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Molly Jenson (center) performing with local musicians at "The Last Show Probably, Maybe" event at Lestat's West on March 28. (Photo by Chuck Lapinsky)

Normal Heights venue halts concerts, shifts focus to community events

Sara Butler | Editor

Lestat's West — a local music venue that has been operating for over a decade — announced that it will no longer host live concerts. John Husler, co-owner of

its parent company Lestat's Coffee House, confirmed the news to Uptown News on April 4.

Husler described the situation as "complicated." Rumors of Lestat's West's closure began to swirl in early March. However,

though the concerts are ending, the venue itself is not closing. It will continue to operate without live music, shifting its focus to community-centric events.

see Lestat's West, pg 3

The Color Queen
Mission Hills
artist utilizes
genetic condition

By Joyell Nevins

Concetta Antico, "The Color Queen," paints what she sees. Her work explodes in bright color and nuances of shade. But unlike many artists, she does not paint with her imagination or the 'colors of her heart,' so to speak. Antico paints direct depictions what she sees with her physical eyes.

While the average human eye can see up to 1 million colors, due to a fourth receptor and a multiplied illuminance factor, Antico's eyes can see up to 100 million colors.



Local artist Concetta Antico at her easel (Photo courtesy of Crowe PR)

You can view a selection of Antico's work at "Sacred Spectra," a special showing in her Mission Hills home — what she calls the "essence of me in the essence of me." The event will be held at 6–9 p.m. on Saturday, April 7.

The official term for this collective genetic mutation is tetrachromacy. Although Antico may be referred to as an X-Woman or "superhuman" she is quick to point out that it's not merely her physicality that has made her successful.

see Concetta, pg 14

Uptown News
BRIEFS



BIKE MOB HITS THE STREETS

Upwards of 30 Uptown residents rode dockless bikes down El Cajon Boulevard on Saturday, March 31, for the Dock Your Bike Down The Boulevard-Bike Share Mob event, which was held by the El Cajon Boulevard Business Improvement Association (BIA).

"We had a bunch of riders, including some virgin riders, which was great," Tootie Thomas, president of the BIA and owner of LIPS, said. "We put up a poll on our Facebook event page and saw a few people had never taken them [dockless bikes] [out] before."

"And that's where we really saw the change happening," Thomas continued. "Where someone like myself four years ago never rode a bike on the boulevard to go from business to business and realize that four blocks was easy to do, then six blocks. After that, I might buy my own bike and start going from business to business on the boulevard that way."

Before the event, Thomas collected some LimeBikes and Ofo bikes anticipating some participants may show up bike-less. While they were all utilized, most riders met at the two meet-up spots with bikes in tow.

"Will we be doing it next year? Well, I think we will be doing it again next week," he said. "We're not gonna stop here, we're really enthused by this."

To read what riders thought about the event or view photos, visit theboulevard.org.

see News Briefs, pg 4



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Architectural design and history

OH! San Diego showcases the best in architectural designs

Albert H. Fulcher
Contributing editor

Over the weekend of March 24–25, Open House San Diego (OH! San Diego) held its free, two-day open house with more than 80 “must see” architectural designs throughout Bankers Hill, Balboa Park, Downtown, Barrio Logan and Point Loma. The annual event drew more than of 9,000 site visitors, many of whom got the chance to see behind-the-scenes tours of San Diego’s historic landmarks and never-before-seen buildings.

Open House Worldwide was founded in London more than 25 years ago. OH! San Diego is relatively a new program going into its third year. San Diego was the third city in the United States to develop its own Open House. Los Angeles is following suit; they were on hand over the weekend to see how everything worked here. Featuring architecture of the past, present and in many cases the combination of both, this event gave residents and

visitors alike a chance to see and hear the rich history of San Diego.

As with International Open House, it was important to the San Diego Architectural Foundation and for OH! San Diego Founder Susanne Friestedt that the event was free. This gave people the ability to enjoy architecture in a

personal way by making the sites accessible.

Each site has its own story, but innovative use of materials, repurposing of space, environmental sustainability, energy efficiency and unique use of public areas were some of the highlights of the designated sites.

Friestedt said it is important to note that as this event

grows, it becomes more of a money generator for the city. London, just celebrated its 25th year with more than 750 sites. She said people visited London from all over the world to see its architectural wonders, so she understands the economic boost that this type of event can bring to a city.

With OH! San Diego growing each year, she said they plan to expand into La Jolla in the future and is thoroughly pleased with the turnout this year. Friestedt explained

that history and architecture go hand-in-hand, and this year was no exception with some of the top spots in San Diego over the course of the event.

In Balboa Park, the Timken Museum of Art, Mingei International Museum, and The Palisades developed for the 1935 California Pacific International Exposition. Both were a big draw.

Bankers Hill brought in the crowds with the First Church of Christ, Scientist. Another big draw was the Gruenberg Law Offices that are considered a great contrast of the Bankers Hills Victorian homes look along with the modern glass and concrete Gruenberg building.

In its first year participating, Ohr Shalom Synagogue in Bankers Hill showcased its long history and Mediterranean–Moorish architectural style to the public. It received 263 visits and the Temple Beth Israel, the largest reform congregation in the city at that time, was the first Jewish congregation in San Diego. Its original synagogue built in Downtown now sits in Heritage Park in Old Town. With a growing congregation, it purchased the current property at Third Avenue and Laurel Street and began construction in 1925.

The synagogue’s architect, William H. Wheeler, was an Australian immigrant to the U.S. who designed several notable buildings including the Balboa Theater in Downtown, All Saints Episcopal Church in Hillcrest and the Klauber-Wangenheim Building in Downtown. Ohr Shalom was designed to fit in with the Panama-California Exposition in Balboa Park in 1915 and the domed, freestanding square synagogue was considered an innovative piece of architecture in the 1920s.

Lynn Mendelsohn, Ohr Shalom vice president of programming and events, said Beth Israel occupied this building until the congregation outgrew the facility. They sold it to a developer who was going to build a large apartment complex, and Beth Temple purchased property across from UTC in University City. The Beth Temple Synagogue there is “absolutely beautiful,” she said.

But this was not the end of Ohr Shalom. A lot of forces in the city — including SOHO (Save Our Heritage Organization), attorney Paul Weil and historian Alex Bevil — got involved with other people and groups in the community and fought the purchase.

“Ohr Shalom was founded ages ago as Ohr El, a congregation of immigrants from Mexico that used this building for high holidays,” Mendelsohn said. “When they saw that this building was up in the air, they joined in and it became a two-way battle.”

This battle evolved over seven years, until the city designated the building as a historical site and the developer deeded the property to Ohr Shalom.



Ohr Shalom Synagogue in Bankers Hill was featured for its Mediterranean and Moorish architecture during the OH! San Diego two-day open house event. (Photo courtesy of Ohr Shalom)

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— Jan Delair, age 63, retired

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see OH! SD, pg 4

FROM PAGE 1

LESTAT'S WEST

Lestat's West is based in Normal Heights, located at 3343 Adams Ave. next to Lestat's Coffee House. Lestat's Coffee House — a 24-hour cafe which has been open since 1997 — also has locations on Park Boulevard and University Avenue, which opened in 2010 and 2016, respectively. Husler and his partner Jamie Jerkowski run all three mom and pop shops.

Out of the three businesses, Lestat's on Adams is the only location that had an accompanying live music facility. Though Lestat's West has been open for approximately 10 years, the cafe started hosting concerts 20 years ago inside of the coffee shop next door.

Husler said the main reason behind decision to end the live music was that the expenses — including labor costs, music and cabaret licenses — became too high to maintain the operation. He noted that the venue cost about \$50,000 more than it made.

"We're stuck with all of the expenses of running the theater in an environment where people don't want to pay for music," he said. "Millennials get their music for free."

Husler conducted a two-year study to see if the venue could cut costs and sustain itself. He found that his two other locations were growing faster and able to reinvest at a more rapid rate than the Normal Heights cafe, which was forced to burden the concert expenses.

"If [live music] still brought in customers, it would have value," he continued. "But the problem is that it's really hard to justify its advertising when you're only having shows with two to six people [performing] in them."

A social media post from Lestat's West's Facebook



Lestat's West performers with Louis Brazier (center), the venue's former booking manager and soundman (Photo by Dan Chusid)

account, posted by an employee on March 5, hinted the news and began community speculation about the venue's closure.

"This is it folks, come out and support the venue. Lestat's West Music Venue [is] closing at the end of March," the post read, which attached a photo of a written statement about the importance of supporting small venues. Though the Facebook post has not been removed, it has been edited since its original upload. (View the full post at bit.ly/2q4SQ1l.)

On March 23, the Facebook page — which often posts promotions for upcoming shows — added an event coined "The Last Show Probably, Maybe." The concert was organized by

Molly Jenson, a local musician who got her start at the venue in 2005 and continued to perform there throughout the years.

"It just seemed like all the San Diego musicians I knew were playing at Lestat's, so it was the first place I thought to go when I started playing

shows," Molly Jenson said.

Jenson reached out to other musicians who had found a second home on the stage and invited them to participate in the event. Though some were out of town or already had different shows booked, Jenson said that every person she contacted responded.

Held on March 28 at 8–11 p.m., the show featured dozens of musicians, including Gregory Page, Jeff Berkley, Veronica May, Saba, Get Back Loretta, Evan Bethany, Josh Hall, Dallas McLaughlin, Alex Woodard, Annie Bethancourt, Nena Anderson, Derren Raser and Jenson herself.

"As soon as I heard the venue might close, my first thought was that we needed to have one more big night where all the old 'family' got together to play some songs," she said. "It was a no-brainer."

"I honestly had no idea if anyone would be there or if it would be packed," she continued. "We only had a week to promote the show, but the room was full and it ended up being a really special night."

Each performer played a couple songs, and many offered an on-stage tribute to Louis [Lou] Brazier in the form of short speeches or dedicated numbers. Brazier, a long-time Normal Heights resident, was the booking manager and soundman of Lestat's West. Tickets for the event cost \$10 and all proceeds were given to Brazier.

"It was so great to see so many old friends and to have a chance to show Lou how much we love him," Jenson said. "I

know Lestat's [West] is closing [live music] but Lestat's isn't Lestat's without Lou."

Prior to Brazier hiring, Husler handled all of the concerts. Once the decision to end live music was confirmed, Husler said that he offered a job at Lestat's Coffee House to Brazier, as well as another employee who worked at the venue, but they both declined.

"I have to be fiscally responsible to all of the people that this place employs and all the people who enjoy coming to this place," he continued. "And if the theater continues at that rate, it will bleed that dry. At a certain point I have to say, 'This has to end.'"

Husler said he is committed to rebuilding the venue with free and low-cost community, culture-oriented events that bring in a higher attendance. The open mics, comedy nights, poetry nights, book club and writers' group previously hosted will continue. These events are all run and advertised by independent organizations.

Husler also plans to add other events to the roster that have been suggested by millennials, such as potential game nights. Additionally, he is open to the idea of renting out the space to outside groups.

