Cardboard Piano'

8 p.m., opening night of play by Hansol Jung, Diversionary Theatre, 4545 Park Blvd., Suite 101, University Heights. Through Feb. 25. \$15-\$50. 619-220-0097 or diversionary.org.

'About Time'

8 p.m., Cinema Under the Stars, 4040 Goldfinch St., Mission Hills. \$17 for members; \$18 at box office. topsresents.com or 619-295-4221.



Belle Game

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



Hillcrest Farmers Market

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



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.

FROM PAGE 18
CALENDAR

Bankers Hill Parking Committee
6:30 p.m., Merrill Gardens, 2567 Second Ave., Bankers Hill.

Phoebe Bridgers
8:30 p.m., with Soccer Mommy. Soda Bar, 3615 El Cajon Blvd. \$12. 21 and older. ticketfly.com.

Jara
9 p.m., with Heir Gloom and Battery Point. The Merrow, 1271 University Ave., Hillcrest. 21 and older. \$5. Ticketweb.com or 619-299-7372.



Adams Avenue Business Association
8 a.m., board of directors meeting, Normal Heights Community Center, 4649 Hawley Blvd.

North Park Main Street Design Committee
5:30–7:30 p.m., North Park Main Street office, 3939 Iowa St., Suite 2. 619-294-2501.

Normal Heights Community Association
6 p.m., Normal Heights Community Center, 4649 Hawley Blvd.

Normal Heights Community Planning Group
6 p.m., Normal Heights Community Center, 4649 Hawley Blvd.

Uptown Planners
6 p.m., Joyce Beers Community Center, 3900 Vermont St., Hillcrest.

Dent
8:30 p.m., with Twin Ponies and Shades McCool. Soda Bar, 3615 El Cajon Blvd. \$16-\$8. 21 and older. ticketfly.com.



Storms, Streets, Sidewalks, Trees and Services
11 a.m.–1:30 p.m., bimonthly meeting of San Diego Regional Urban Forests Council, War Memorial Building in Balboa Park. Register at bit.ly/2DmsCPG.

Mission Hills Business Improvement District
3:30 p.m. Visit missionhillsBID.com for meeting location.

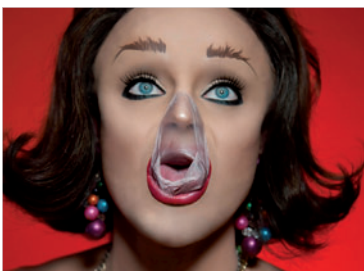
The Center for Ethics in Science & Technology
5 p.m., debating the question: “Should we ask terminally ill patients infected with HIV to donate their bodies to science?” Fleet Science Center in Balboa Park. Free. Register at bit.ly/2mC7J8M.

University Heights Community Development Corporation
6:30 p.m., 4452 Park Blvd., Suite 104.

University Heights Community Parking District
6:30 p.m., 4452 Park Blvd. Suite 104.

Jewish Film Festival
7 p.m., Underwriter Preview Night for 28th annual San Diego Film Festival. Showing “Let Yourself Go” (Italy), The Lot in La Jolla. Festival runs through Feb. 18 at various locations. Sdcj.org or 858-362-1348.

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.



Tammie Brown
8 p.m., “RuPaul’s Drag Race” alum Tammie Brown in “National Treasure ... The Tammie Brown Show,” Martinis Above Fourth Table + Stage, 3940 Fourth Ave., second floor, Hillcrest. \$25 and \$15 per person food/drink minimum. Tickets at ma4sd.com.

Lights
8 p.m., with Chase Atlantic and DCF. Observatory North Park, 2981 University Ave. All ages. \$20-\$140. Ticketweb.com.

Joey Cape
9:30 p.m., with Brian Wahlstrom, Zach Quinn and Donald Spence. Soda Bar, 3615 El Cajon Blvd. \$15. 21 and older. ticketfly.com.



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.

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.



The Eiffels
8:30 p.m., with Nite Lapse, Ingogri-gio and Snapghost. Soda Bar, 3615 El Cajon Blvd. \$10-\$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. To view local community organization meeting information online, visit bit.ly/2esLpLR.

Don Diablo
8 p.m., with Lost Frequencies. Observatory North Park, 2981 University Ave. 18 and older. \$30. Ticketweb.com.

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

FROM PAGE 15
FITNESS

3. Want to know the very best exercise for you, the one to guarantee results? It’s the one you like, and the one you’ll want to do. Aim to do this exercise, or another enjoyable one, for around 30 minutes, most days of the week. The good news is that exercise can take many forms, from dancing to swimming or aggressive house cleaning. And remember that every time you choose activity and health over poorer choices is a gain for your wellness.

4. Slow and steady wins the race, and meets your goals. Over exuberance in

the beginning is a great way to sabotage you. Either you get burned out mentally or your body gives out because it’s not used to doing what you’re asking it to. Start slow, and celebrate each gradual gain.

5. Try a little of everything. The exciting thing about beginning a physical health routine is that there are so many choices and options to sample. You never know what might strike your fancy and find a permanent place in your regiment. Under the instruction of your trainer, give weight training a try, as well as biking, yoga, stretching and jogging. Many people just getting started enjoy walking or using the elliptical machine. The choices are yours — just get out there and try it!

In the end, decide that you want to change for the right reasons. Focusing on the scale, your pant size or your appearance may motivate you temporarily, but that fuel will often burn out, and cause damaging self-reproach. Instead, decide that you want to be healthier because you love and respect yourself, and deserve to be the best you can be. This resultant feeling of the chip away, chip away; one work out, one meal, one day at a time, approach resonates through all aspects of your life in balancing the mind, body and spirit connections.

—Blake and Gwen Beckcom
run *Fitness Together Mission Hills*. Contact them at fitness-together.com/missionhills or call 619-794-0014.❖



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DAYTIME PHONE: _____

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EMAIL: _____

Dining & Entertainment

American Cuisine	Doughnut Shop	Mexican Cuisine
Bakery	Food Truck	Movie Theater
Barbecue	Family Restaurant	New Restaurant
Brewery	Farmers Market	Nightclub
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
Business Lunch	Health Food Store	Rooftop Lounge
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
Coffee Shop	Juice Bar	Sushi
Comedy Club	Late Night Dining	Thai Cuisine
Comfort Food	Live Music Venue	Theater
Dance Club	Local Winery	Vegetarian/Vegan
Deli	Lunch	Wine Bar
Dessert	Margarita	
Dinner	Martini	

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