"I still think music is important, but the focus of this room [that houses Lestat's West] has lost its audience, and without an audience you're not doing any good for anybody," Husler said.

—Reach Sara Butler at sara@sdcdn.com.

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FROM PAGE 2
OH! SD

“By then, it was old, leaked, not earthquake compliant,” she continued. “In 2009, we started a capital campaign and took \$4.5 million renovating the building. We basically gutted the whole thing. We sent the original stained-glass windows to Iowa to an expert to have them refurbished. We reopened in 2011 in this great old building.”

And beautiful it is. The original windows are works of art with traditional symbols of high holy days with its antiquated look. They light up the spacious rooms in the synagogue with filtered, natural light that brings a sense of reverence to the space, along with beautiful hues that flicker through the rooms. Although completely retrofitted, the building still has an ancient look. While the interior is not as elaborate as many of the primordial designs, its small details make this piece of post-modern architecture stand out.

Woodwork on the Ark is breathtakingly beautiful. In the sanctuary, carved into the Ark is the “Shema,” which states the central tenant of Judaism — that there is only one God. It says, “Hear, O Israel! The Lord our God, the Lord is one!” Behind the Ark are nine Torah scrolls, including one for Czechoslovakia that was saved from the



One of OH! SD's hidden gems this year was Gruenberg Law Office in Bankers Hill (Photo courtesy of Gruenberg Law)

Holocaust. Another Torah scroll is in a chapel on the first floor of the school building.

In the entrance hall is a magnificent piece of art that displays two trees whose roots intertwine a sitting bench and frame one of the synagogue’s beautiful stained-glass windows. This piece has plaques placed that people can purchase in remembrance of loved ones. It was one of board president Ray Sachs’ fundraising projects.

“Ray Sachs is wonderful,” Mendelsohn said. “We have our annual fundraiser on April 29 to honor him. When he became president in 2012, we still owed \$1.1 million. Over the six years of his presidency, we managed — with his leadership — to retire that debt.”

For a full list of all of the architectural sites featured in the OH! San Diego event, visit bit.ly/2Gye4L7.

—Albert can be reached at albert@sdCNN.com.✧

FROM PAGE 1
NEWS BRIEFS

HILLCREST RESIDENT NAMED COOL WOMAN 2018



(Photo courtesy of Girl Scouts San Diego)

Dea Hurston — a local playwright, mentor, and artist — has been named a Cool Woman of 2018 by Girl Scouts of San Diego.

Hurston is joined by four other selected women who will be honored during the 18th annual Cool Women luncheon and ceremony at Coastera on April 13 on Harbor Island at 11:15 a.m.

“Our organization provides girls with the world’s best girl leadership experience, in an inclusive, girl-led space that empowers them to take the lead,” Girl Scouts San

Diego CEO Carol M. Dedrich said in a press release. “By shining a spotlight on these extraordinary Cool Women, we are inspiring today’s Girl Scouts to reach their own potential.”

Proceeds of the event will go toward programs to empower young girls.

For more information about Girl Scouts of San Diego or to purchase a ticket for the event, visit bit.ly/2q1BPVK.

WALK AROUND ADAMS AVENUE

The Kensington-Talmadge Business Association will host its annual Spring Walkabout on Saturday, April 14, from 2–5 p.m.

As part of the walkabout, businesses along Adams Avenue will open their doors to walkers, and home-based and off-Adams businesses will have tables in the park. The showcase will include 33 companies, located in both the Kensington and Talmadge neighborhoods.

Businesses include Ponce’s Mexican Restaurant, Homegrown Energy Solutions, Franklin Elementary STEAM Magnet, Pappalecco and Kensington Guest House. Many will offer special deals, complimentary goods, live entertainment and more.

Participation in the walkabout is free of charge. A full map of Adams Avenue and participating businesses can be found online at bit.ly/2uIQ3Qc.

see News Briefs, pg 5

6 SMART HOME ESSENTIALS

With so many devices and home automation available these days, turning your house into a smart home is easier than you might think. But, there are some things to keep in mind when deciding which devices are essential - and what kind of internet service you'll need to maximize your smart home experience.



- **A home speaker that doubles as a virtual assistant.** Current models can answer questions, turn on lights, play video, access virtual assistants like Siri or Alexa, share weather and news updates, act as a timer, and play music on demand. Some models even help you shop online.
- **Home cameras.** The latest in home monitoring such as Cox Homelife allows for remote live video viewing from your smartphone, video recording and customizable notifications.
- **Smart lights.** Replace existing light bulbs with energy efficient bulbs that can be controlled remotely with a few taps on your smartphone or tablet. Cox Homelife has an automation feature to control indoor and outdoor lights, bringing you (and your pet) peace of mind while you're away from home, as well as saving energy and money.
- **Smart locks.** Remotely control doors in your home. Features can include voice commands, customized chimes, activity logs, integration with other smart devices, and special codes for friends, dog walkers, and deliveries.
- **Smart thermostats.** Programmable thermostats allow you to remotely turn the air and heat in your home up and down, and on and off. Save money and energy, and arrive to a warm or cool home.

- **Smart Search entertainment.** There are many options to watch TV and stream content online, and Cox's Contour TV service brings smart search options, Netflix integration, a voice-controlled remote, and cool apps together into one service that is easy to navigate. Speak into the remote to find the programming you want to watch - use a famous movie quote, the title of a show, a genre, or the name of an actor. You can even say "free movies," and available titles in the On Demand library will pop up.

Just as important as the devices you select is the internet service you choose.

In San Diego, Cox Communications recently doubled internet download speeds automatically for the majority of its customers at no additional charge. Preferred, the company's most popular tier of service, is now up to 100 Mbps, while Essential and Starter, which are ideal for lighter users with one to five devices connected to the home network, doubled to 30 Mbps and 10 Mbps, respectively.

For households with multiple family members who want to connect dozens of devices simultaneously, are heavy gamers or have the need for the fastest speeds around, Cox's Gigablast service offers download speeds of 1 gigabit (1,000 Mbps).

Take a short quiz on the speed advisor at www.cox.com to determine which speed is right for your household.

Cox is also improving the in-home internet experience with Panoramic WiFi, which provides "wall-to-wall" WiFi coverage so you have a connection wherever you may roam in your smart home.



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Wheels of Change in motion

New program gives homeless work, access to programs

By Dave Schwab

Thanks to the pioneering efforts of a mother and her son, the city and Alpha Project partnered to create a pilot program to get homeless people off the street and on their feet by furnishing them with day jobs.

Wheels of Change, the new program currently operating in Downtown San Diego, is based off a similarly successful model in Albuquerque, New Mexico called "There's a Better Way."

Wheels of Change is initially rolling out two days a week, with a van driving 10 homeless people to designated areas to pick up trash, pull weeds, clear brush, etc. for five hours. They are compensated after their workday is completed.

Wheels of Change not only gives homeless participants the dignity of work, but also connects them with social services. The program also assists in transitioning homeless to permanent housing.

Co-creators of the new homeless jobs program are Dr. Carolyn Barber, an emergency medicine physician affiliated with UC San Diego Medical Center, and her son, Kevin, a private high school junior.

Kevin Barber talked about how Wheels of Change began. "My mom and family always talk about homeless issues,

and about wanting to do something to help," he said, noting he saw short videos online about a similar homeless jobs program in New Mexico. "I got really interested when I saw how big an impact it was having on homeless people in Albuquerque."

So, the Barbers took a New Mexico trip to check out its homeless jobs program. "They were very supportive and wanted to help me bring it to San Diego," Kevin said. "Then we realized we needed a non-profit to support us and help run the program."

Enter Alpha Project, a 501(c)(3) nonprofit human services organization located Hillcrest, which serves more than 4,000 homeless daily with an array of programs including housing.

Approached by the Barbers about Wheels of Change, Alpha Project Chief Administrative Officer Amy Gonyeau said it was a perfect fit as a "starting point" for homeless self-help. Gonyeau added the new program is a win-win all around.

"It really helps with cleaning the communities, and the other component is it provides peer outreach," Gonyeau said, noting it affords homeless participants from Alpha Project's Hillcrest homeless shelter the opportunity to interface with people on the street to explain their shelter

experiences, detailing how that's helped them while encouraging others to follow suit.

The final piece to put Wheels of Change in motion was acquiring the support of local government, which was provided by District 7 Councilmember Scott Sherman. He liked the idea of a program to give the homeless a hand-up.

"It gives the homeless a positive experience to have a job giving them a sense of real worth," Sherman said. "It's a way for people who want to work to do that."

Wheels of Change is a step in the right direction, said the councilman.

"With community buy-in, and the political will, we can help get a large portion of the homeless population off the street," he said.

Sherman added he was impressed that a 16-year-old boy and his mother were smart, enterprising, and courageous enough to advance such a model homeless jobs program.

Carolyn, who went out recently on the Wheels' homeless van, was "inspired" by what she saw.

"The homeless we met were motivated, like Cory, who told us, 'It's easy to pick up that 'I'm homeless' attitude on the streets. This gave me a work ethic. ... It makes me feel good and like I'm giving back. ...

It puts a few bucks in my pocket so I can get clothes, shampoo and shave."

Barber also encountered a homeless electrician who lost his job because of hospitalization. "He does not want handouts, or to be on disability, but wants to work," Carolyn explained.

Barber recounted another story of a homeless former substitute teacher she met "who is now applying to nine different jobs at Home Depot."

Barber concluded with her most poignant story of all about Susan Graham.

"A week and a half ago she was about to jump off the Coronado Bridge," Barber said. "A bystander and Alpha Project saved her life. Graham now says she 'wants to be an example to others.' Working together as a community — we can change one life at a time."

Alpha Project's Gonyeau said Wheels of Change has been so successful thus far that, "We've got a list of 150 people signed up on a waiting list to participate."

In other good news, Councilmember Sherman is working to expand the Wheels of Change pilot program.

"We're going over the budget to see if we can expand it to five days adding two or three more vans," he said.

—Dave Schwab
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FROM PAGE 4

NEWS BRIEFS



(Photo courtesy of Arlene Hauser)

EXPLORE MISSION HILLS HISTORY

Mission Hills Heritage (MHH) will host their Gems of South Mission Hills walking tour and seminar on Saturday, April 14, from 10 a.m.—4 p.m.

Attendees will check in at Parker Lower School, located at 4201 Randolph St. and have access to an hour-long tour of different architectural styles in Mission Hills. Seminars will be held in the auditorium on topics such as additions and rehabilitations, early-20th-century doors and millwork, fireplaces, the Mills Act, and historical architecture. Complimentary cookies and lemonade, as well as access to two food trucks, will also be available.

For more information about the walking tour or to purchase a ticket, visit bit.ly/2pYsQEL.

see News Briefs, pg 17



May 5, 2018

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GUEST EDITORIAL

We must lead the way on gun violence prevention

By Rep. Susan A. Davis

Congress can prevent gun violence if we listen to our kids and put safety ahead of politics.

Aurora, Newtown, Orlando, Las Vegas and now Parkland. A growing list of cities and towns in America have witnessed firsthand the unspeakable tragedy associated with gun violence.

After experiencing the death of 17 of their classmates and teachers, the students at Marjory Stoneman Douglas High School said enough is enough.

In the two months since the Parkland, Florida shooting, young agents of change have taken to the streets to demand action on preventing gun violence.

Their activism has spread across the nation to other students who are joining the chorus of voices.

They are taking their fear, their anger and their passion to a different level. While their outrage is coming through, so is their desire for solutions.

I recently had the opportunity to meet with the Parkland students. I was struck with how measured they were about the reforms they were seeking.

They understood they weren't going to get everything they were asking for but were very specific in what they wanted to achieve.

I also met with 10th-graders at High Tech High Chula Vista where we discussed gun reform and school safety.

These students and their peers across the nation staged a walk-out of their classes on March 14 to demand action on gun violence prevention.

It was an inspiring scene to see students storming out of their classrooms and engaging in their democracy through peaceful demonstrations.

I joined them in solidarity and rallied with students from the

District of Columbia, Maryland and Virginia in front of the Capitol building.

I wish I could have been with our local students but fortunately my San Diego staff was out in force showing their support.

Our young people are succeeding where adults have failed. Their voices have been strong and steady, and they are making a difference.

Florida just raised the minimum age to purchase a gun from age 18 to 21.

California is also poised to raise the minimum age from age 18 to 21 to buy a long gun or handgun in our state. This would include rifles and shotguns.

California has always been a leader on gun safety. We must not let the federal government weaken California's strong gun laws.

Congress, unfortunately, has been unwilling to act on guns in a meaningful way. This issue is too political; the special interests are too strong for some of my colleagues.

The House did pass legislation to help schools fund security measures, such as metal detectors. The legislation will also help train local law enforcement, educators and students on violence prevention.

While I supported this effort, my concern is this will be a "one and done" approach when comprehensive reform is needed.

We are protecting schools from shooters but not stopping troubled people from becoming shooters.

There are a number of gun safety bills in the House which I am co-sponsoring that Congress needs to enact if we are going to see real reform.

Let's reinstate the assault weapons ban that expired in 2004. There is no need to have weapons of war in our communities.

The assault weapon used in the shooting at Marjory Stoneman Douglas High School would be

covered under a ban.

Bump stocks allow semi-automatic weapons to behave like automatic weapons. It was bump stocks that made the shooting in Las Vegas the deadliest in our nation's history, with 58 people killed and 851 injured.

It's clear the sole purpose of bump stocks is to make weapons as deadly as possible.

It's also clear they don't belong on our streets. Let's ban them.

There are glaring loopholes in the national background check system.

In California, any gun owner who wants to engage in a private sale of a firearm must do it through a licensed gun dealer, so a background check can be conducted.

This is not the case nationally. We need to create a truly universal background check system.

There is common ground no matter how you feel about guns. We can support the Second Amendment and still protect people. I am hopeful that if good sense can trump extremist views on this issue we can see some positive action on gun reform.

Because the statistics are alarming enough. According to the Centers for Disease Control, there were more than 38,000 gun-related deaths (including suicides) in 2016. That would almost fill Petco Park.

We must push for gun reform to ensure the list of cities and towns in America experiencing gun violence and senseless deaths does not grow any longer.

—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.✽

Transitioning to a leader's role

Notes from Toni Toni G. Atkins



The past couple of months have been incredibly busy in the state Capitol as I've transitioned from rank-and-file member of the Senate to the 48th Senate President pro tempore — a fancy mouthful of a title that simply means "leader." I've been busy making staffing decisions, working on institutional issues and processes, and meeting with my colleagues to hear their ideas and desires going forward. There really hasn't been much time to stop and reflect on what it all means.

Everything came to something of a crescendo on March 21, when the Senate voted me in as the next leader and state Supreme Court Chief Justice Tani Cantil-Sakauye administered the oath of office and swore me in.

The day started appropriately with a breakfast with my colleagues in the Legislative Women's Caucus, and I was so pleased that some my close female friends from San Diego were able to join us. And it ended appropriately with a celebration thrown by my colleagues in the LGBT Caucus.

I say "appropriately" because I am in the fortunate position of becoming the first woman and the first member of the LGBTQ community elected as Senate leader. While I am not completely comfortable being talked about as "making history," it's important to recognize these milestones in gratitude to all of the courageous people who came before me and worked so hard for so long to see this happen. It is important to honor those pioneers and trailblazers.

For someone who doesn't love to be center of attention, the ceremony itself was a bit excruciating but incredibly touching, as outgoing President pro tem Kevin de León and some of my colleagues spoke kind and thoughtful words. With their dedication to constituents, hard work, and great ideas for improving the California experience, they and all of my colleagues inspire me more than they know.

When it was my turn to speak, I acknowledged the firsts that were being achieved, and I talked about our state's progress and prosperity and how we must ensure that everyone — no matter how they look, who they love or where their parents were born — can climb life's ladder and be whoever they want to be.

I also challenged my colleagues, and myself, to take personal responsibility for changing the workplace culture in the Capitol, to create an environment where everyone feels safe, valued, and respected. We must hold ourselves to the highest standards and lead by example.

And I told them that I have no interest in the traditional, petty rivalries that can sometimes make policy progress more difficult. Senator or assembly member, Republican or Democrat, rural or urban, north, south or central — we are all Californians.

Having said that, I must acknowledge that I take immense pride in representing San Diego, and I plan to make sure our region receives an equitable share of the resources that our state government provides. I will also ensure that we are well-represented on important statewide boards and commissions that make decisions that affect our lives in profound ways.

As I sometimes say, only half-jokingly, being in leadership gives me an opportunity to remind the Capitol community that there is a part of California that lies south of Los Angeles!

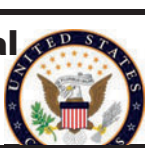
In all seriousness, I am someone who will never, ever forget where I come from, who I represent, and who has lifted me up and given me opportunities to succeed.

In a nutshell, that is San Diego and the people who live here and work so hard to make it the fantastic place that it is. I consider you my partners, so — as I said at the end of my remarks on March 21 — let's get to work!

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

Ethics questioned on Capitol Hill

Congressional Watch Andy Cohen



Congressman **Duncan Hunter (R-50)** just can't seem to buy a break these days. Then again, his troubles are of his own making, so it's difficult to feel any sympathy for the man and his family. It's become somewhat of a monthly ritual to chronicle the saga of the Alpine Republican's continued fall from grace, because each time it appears that he has hit rock bottom, the bottom falls even deeper.

Last month, new details about the federal investigation into Hunter's campaign finance shenanigans were uncovered, including attending congressional committee meetings inebriated, and frequent meetings with "the bros caucus," a pack of his (Republican) buddies at the Capital Hill Club in Washington, D.C., often during daytime hours. It was also reported that Hunter is suspected of having had one or more extramarital affairs, including with one young female intern-turned-full-time staffer.

A new investigation by the San Diego Union-Tribune has uncovered an even more troubling pattern of campaign finance expenditures dating all the way back to 2008, Hunter's first campaign for his father's old congressional seat. Hunter's campaign filings have shown 301 separate transactions totaling \$138,666 from Hunter's campaign accounts shelled out at various bars, liquor stores, and "bar dominant restaurants and similar businesses."

But wait! There's more! The SDUT dove deep and further discovered that 247 of the 301 transactions took place in Washington, D.C., and not at campaign events in the San Diego area, and that 30 percent of those transactions were for less than \$100, indicating that they were not for major campaign events. Roughly half of those disbursements occurred at a notorious lobbyist hangout. But, hey, "Drain the swamp!" Right?

In a bit of good(?) news for Hunter, the House Ethics Committee has again postponed its own investigation

into Hunter's campaign finance forays out of deference to the Justice Department criminal investigation that is ongoing.

Hunter, for his part, believes he's being treated unfairly.

"I think that the Department of Justice is somewhat biased," he previously told San Diego's KUSI TV. "There are individuals there, they like to make big cases, they like to do big things. It makes a name for them. I think that the longer they drag this out, the worse it is for me, and they know that. So, let's just get it over with."

It is unconscionable that this man would be allowed to continue to represent the interests of the San Diego region, but sadly that's likely exactly what will happen, short of a criminal conviction. Recall that it took a federal bribery conviction to remove Duke Cunningham from office, so this scenario is nothing new for San Diego.

Anti-LGBT pride lawsuit dismissed

A federal judge dismissed a lawsuit filed against several members of Congress, including **Susan Davis (D-53)** for flying a rainbow flag outside their congressional offices. The plaintiff, Chris Sevier, had argued that displaying the rainbow flag, a symbol of LGBT pride, was tantamount to the establishment of a religion, and was thus prohibited by the Establishment Clause of the First Amendment.

"The rainbow flag is a symbol of commitment to full equality, freedom, and love and I will continue to display it outside my D.C. and San Diego offices," said Davis in a press statement. "These lawsuits attacking equality only strengthen my resolve to fight to fulfill our nation's principles of liberty, freedom, and equality."

Sevier, an attorney who represented himself in the lawsuit, wanted the court to declare homosexuality itself a religion.

"Homosexuality is a series of unproven faith-based assumptions that are at the very least implicitly religious, if not completely absurd," Sevier wrote in an email to the SDUT. "When someone says they are 'born gay,' 'born with gay genes,' 'that they came out of invisible closet and were baptized gay' — those are naked assertions that cannot be proven and can only be

taken on faith. They are insurmountably religious in nature and are unworthy of civil rights protections."

The judge, it appears, felt otherwise.

The more things change...

Darrell Issa (R-49), who has decided not to run for re-election in 2018, told Fox News that he believes a special prosecutor will eventually take over investigations into the FBI and the Obama administration. Issa, who as the chairman of the House Oversight and Government Reform Committee, oversaw several investigations into the Obama administration that discovered no wrongdoing whatsoever and wasted millions of taxpayer dollars, says he is really, really sure they'll find something this time.

"My belief is it should be a special counsel," Issa told Fox News. "I want a special counsel with the same determination and resources to look at the abuses of the FISA process; was the Hillary Clinton email investigation a sham; were there conflicts of interest in the Justice Department?"

"I want a special counsel to be appointed with the same resources and the same determination to look at those issues as is Mueller looking at the Trump campaign, and I don't see that yet."

Congressional Republicans, it seems, are increasingly desperate to manufacture corruption in the FBI after Special Counsel Robert Mueller, the former director of the FBI under George W. Bush, produced 22 indictments (including 13 Russian agents) with five guilty pleas, and former Trump National Security Adviser Michael Flynn as the big fish (so far).

Issa apparently hasn't learned anything, even after being ousted as House Oversight chair. Issa still insists that there were "serious scandals" committed by Obama administration officials, including the Benghazi investigation, IRS, ATF, (among others) — all leading to exactly zero indictments which proved to be nothing more than politically motivated salvos, desperate to prove pre-ordained conclusions.

The more things change...

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

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RESTAURANT SPOTLIGHT

BREAKFAST, LUNCH AND DINNER WITH A SIDE OF NOSTALGIA



It is one of San Diego's most precious culinary landmarks. And lucky for us, it isn't going away anytime soon.

Hob Nob Hill, located at 2271 First Ave. in Bankers Hill, dates back to 1944. It was founded by Kansas transplants Harold Hoersch and his wife, Dorothy, who opened the business as Juniper Cafe. They later changed the name to Melody Grill and then Dorothy's Oven before settling on Hob Nob Hill around 1970.

The restaurant stood as a beacon for all-American comfort fare, a place where homemade turkey dinners and double-crust lemon pies still rule the day. They are among numerous other dishes and desserts that you'll be hard-pressed to find in today's rapidly changing restaurant scene.

Owner Tania Warchol has kept Hob Nob Hill deliciously anchored to the days of yesteryear. She and her ex-husband purchased the business from Harold in 1993, after his wife's passing, and kept all of the original recipes.

"It was one of Harold's stipulations to keep them the same," Tania recalls while pointing out that dishes such as soul-soothing chicken and dumplings (featured on Food Network's Diners, Drive-Ins and Dives) and turkey croquettes rising from ponds of house-made gravy haven't changed a bit.

Various upgrades to the space were made over the years to keep up with the times. Neutral colors replaced the original all-pink walls. Eye-catching crystal chandeliers were installed. Booths were reupholstered and carpeting was renewed.

Yet with a lunch counter and pie case still intact, the restaurant's historical essence has been tastefully upheld to the delight of new and longtime customers.

Hob Nob Hill is probably the only restaurant in San Diego that



The cherished Bankers Hill restaurant transports diners into a bygone era. (Photo by SDCNN)

adheres to retro service amenities such as the handing of silverware to customers from trays. For soup orders, you're provided warm spoons. Opt for a salad, and you'll get it on a chilled plate along with a chilled fork. And unless you can travel back in time a half century or more, nowhere else will you encounter cranberry relish and breakfast jellies served in scooped-out oranges.

Hob Nob Hill is home to San Diego's best Reuben sandwich. They're stacked properly with chipped house-cured corned beef, which is layered with Swiss cheese and sauerkraut on toasted rye. The result is a mouthwatering hot sandwich beckoning to New York City delis.

The culinary trip down memory lane extends also to things like deviled eggs, liver and onions, ground round steak with mushroom sauce, prime rib with au jus, and braised lamb shank with minted Jardiniere sauce. Newer, lighter fare is also available, such as pear and wedge salads, veggie sandwiches and veggie burgers.

Breakfast is a big draw here, too. It's been known to attract politicians, judges, lawyers, and other movers and shakers. And

the fare has been highlighted in Gourmet Magazine's Two for the Road column.

Look no further if you're on the hunt for eggs Florentine, crab Benedict or assorted omelets, pancakes or waffles, all of which can be washed down with fresh-squeezed orange juice or a kicky bloody Mary. Also noteworthy are the biscuits and gravy and Mexican-style breakfasts.

The restaurant is equipped with a bakery kitchen for making everything from tall-standing German chocolate and carrot cakes to chubby muffins and nearly every kind of pie imaginable, including top-selling lemon-pecan — all recipes from the original owners.

As with the muffins, the restaurant's famous coffeecake changes daily, capturing ingredients such as pineapple, rhubarb, oranges and blueberries. The sweets are just as comforting and homespun as the meals.

"Upholding the loyalty of customers is the success of Hob Nob," Tania notes. "Kids have grown up here and now they're bringing in their kids. It's been a blast to watch, and we love seeing new faces."



Owner Tania Warchol is committed to upholding Hob Nob Hill's historical integrity. (Photo by SDCNN)



A large variety of toothsome pies and cakes are made daily at the restaurant. (Photo by SDCNN)



The turkey croquettes with house-made gravy are a delicious blast to the past. (Photo by SDCNN)



Reuben sandwiches are made with house-cured corned beef. (Photo by SDCNN)



The Hob Nob omelet filled with prime rib, peppers, onions and cheese (Hob Nob Hill)



Crab Benedict (Hob Nob Hill)

SPONSORED CONTENT



Three “taste of” events in neighborhoods with steady restaurant scenes are on the immediate calendar: **Taste of Morena** from 5 to 9 p.m., April 11; **Taste of Hillcrest** from noon to 4 p.m., April 14, and **Taste of Liberty Station** from 5 to 9 p.m., April 18.

Taste of Morena enters its 11th year with 20 participating restaurants that will include **Bay Park Fish Company**, **Baci Ristorante**, **Siesel’s Old Fashioned Meats**, **Bull’s Smokin’ BBQ**, **Offshore Tavern & Grill** and the new **Giovanni’s Italian**

Restaurant. Most are located on and off Morena and W. Morena boulevards as well as the west end of Linda Vista Road. The cost is \$25. exploremorena.com.

Nearly 40 restaurants will flaunt their latest and greatest dishes at the 17th annual Taste of Hillcrest, which spans more than a dozen blocks and exposes consumers to myriad styles of cuisine ranging from French, Italian and Thai to Indian, Japanese and American-comfort. Tickets are \$30 in advance and \$35 day of the event. fabuloushillcrest.com.

This is the second year for the Liberty Station event, which will combine music and art with food and drinks. Among the restaurants that will dole out samples throughout the historic grounds are **Dirty Birds**, **Solare**, **Stone Brewing World Bistro & Gardens**, **Olala Crepes**, **Soda & Swine**, **Pisco Rotisserie & Cevicheria**, and more. The cost is \$30. tasteoflibertystation.com.



Yellow fin tuna tartare in cones from Stone Brewing World Bistro & Gardens at year’s Taste of Liberty Station (Photo courtesy of Maria Pablo)



The “porkinator” steals the show at a new eating and drinking establishment in Hillcrest. (Photo courtesy of 5th Ave Kitchen & Tap)

A few facts about the new **5th Ave Kitchen & Tap in Hillcrest**: the French bread used for po’boys and other sandwiches is flown in regularly from **Leidenheimer Bakery** in New Orleans; bacon and pork belly are cured in-house; and the “porkinator” is a gut-busting sandwich consisting of ham, house-made sausage, pork belly, tomato jam, fried onion strings and house sauce. It weighs more than a pound and a half.

The establishment opened recently in the space previously occupied by **Spitz**. Its owners are Andrew Boyer, former chef and general manager for **Carvers Steaks &**

Chops in Carlsbad, and Ron Crilley of **The Kraken Bar & Restaurant** in Cardiff. “Our theme is a bistro-style sports bar,” said Boyer, a New Orleans transplant whose menu features assorted po’boys as well as “burgers of the world.” There are also desserts such as Southern banana pudding and peach cobbler. The space received a full face-lift that includes ongoing renovations to the back patio, which is due to reopen when weekend brunch is launched on April 8. The establishment also has a full bar with 16 taps devoted mainly to craft beer. **3515 Fifth Ave., 619-578-2873, 5thavesandiego.com.**



Novices are welcome at culinary classes held regularly at Hipcooks (Yelp)

Is it any surprise that North Park is home to the hippest culinary studio in San Diego? Instructors and students alike at **Hipcooks** raise their cool in spirited cooking classes held nearly seven days a week. The casual environment, stocked with impressive lines of kitchen equipment, sets the stage for classes focusing on a variety of cuisine. They usually run three hours each and average \$70 per person. And yes, participants get to eat what they cook in what often results in family-style meals inside the studio. Some of the upcoming classes include “Healthy, Fresh and Zingy” from 6 to 9 p.m., April 11; “My Big Fat Greek Cooking Class,” from 6 to 9 p.m., April 12; “A Cocktail Party,” from 5 to 8 p.m., April 15; and “J’Aime Paris!” from 5 to 8 p.m., April 22. For a complete list of classes, visit the website. **4048 30th St., 619-269-8844, sandiego.hipcooks.com.**

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

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Solace from a time-tested kitchen

Restaurant Review

Frank Sabatini Jr.



Urban Solace in North Park is like the wise adult sitting in a roomful of idealistic twenty-somethings sharing their entrepreneurial dreams over rounds of craft beer.

Essentially, that smart grown-up is chef Matt Gordon, who opened Urban Solace in 2007 before most people sensed the neighborhood was verging toward a culinary renaissance. As for those fearless youngins, they belong to today's flock of movers and shakers who may or may not possess such foresight.

Gordon witnessed something similar to North Park's reawakening while living in San Francisco's Mission District during the mid-90s.

"There were a lot of empty storefronts there, but also some cool bars and chefs who were moving in to open their first restaurants. When I saw this space in North Park, which used to be North Park Deli and Coffee, it reminded me of the same vibe. You could see change was coming," Matt Gordon said.

Urban Solace launched around the same time as The Ritual and Commonwealth Cafe, both of which delivered additional vitality to 30th Street. The Linkery entered into the equation as well when relocating closer to University Avenue.

As it stands, Urban Solace outlived them all.

Gordon also lent support to a young West Coast Tavern by writing its initial menu and co-running the kitchen for a couple of years. Yet it was Urban Solace that brought to the hood a dining experience that was less casual compared to everything else around it.

Gordon's menu has withstood the test of time with American, homespun dishes that defied the fusion cuisine of the day.

His ever-popular chicken and dumplings, for example, became a hit before comfort food was trendy. I found the dish tasted better than ever while spooning through generous measures of pulled chicken (mostly breast meat) interspersed with carrots, celery and potatoes in a thin, homey gravy that clings lovingly to the buttermilk dumplings. Imagine a cross between chicken soup and the innards of a pot pie.

Gordon's cheddar-chive biscuits are still a sensation after all these years. Sold for \$1 apiece in quantities of three or six, they're served with orange-honey butter and smokey tomato jam. Consider them a perfect come-on to his long-standing braised beef cheeks and "not your momma's meat-loaf" made with lamb and pork.

The restaurant's New Orleans facade, designed by the landlord, is misleading if you're expecting a strong showing of Cajun-Creole cuisine. Gordon says the food resonates to the

exterior only because many American dishes originated in the South.

With my visiting sister in tow, we fell madly in love with the organic bibb lettuce salad graced by melt-in-your-mouth bleu cheese crumbles, spiced pecans, pickled fennel and silky buttermilk dressing. It was simple and exquisite.

Neither of us are fans of grits, although they formed a delicious, creamy bedding to an appetizer of white Mexican shrimp. Lime, jalapenos and garlic butter prominently accented the shrimp and seeped favorably into the grits.

I passed this time on the "duckaroni," another Urban Solace staple that I recommend to those who haven't tried it.

The dish was invented on a fluke right after the restaurant's first New Year's Eve, when duck confit was offered on the menu that evening.

"We had some leftover duck, tossed it into mac and cheese and it became the next big thing," Gordon said.

While I slurped down my chicken and dumplings, Sis forked through a hunk of mustard-crusted sea bass served over trendy ancient grains (farro, freekeh and quinoa). The grains, we concurred, aren't something we ever wake up craving. But they played an acceptably neutral role to the delicately cooked fish, which sported a nice, tangy exterior.

Other entree choices include wild sockeye salmon with fennel-onion sauce; Jidori chicken with cider-molasses glaze; co-coa-crusted pork belly, butternut squash and ricotta terrine; and crispy duck confit.

We concluded with a puck of juicy passion fruit-mascarpone cheesecake, and salted caramel pot de crème resembling butterscotch pudding, which came with a decadent cap of chocolate ganache. The desserts served as a reminder that Urban Solace remains a reliable destination for such fine meals in North Park.

—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.



Urban Solace ranks among the early culinary settlers of North Park. (Photos by Frank Sabatini Jr.)



Shrimp and creamy grits

Chicken and buttermilk dumplings

Cauliflower gratin

Cheddar-chive biscuits with orange-honey butter and smoked tomato jam

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Dr. Ink

Known for its vague interpretation of “Mexican soul food,” Barrio Star is a colorful destination for dishes made with wholesome ingredients and cocktails using fresh juices, in-house purees and generous pours of tequila.

It’s home to one of my favorite margaritas in San Diego, a blood orange concoction that sneaks in about a shot and a half of tequila. The alcohol is effectively veiled by blood orange puree that is made on site. In the absence of sweet and sour mix, it’s so fruity and refreshing that you’ll easily lose track of your intake.

I brought along a first-time visitor to the place, and she loved every speck of whimsical décor hanging on the vibrant-colored walls and placed on shelves above the bar. Skulls, paper flowers and ceramic hens are not excluded in an overall, year-round theme celebrating the Mexican holiday Dia de los Muertos (Day of the Dead).

Perched at a communal high-top just feet away from the bar, she craved a cold Corona with lime and I couldn’t resist the blood orange margarita.

I had passed on the citrusy drink the last time I came for happy hour, opting instead for a mild lip burn from the roasted jalapeno-blackberry margarita. Despite its pleasing sting, the berry element stole the show. Both margaritas sell for \$8 each during happy hour.

Barrio Star
2706 Fifth Ave.
Bankers Hill

619-501-7827
barriostar.com

Happy hour:
3 to 6 p.m., daily

In addition, several select beers (including Corona) are \$4, and wines and sangrias are \$5 a glass.

A couple of light munchies rounded out our visit. For only \$3, we noshed on a long row of thickly sliced cucumbers drizzled in a cilantro-lime vinaigrette that showed hints of cumin and red chilies. Very addicting.

We also tried the \$5 ensalada pequena, which yielded only four forkfuls of lettuce, radishes and corn salsa. On top were two triangular tortilla chips. The accompanying dollop of cotija ranch dressing was the salad’s high point.

The drink discounts, plus deals on tacos, run all day on Tuesdays. You can score tacos filled with everything from spicy chicken and carnitas to salmon, steak, and soy chorizo for either \$3.50 or \$4 apiece.

Barrio Star is owned by restaurateur and cookbook author Isabel Cruz, who also runs Isabel’s in Pacific Beach, a Mexican-Asian fusion restaurant similarly defined by crafty drinks, healthy food and artistic design elements.❖

RATINGS

Drinks: Daily happy hour features well-constructed margaritas and sangrias, select beers, and a few wines. In two different visits, the blood orange margarita made with fruit puree was mightily spiked with tequila.

Food: The ensalada pequena amounted to a diminutive salad of lettuce, corn salsa, radishes and appealing cotija ranch dressing. A plate of nicely spiced cucumbers was more substantial.

Value: You’ll save about 15 percent on drinks and noshes from the happy hour list. Taco Tuesdays offer slightly deeper discounts on a variety of tacos priced at either \$3.50 or \$4 each.

Service: The bartender who doubled as our waiter was efficient and relatively upbeat.

Atmosphere: Whimsical décor mixes with Day of the Dead skulls in a wildly colorful atmosphere that feels equal parts dining room and cocktail lounge.



Zesty cucumbers

A blood orange margarita and Corona



A vibrant entrance leads into a very colorful space for drinking and eating (Photos by Dr. Ink)

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Monday- 8:30pm-12:30am
Tuesday-8:30pm-12:30am
Thursday-8:30pm-12:30am

LIVE ON THE PIANO
Monday - Carol Curtis 5pm-8pm
Wednesday - Kenny Ard 8pm-11pm
Friday - Brody Logan Hess 6pm-8pm
Kevin McCully & Ria Carey 8:30pm-12:30am
Saturday - Don L. 7:30pm-11:30pm

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Real emotion, jaunty music

Theater Review

Jean Lowerison



Tears, laughter and mariachi music fill the stage and the lives of the characters in Jose Cruz Gonzalez's "American Mariachi."

James Vasquez directs this joint production with Denver Center for the Performing Arts Theatre Company, just arrived from its Denver run and plays through April 29 at The Old Globe.

Local favorite Jennifer Paredes plays Lucha, who dreams of becoming a nurse, but at the moment is the designated caregiver for mother

Amalia (Doreen Montalvos), a victim of early-onset dementia.

Lucha, like her mother, loves to sing. In fact, only music — one song in particular — seems to bring Amalia out of the dementia-induced fog into which she sinks more deeply every day.

When Lucha's cousin and best friend Hortensia (Heather Velazquez) — who is also known as Boli — drags in one day, announcing that she has just been fired, an idea occurs to Lucha: Why don't they start a women's mariachi group?

Loony, no? After all, this is the mid-1970s and women don't do mariachi. And since it's mostly performed in bars, women aren't even allowed to hear most of the mariachi.

Lucha and Boli start recruiting, despite the opposition of



(l to r) Jennifer Paredes, Rodney Lizcano and Heather Velazquez

'American Mariachi'

Through April 29
The Old Globe
Donald and Darlene
Shiley Stage
1363 Old Globe Way
Balboa Park

Tuesdays and
Wednesdays at 7 p.m.;
Thursdays and
Fridays at 8 p.m.;
Saturdays at 2 and 8 p.m.;
Sundays at 2 and 7 p.m.

Tickets: 619-234-5623
or theoldglobe.org

Lucha's father Federico (Bobby Plasencia), who needs her to care for Amalia while he is at work. The scenes where they find new recruits at churches — one Catholic and one fundamentalist — are a hoot. Isabel (Amanda Robles) is a quiet little girl who sings really loud. Unfortunately, her husband Mateo (Luis Quintero) is just as loud in his disapproval. (Quintero also plays the group's gay tailor Rene to the hilt.)

Gabby (Natalie Camunas) is the painfully shy one, but she introduces the girls to hairstylist Soyla (Crissy Guerrero), a



"American Mariachi," written by Jose Gonzalez and directed by James Vasquez, runs through April 29 (Photos by Jim Cox)

pistol of a sexpot (and a sexpot with a pistol) who doesn't worry about getting permission from anyone, boasting "I only have lovers and I don't have to ask them [expletive]."

"American Mariachi" is a family story, not an immigrant saga. You won't hear about border crossings, gangs, prison sentences or drug use. Theatergoers are dropped into an American Latino family as it is — complete with untranslated, bilingual conversation and a father, Federico, who plays with a mariachi band when he's not at work, cooking for others.

When it comes to finding instruments, Lucha turns to Mino (Rodney Lizcano), a kindly carpenter who repairs instruments in his garage. Mino has never quite gotten over a rift between him and his old buddy Federico.

"American Mariachi" also boasts a real mariachi band, which plays often and well.

Regina Garcia's set — a courtyard brick wall with lots of bright pink graffiti, art, flowers, a mariachi, a woman's face and cacti — sets the tone.

Meghan Anderson Doyle's costumes, Paul Miller's lighting and Ken Travis' sound design are fine as well.

If you're looking for a great plot, "American Mariachi" may be a bit too paint-by-numbers to fill the bill. But the emotions are real, the music jaunty and the cast winning, and it's an engaging portrait of an American Latino family.

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

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The San Diego Union-Tribune



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Directed by James Vásquez

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Amanda Robles, Heather Velazquez, Jennifer Paredes, Natalie Camunas, and Crissy Guerrero. Photo by Jim Cox.



(l to r) Amanda Robles, Jennifer Paredes, Natalie Camunas, Crissy Guerrero and Heather Velazquez

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(l to r) Jennifer Paredes and Doreen Montalvo

‘Shine’ on

Father Joe's Village brings short film about homelessness to students

By Lucia Viti

Earlier this year, Father Joe's Village presented “Shine,” an animated short film that highlights the plight of the homeless, to elementary schoolers in South Park.

The film, along with its 30-second commercial, is part of an ongoing effort to initiate community discussions to resolve San Diego's chronic and ever-growing homeless crisis. The creative twist is Father Joe's unique outreach designed to capture public attention; they aim to raise “levels of consciousness” to initiate a communal “call to action.”

“It takes a comprehensive suite of approaches, combined with the right support from the community, to overcome the complex struggles of homelessness,” Deacon Jim Vargas, president and CEO of Father Joe's Villages, said. “‘Shine’ underscores the message that we all have potential. Homeless people are not unlike us, with the exception of their circumstances.”

The “Shine” storyline follows animated gem and mineral characters including Nicoal, a chunk of coal who is ignored and abandoned, walking alone in the cold rain, daunted, hopeless, and forlorn. Nicoal is truly saddened until friendly neighbors from Father Joe's Villages welcome and embrace her. Surrounded by their love, support and services, Nicoal becomes transformed into a gorgeous, sparkling diamond.

“Given the correct circumstances and necessary compassion, services and support, the homeless can shine as we, as a community, can shine,” Vargas continued.

Though released in 2017, “Shine” debuted at South Park's Albert Einstein Elementary School earlier this year. Under the direction of Julie DeDe — MSW, director of community relations at Father Joe's Villages — the animated short was shown to five third-grade classes.

“As the mother of a third grader, I think it's important

to spread awareness to our children that homeless people are real people, just like us,” DeDe, a North Park resident, said. “Third graders are aware of their surroundings. Helping them to understand the plight of the homeless allows them to think about giving people a second chance, without judgment.”

DeDe described “Shine” as a lightbulb moment that sparked empathy. The third graders understood the lack of home to go to or a bedroom to sleep in. Admitting that it was hard to explain the complexities aligned with homelessness, the children were eager to extend a hand to show that they cared.

“The kids understood the importance of caring,” DeDe continued. “Under the direction of their teachers, Katie Steimle and Katrin Goldman, the children responded with empathy. The feeling was that together, we can do this.”

Students gathered in unison to write cards, create posters and collect white socks, one of the most requested items for the homeless. DeDe plans to expand her efforts with presentations of “Shine” to other students throughout San Diego.

For the production of “Shine,” Vargas connected with, i.d.e.a. — a San Diego-based marketing firm — who collaborated with Reel FX — a Dallas-based, Golden Globe-nominated animation studio.

“I wanted to direct ‘Shine’ because it's so meaningful,” Barrett Lewis, Reel FX's creative director, said. “All creatives hope to contribute their work to something that makes a difference in the world. Crafting a unique and heartfelt narrative with i.d.e.a. about how Father Joe's Villages helps solve homelessness was that project for me.”

Don Dixon, an animator who also worked on the film, echoed Lewis. He said that his desire for wanting to become involved with the project stemmed from the film's message.



A poster created by the students at South Park Albert Einstein Elementary School (Photos courtesy of Father Joe's)

“As an artist, it's always a pleasure to work on something that's not only artistically charming, but also has a strong message,” Don Dixon said. “I had a blast helping lead animation and designing the characters. I believe that we made something very special. I hope viewers find the message moving.”

Vargas described “Shine” as a marvel of art that calls people to social justice by asking, “How can we get our arms around the homeless?”

“I encourage everyone to shine a light on the humanity of the homelessness, a dire situation of crises proportions,” he said. “These people are just like us. And quite frankly, there but for the grace of God go I, you and everyone else.”

Vargas noted that affordable housing is a key element tugging the heart of San Diego's homeless. San Diego ties with Los Angeles for the lowest rental vacancies in the U.S. along with one of the highest priced rental markets. Despite the average \$1,800 price tag for a one-bedroom apartment, vacant apartments are immediately “scooped up,” Vargas said. This combination of circumstances becomes “toxic elements” in facilitating homelessness.

Father Joe's Village offers both transitional and supportive housing, but its primary goal is permanent affordable housing, based on the premise of “housing first.” Since his arrival, Vargas and his team have reduced the amount of

transitional housing from 100 percent of its programming to 12 percent.

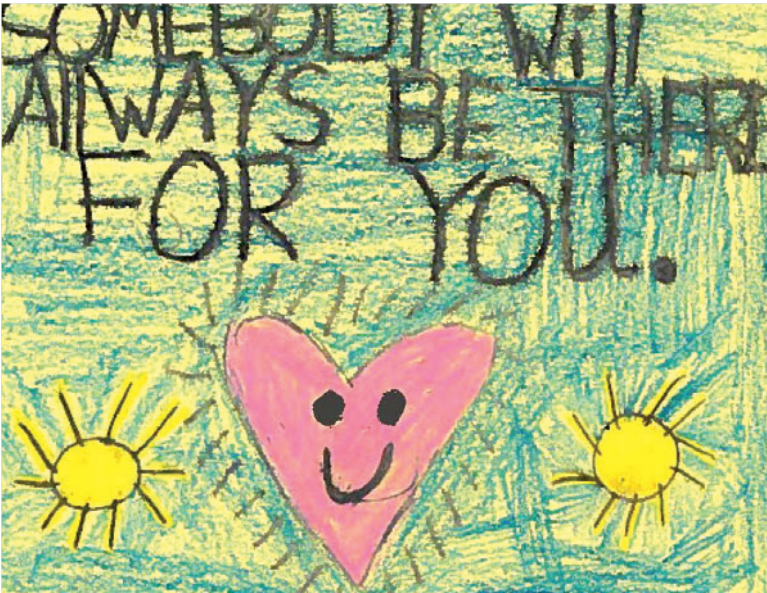
“Permanent and affordable housing is key,” he continued. “Otherwise we're hamsters on a wheel struggling with homelessness. I hope that ‘Shine’ will call government officials and philanthropists into action to make a difference.”

Father Joe's Villages, San Diego's largest homeless services provider, works to empower residents to rediscover hope to transform their lives and achieve independence. The Downtown-based facility serves 3,000 meals daily to infants, adolescents, adults and seniors while also providing housing, health care, clothing, education, job training, and education. The organization offers solutions to the complex needs of the homeless, regardless of age, race, culture or beliefs.

“Our mission is made possible only through the efforts of compassionate staff, dedicated volunteers, and generous public and private donors,” according to their mission statement.

“Given the right level of services, support and housing, the homeless can be placed on a path of prosperity,” Vargas said. “We, who are blessed, have an obligation to help the homeless to become productive, self-sufficient members of our community. We, who are blessed, have an obligation to help those who are not as fortunate as us to shine and prosper.”

—Contact Lucia Viti at lucioviti@roadrunner.com.



After viewing the film, the third-grade classes sent handmade cards to Father Joe's.

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BEYOND NORMAL

FROM PAGE 1

CONCETTA



Local artist Concetta Antico

"I just worked like the dickens," Concetta Antico said. "Set your goals, make your plan, stick to it. Stick with what you love, but you gotta work. There's no substitution for that. Luck came very late in my career."

Antico calls herself a visionary. Over the course of her life, this Australian-born artist has owned a studio, taught thousands of students, opened a retail fine-art salon, conducted art tours, and developed an art program for the YMCA. She even endeavored to create a "private parlor" creative center years ago, before community workspaces were popular. Even though not all of her projects have succeeded, Antico has never let failure keep her from trying.

"Even if it failed, did it really fail? Did I learn from it? What

mark did I have?" she continued. "We're not always going to win, but that's the Aussie thing — give it a go, or you'll never know."

Antico's latest project is The iN Gallery, a space in Barrio Logan with fellow artist Irina Negulescu. Both women have been contemporaries for more than 20 years and are now collaborating in a business format as well. Antico noted that the duo sees an emerging arts scene in that area and wants to be a part of creating an arts district. Like Antico, Negulescu explores the richness and variety of color in her work.

Humble beginnings

Antico grew up in Sydney, Australia. Her mom passed away when she was 12 years old, and after her dad remarried, home life became increasingly difficult.



A few of Concetta's many paintings (Photos courtesy of Crowe PR)

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Antico left at age 16 with \$3 in her pocket, a small suitcase and "nowhere to go."

She couch-surfed for a few weeks, before getting a full-time job with a "very kind man" who had nine children of his own. He helped get Antico set up in a furnished apartment, and that's when she went to work. Antico's odd jobs included bartender, house cleaner and retail seller. And all along, she kept painting — and dreaming.

"I remember waiting for a paycheck, and I didn't have any food, and I couldn't even buy a sandwich," Antico said. "I didn't eat for a day, but still I had a dream."

To Antico, dreaming and pride in oneself are essential qualities, not just for an artist, but for life, period. We must recognize the beauty around us and in us, she said.

"My grandma came from the [Great] Depression era. But even when she was poor as a church mouse, she always put her lipstick on, always polished her shoes," she continued. "It's about pride. Pride in yourself, and pride in your environment."

Antico said that she jumped on a plane and came to California in the early 1980s. She met someone from Los Angeles, followed them to San Diego and discovered she loved the new city. Decades later, Antico spends half her time in San Diego and half the time with her husband and two children in Australia, where they own and run a historic venue in Byron Bay.

Discovering tetrachromacy

Even as a child, Antico could paint the rainbow. She saw color and light where no one else around her did. But it wasn't until 2012 that she learned there was a genetic reason and name for it.

Learning about her condition started with a comment from an

art student, who mentioned that she might have a "fourth receptor." A customer, who was also a doctor, also noted "there's an alchemy in your work that I can't explain."

The customer-doctor later sent her articles about tetrachromacy. Antico started reading and realized a lot of qualities listed in the articles applied to her.

When she emailed the article's authors, also in the medical field, she received a reply within 20 minutes. As luck would have it, the authors just happened to be doing a documentary on tetrachromacy with a Japanese television company who were only in the states for a week. The film crew came out to San Diego and included Antico in their story.

Since then, her popularity both as an artist and scientific miracle has exploded. Antico has been featured in a myriad media, including the Huffington Post, BBC, BuzzFeed, Discovery Channel and New York Magazine. She's also been the subject of studies at UC Irvine and Harvard University. Through all the hubbub, she's still painting what inspires her.

"I have a divine gift and a passion to paint," Antico said. "And I want to document the beauty of our world."

For more information, follow Concetta Antico on Facebook and Instagram, or visit conchettaantico.com and theingallery.com. The iN Gallery is located at 1878 Main St. in Logan Heights. To attend her home showing in Mission Hills, RSVP on the website to receive the private address.

—Joyell Nevins is a freelance writer who can be reached at joyelle@gmail.com. Find her blog *Small World, Big God* at swbgblog.wordpress.com.



"Super Vision Mutation" by Concetta Antico

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Flashy landmarks

The history and art of neon signs

PastMatters
Katherine Hon

They have been identified as eye-catchers, treasures and community landmarks, and described as tacky, garish, dazzling, cool and elegant. They appeared first in Paris in 1910 and came to America in 1923. They are neon signs.

French inventor Georges Claude is generally credited with creating the technology that allowed glass tubes filled with gas, such as neon, and brightly lit by electrification to be commercially viable signage. Claude's company — Air Liquide — was producing industrial quantities of neon as a byproduct of his air liquefaction business.

In December 1910, he lit an exhibition hall at the Paris Motor Show with two nearly 40-foot-long bright red neon tubes. Claude's associate, Jacques Fonsèque, realized the possibilities for a business based on signage and advertising.

Over the next decade, signs began to appear in Paris, starting with a sign for Cinzano vermouth. In 1923, Georges Claude and his French company, Claude Neon, introduced neon signs to the United States by selling two signs reading "Packard" to a Los Angeles car dealership.

The color of neon signs initially came from the type of gas inside the sealed glass tube. Neon glows red/dark orange when electrified; argon, another commonly used inert gas, glows pale lavender.

A 1926 innovation by Jacques Risler in France involved coating the inside of glass tubes with a fluorescent material called a phosphor, which allowed the generation of an abundance of additional colors through a complicated process. Though signs often used gases other than neon, they all came to be known as neon signs.

The San Diego neon sign that has likely received the most press — and certainly is the only sign to receive a women's business award — is the baton-twirling, marching neon majorette who made her debut on the back of the Campus Drive-In theater screen tower at 62nd Street and

El Cajon Boulevard in 1947. A combination of painted mural and neon, the rectangular sign measured 75 feet wide by 50 feet tall. It incorporated more than 1,930 lineal feet of colorful bended glass tubing. The sign highlighted a painting of San Diego State University (SDSU)'s hardy building and bell tower, a goal post, Cowles Mountain, and the famed majorette.

The infamous majorette was 42 feet tall, strutted in 6-foot-tall boots and twirled a 16-foot-long baton. She wore a multicolored feather headdress and short white skirt. Her story illustrates the complex process involved in bringing these signs to life and preserving them for the future.

In 1947, Sam Russo decided to build a drive-in theater near SDSU's campus and asked multiple sign companies to bid on making a sign for the back of the movie screen. Joseph Schmith, a designer with Perry-Christensen-Campbell Co., created the winning design.

Predicting the drive-in would attract a lot of college students, Schmith studied SDSU yearbooks and was inspired by the photos of marching majorettes. He prepared a quarter-inch-to-the-foot scale drawing on black poster board material, creating what was called a "Show Card" for the client.

Schmith added the campus buildings and outline of Cowles Mountain emblazoned with an "S" for his own last name. Russo accepted the design, and the company received the go-ahead to construct the sign.

The next step for Schmith involved creating a full-size pattern for artists to trace and paint on the theater tower wall. He spent 30 days sweating and crawling on the floor of a vacant Convair factory building to make the big patterns.

Multiple-level scaffolding was built at the theater wall for artists to transfer the pattern and paint the mural. Other artisans hand-bent the glass neon tubing that was attached to the mural, completing the neon sign.

The sign lit the night at the Campus Drive-In until 1983, when the property owners closed the theater and demolished

the screen tower to create the Campus Plaza Shopping Center. Luckily for neon lovers, that is not the end of the majorette's story. Thanks to community advocacy — especially artists Gloria Poore, Greg Calvert and Juliette Mondot, who created the nonprofit Save Our Neon Organization — the neon majorette was dismantled, carefully packed and stored in a warehouse for years until a new home could be found.

In 1988, the sign was installed without her background mural at the refurbished Marketplace at the College Grove Shopping Center adjacent to Interstate 94 and College Avenue. Except for a few years of downtime for repainting and repairs in 1998–2000, she has marched steadily onward at the shopping center.

The neon majorette had a banner year in 2001, when she received a special award at the San Diego Business Journal's annual Women Who Mean Business awards ceremony. She was honored for symbolizing a long-awaited economic revival and new era of community pride in the neighborhood of her new home.

Earlier that same year, the shopping center owners donated the neon majorette to the Save Our Heritage Organisation (SOHO) for her protection and preservation. She is expected to continue twirling and lighting up the night for many years to come.

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



Joseph Schmith holds the "Show Card" with the winning design he created for the Campus Drive-In neon sign in 1947. (Photos courtesy of Mary Jo Grubbs)



The British apparently love the majorette too, having re-created the entire sign at The Roadhouse bar in Covent Garden, London, England, circa 1998.




When he was with the Cal Neon sign company, Joseph Schmith designed the 100-foot-tall sign for the Dick Grihalva Buick dealership on El Cajon Boulevard. The sign was lit by thousands of yellow and turquoise bulbs. Schmith also designed the original El Cortez Hotel "Sky Room" sign.

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				3				
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	6			5			4	
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4				1		8	9	

9/6

Sudoku Puzzle

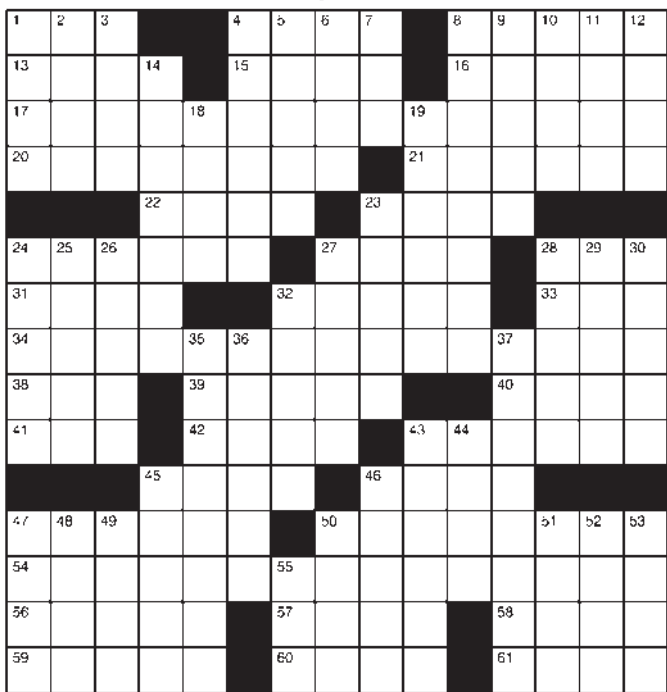
Enter digits from 1 to 9 into the blank spaces. Every row must contain one of each digit. So must every column, as must every 3x3 square.

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Puzzle answers on page 17

Uptown Crossword

Classics



CREATORS NEWS SERVICE

By Charles Preston

- ACROSS**

1 Schoolboy
4 Chariots of hire
8 Goes headfirst
13 Singly
15 On the road
16 On the distaff side
17 Timely message, I
20 Coastal stretch
21 Matures
22 Land of poteen
23 Campus soc.
24 Without fear
27 Dictate
28 Cleo nominees
31 Sunscreen medicament
32 A votre ____
33 Plat unit
34 Message, II
38 English actor ____ McKellan
39 Yclept
40 Tops
41 KC-NYC direction
42 Power network
43 Held fast
45 Diamond Speaker
46 Sonneteer
47 Clevelander
50 Robots
54 Message ends
56 Stormy Weather song-
- writer
57 Opposed
58 Orderly
59 Is short of
60 Serves
61 Best, of Hollywood

DOWN

1 Fistiana's Firpo
2 Actress Baxter
3 Kind of bank
4 Warbler
5 On to
6 Depilated
7 Neighbor of Isr.
8 Strayed from
9 Ham-handed
10 Copter feature
11 Vingf-____
12 Understands
14 Russian physicist
18 Stir up
19 Typos
23 Penalized
24 Musical Count
25 City on the Allegheny
26 Actor Greene
27 Washed-out
28 ____ in the Street
29 Songs and Sonnets poet
30 Courser

Puzzle answers on page 17

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UPTOWN CALENDAR

ONGOING EVENTS

Spring Media & Tech Camp

From storytelling, to character design, to acting, Digital Gym Cinema offers film-making camps to provide young filmmakers with all the tools to show off their creativity and imagination. Ages 6 to 12 years old. Two camps: April 9–13; April 16–20. 8:30 a.m.–3 p.m. at Digital Gym Cinema. 2921 El Cajon Blvd. Visit bit.ly/2ulqMLA.

'The Happiest Place on Earth'

Experience the West Coast premiere of the drama production, "The Happiest Place on Earth," written by Philip Dawkins and directed by Jonathan L. Green. \$15–\$50. Runs through Thursday, April 15. Various times. Diversionary Theatre, 4545 Park Blvd. Visit bit.ly/2FwRzXj.

'A Little Night Music'

Cygn Theater presents the romantic and comedic musical "A Little Night Music," with music and lyrics by Stephen Sondheim. \$46. 8 p.m. at The Old Town Theatre, 4040 Twigg St. Show runs through April 22. Visit bit.ly/2F2ox4c.

'Expressions of Wabi-Sabi: Embracing Impermanence'

View the mixed-media paintings of artist Dana Mano-Flank, who incorporates the traditional wabi-sabi Japanese aesthetic to capture the beauty of nature. Free with Japanese Friendship Garden (JFG) admission. Runs through Sunday, April 29. 10 a.m.–7 p.m. daily at JFG Exhibition Hall, 2215 Pan American Road East. Visit bit.ly/2pqn3rm.

FRIDAY

April 6

'Art Journaling: Living Beside the Night'

Express yourself at Art on 30th's April workshop. This month focuses on life reflection and reframing "opposing" as "complementary." Bring supplies; full list online. \$65. 10 a.m.–2 p.m. at Art on 30th, 4434 30th St. Visit bit.ly/2umLue1.



Live music at The Whistle Stop

Underpass, The Victoriana and Deaf Dance will perform. \$5 after 9 p.m. 21 and up. 8:30 p.m. at Whistle Stop Bar. 2236 Fern St. Visit bit.ly/2uqSneG.

Hip Hop vs. Punk Rock at Tower Bar

Sailor Poon and resident DJs — Mr. Henshaw and Sesh — unite. \$4. 21 and up. 9 p.m. at 4757 University Ave. Visit bit.ly/2GTVApX.

Autograph at The Music Box

Autograf performs with Win and Woo & Cofresi. \$27. 21 and up. 9 p.m. at The Music Box, 1337 India St. Visit fgtix.to/2IbwSAM.

SATURDAY

April 7

Old Town Saturday Market

The street market features work from local artists including paintings, jewelry, photography and more. Every Saturday and on Sunday. 9 a.m.–4:30 p.m. at Harney Street and San Diego Avenue, Old Town. Visit oldtownsaturdaymarket.com.



What So Not at Observatory

Electronic music project performs with Duckwrth and James Earl. \$25. All ages. 8 p.m. at The Observatory North Park, 2891 University Ave. Visit bit.ly/2upHWrz.

Matamoska at The Tower Bar

Ska-punk band Matamoska perform with The Amalgamated and N-E-1. Free. 21 and up. 9 p.m. at 4757 University Ave. Visit bit.ly/2GTRmht.



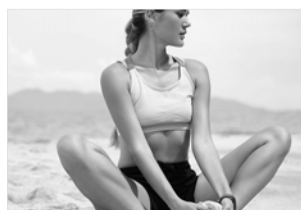
Jose Gonzalez at Finest City Improv

Found Family invites improv teacher, director and performer Jose Gonzalez to the stage. 8 p.m. at Finest City Improv, 4250 Louisiana St. Visit bit.ly/2urGl4E.



Small Town Murder at The Irenic

Comedians James Pietragallo and Jimmie Whisman look at a small town, what makes it tick, and a murder that took place there. \$25–\$30. All ages. 7:30 p.m. at The Irenic, 3090 Polk Ave. Visit bit.ly/2uprXK6.



Babes Who Sweat event

Thread + Seed and Babes Who Sweat team up to get your body and skin ready

for summer. Event includes a 30-minute HIIT session, a skincare Trunk Show, one-on-one beauty consultations, and complimentary goodies. \$10. 10 a.m.–noon at Thread + Seed, 2870 Fourth Ave. Visit bit.ly/2uqHvgx.



Caturday Saturday

Dance to the top 40 and dance hits with DJ Dida. \$5 cover after 10 p.m. 21 and up. 9 p.m.–2 a.m. at Gossip Grill. 1220 University Ave. Visit bit.ly/2urEQ6w.



Yoga 101

Explore basic postures, breathing and meditation techniques that make up the practice of yoga. \$25–\$30; free for members. 1:30–3:30 p.m. at Pilgrimage of the Heart Yoga, 3287 Adams Ave. Visit bit.ly/2uqblSz.

SUNDAY

April 8



#TheConversation

A group of women will perform original, personal pieces about their politics, thoughts, dreams, anger, and other subjects. This is the second annual installation of The Conversation, a SWAN Day event. \$20. All proceeds benefit nonprofit El Nido. 7:30–9 p.m. at Finest City Improv, 4250 Louisiana St. Visit bit.ly/2umII8G.

'Step by Step 5K'

The Parkinson's Association of San Diego will hold its annual "Step by Step 5K" fundraiser. The dog-friendly, walking event will feature live music, a beer garden and an expo. \$50. All proceeds will benefit the Parkinson's Association of San Diego. 9 a.m. at Liberty Station, Historic Decatur Road. Visit bit.ly/2t0udXq.

The Undead at The Tower Bar
Horror punk band The

Undead, featuring ex-Misfits guitarist Bobby Steele, perform with The Spooky and The Withers. \$10. 21 and up. 9 p.m. at 4757 University Ave. Visit bit.ly/2E5g77q.

MONDAY

April 9

SOULful Monday

DJ Rebekah Hardt spins Deep House beats on the patio every second and fourth Monday. Enjoy all you can eat spaghetti, alcohol specials and more. 21 and up. 8 p.m. at Gossip Grill. 1220 University Ave. Visit bit.ly/2uyaW0z.



Lestat's West Open Mic

Weekly open mic event hosted by Robby Robertson every Monday. 6:30–11 p.m. at Lestat's, 3343 Adams Ave. Visit bit.ly/2nWco63.



Soccer Mommy at Soda Bar

Soccer Mommy, the solo indie-rock project of Sophie Allison, performs with WINE and Nicely. \$8–\$10. 21 and up. 8 p.m. at Soda Bar, 3615 El Cajon Blvd. Visit bit.ly/2uqWU0C.

TUESDAY

April 10



Live show with Trailer Park Boys

Experience an intimate evening with the Trailer Park Boys — Ricky, Julian, Bubbles and Randy — the stars of the documentary-style comedy TV show. \$37–\$57. All ages; recommended for mature adults. 7:30 p.m. at Balboa Theatre, 868 Fourth Ave. Visit bit.ly/2uuXcUi.

Showtunes Spaghetti Tuesdays

Sing your heart out with a drink, all-you-can-eat spaghetti and show tunes. Watch musical clips from your past and present TV, movie and stage productions. \$6 per person, eat in only. 5 p.m. at Urban MO's Bar & Grill, 308 University Ave. Visit bit.ly/2iHAWXA.



Wordplay Tuesdays

Writers select a 10-minute segment of their evolving play for a cold reading from an actor for the audience to watch in a relaxed setting. Free. 8 p.m. at Diversionary Theatre, 4545 Park Blvd. Visit bit.ly/2uqo47F or call 619-220-0097.

Frankie Cosmos at Queen Bee's

Indie-rock singer-songwriter Frankie Cosmos performs with IAN SWEET and Lomelda. \$15–\$18. All ages. 7:30 p.m. at Queen Bee's Art & Cultural Center, 3925 Ohio St. Visit bit.ly/2E2TpNg.



Lestat's West Comedy Night

Weekly comedy night event hosted by Dustin Nickerson every Tuesday. 9–11 p.m. at Lestat's, 3343 Adams Ave. Visit bit.ly/2nWco63.



Shock! A Night of 80's New-Wave

Old Man Johnson and DJ Flanderz will spin synth-pop, new-ro, electro, whiny art rock, ska, goth, agit-pop and more tunes. Free. 9:30 p.m. at Bar Pink, 3829 30th St. Visit bit.ly/2uooFH9.

BLINK-FEST at Soda Bar

Enjoy a night of tribute bands, featuring BLINK-FEST (Blink-182 tribute), Bleed American (Jimmy Eat World tribute) and Dead On Arrival (Fall Out Boy tribute). \$8. 21 and up. 8:30 p.m. at Soda Bar, 3615 El Cajon Blvd. Visit bit.ly/2I8x7w7.



Matt and Kim at Observatory

Electronic duo Matt and Kim perform with CRUISR and TWINKIDS. \$35. All ages. 8 p.m. at The Observatory North Park, 2891 University Ave. Visit bit.ly/2uy9A5Z.



Community conversation at MOPA

Engage in a community conversation about otherness, cultural identity and the body. 6–8 p.m. at Museum of Photographic Arts, 1649 El Prado. Visit bit.ly/2uqxqz5.

Senate President Pro Tempore Celebration

The Center invites you to a celebration of the historic election of Toni G. Atkins as the California Senate president pro tempore. Hors d'oeuvres and refreshments will be provided. RSVP required. 4:30–6 p.m. at The Center, 3909 Centre St. Visit bit.ly/2DVAQD.

Thursdays at The Ken

San Diego's late-night jazz jam convenes every Thursday night. Hosted by musicians Ian Buss, Robert Dove and Hugo Suarez. \$5. 10 p.m.–1:30 a.m. at The Kensington Club, 4079 Adams Ave. Visit bit.ly/2DFUTwS.



Oceanside Sound System at The Tower Bar

Alternative/indie band Oceanside Sound System performs with Privileged The Band, Codename: Rocky and The Big News. \$5. 21 and up. 9 p.m. at 4757 University Ave. Visit bit.ly/2E5ge2Q.



Yamantaka // Sonic Titan at Soda Bar

Rock band Yamantaka // Sonic Titan performs. \$12–\$15. 21 and up. 8:30 p.m. at Soda Bar, 3615 El Cajon Blvd. Visit bit.ly/2upXBal.



Taste of Hillcrest

Embark on San Diego's largest self-guided culinary tour in Fabulous Hillcrest. Over 35 restaurants and 12 beer tastings will be featured. \$30–\$35. Noon at multiple locations in Hillcrest. Visit bit.ly/2GR2w6E.

see Calendar, pg 19

FROM PAGE 18

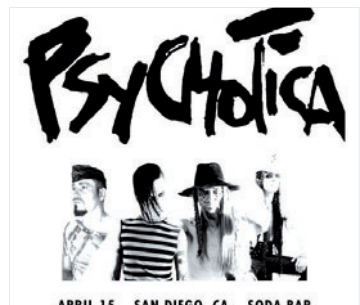
CALENDAR

Kensington Spring Walkabout
Kensington Talmadge Business Association invites you to a community-focused event that showcases Kensington and Talmadge businesses, both brick & mortar and home-based. Free. 2–5 p.m. on Adams Avenue. Visit bit.ly/2GT0YcB.

Gems of South Mission Hills
Mission Hills Heritage (MHH) will host its annual walking event featuring architecture tours and seminars. Snacks provided. \$17–\$22. 10 a.m.–4 p.m. at Francis Parker Lower School, 4201 Randolph St. Visit bit.ly/2pYsQEL.

SUNDAY

April 15



Psychotica at Soda Bar
Industrial band Psychotica perform with DRÆMINGS. \$13–\$15. 21 and up. 8 p.m. at Soda Bar, 3615 El Cajon Blvd. Visit bit.ly/2um8JF2.

Wimpy Rutherford at The Tower Bar
Wimpy Rutherford, original singer for The Queens, performs with The Cryptics and Dum Cumpsters. \$10–\$12. 21 and up. 9 p.m. at 4757 University Ave. Visit bit.ly/2E4L4c5.

MONDAY

April 16

Ryley Walker at Soda Bar
Singer-songwriter Ryley Walker performs. \$13–\$15. 21 and up. 9 p.m. at Soda Bar, 3615 El Cajon Blvd. Visit bit.ly/2urOfuD.



Dale Watson at The Casbah
Country singer-songwriter Dale Watson performs with Hotshot Drifters. 21 and up. \$15. 9:30 p.m. at The Casbah, 2501 Kettner Blvd. Visit bit.ly/2E3uFnY.

TUESDAY

April 17

Hey Ocean! at Soda Bar
Indie band Hey Ocean! perform with Coral Bells. \$10–\$12. 21 and up. 8:30 p.m. at Soda Bar, 3615 El Cajon Blvd. Visit bit.ly/2uuSIm2.

WEDNESDAY

April 18



Moonwalks at Soda Bar
Psychedelic space-rock band Moonwalks perform with Acid Tongue and

Former. \$8. 21 and up. 8:30 p.m. at Soda Bar, 3615 El Cajon Blvd. Visit bit.ly/2uqilyP.

UPTOWN FARMERS MARKETS

Thursdays
North Park Farmers Market
Shop more than 90 tents of locally grown produce, artisan grocery items, prepared foods and hand-crafted goods. 3–7:30 p.m. at 3000 North Park Way, stretching from 31st Street to Utah Street, North Park. Visit bit.ly/2H9AItc.

Saturdays
Golden Hill Farmers Market
Stop by the open community space to pick up California Certified Organic Produce from local farmers. 9:30 a.m.–1:30 p.m. at B Street between 27th and 28th streets, Golden Hill. Visit bit.ly/2DHRZrg.

City Heights Farmers Market
Stock up on local groceries, produce, bakery items, prepared foods, and imported items from Latin America, East Africa and Southwest Asia. 9 a.m.–1 p.m. on Wightman Street between Fairmount and 43rd streets, City Heights. Visit bit.ly/2DHprOw.

Sundays
Hillcrest Farmers Market
About 175 vendors offer a variety of locally grown fruit, produce, gifts, arts and crafts, flowers, and more. 9 a.m.–2 p.m. on Normal Street between University and Lincoln avenues. Visit bit.ly/2FC4slg.

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

—Compiled by Sara Butler. Email calendar items to sara@sdenn.com with the subject line: “UTN Calendar Request.” ❖

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District 9 Councilmember Georgette Gomez			619-236-6699
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Community meetings

Mondays

Bankers Hill Parking Committee
First Monday of the month. 5–6:30 p.m. at Merrill Gardens, 2567 Second Ave. in Bankers Hill.

North Park Maintenance Assessment District
Second Monday of the month. 5 p.m. at North Park Recreation Center, 1044 Idaho St. in North Park.

Bankers Hill Community Group
Third Monday of the month. 6:30–8 p.m. at San Diego Indoor Sports Club, 3030 Front St. in Bankers Hill.

Hillcrest Business Association Beautification Committee
Fourth Monday of the month. Visit bit.ly/2odxT3m to confirm monthly meeting date. 3 p.m. at 3737 Fifth Ave., Suite 202 in Hillcrest.

Tuesdays

Adams Avenue Business Association
First Tuesday of the Month. Board of directors meeting. 8 a.m. at Normal Heights Community Center, 4649 Hawley Blvd. in Normal Heights.

North Park Main Street Design Committee
First Tuesday of the month. 5:30–7:30 p.m. at North Park Main Street office, 3939 Iowa St., Suite 2 in North Park. 619-294-2501.

Normal Heights Community Planning Group
First Tuesday of the month. 6 p.m. at Normal Heights Community Center, 4649 Hawley Blvd. in Normal Heights.

Uptown Planners
First Tuesday of the month. 6 p.m. at Joyce Beers Community Center, 3900 Vermont St. in Hillcrest.

Hillcrest Business Association
Second Tuesday of the month. Board of directors meeting. 5 p.m. at Joyce Beers Community Center, 3900 Vermont St. in Hillcrest.

Hillcrest Town Council
Second Tuesday of the month. 6:30 p.m. at Joyce Beers Community Center, 3900 Vermont St.

North Park Planning Committee
Third Tuesday of the month. 6:30 p.m. at North Park Christian Fellowship, 2901 North Park Way in North Park.

Talmadge Maintenance Assessment District
Fourth Tuesday of the month. 6:30 p.m. at Copley-Price YMCA, 4300 El Cajon Blvd. in Talmadge.

Wednesdays

University Heights Community Development Corporation
First Wednesday of the month. 6:30 p.m. at 4452 Park Blvd., Suite 104 in University Heights.

University Heights Community Parking District
First Wednesday of the month. 6:30 p.m. at 4452 Park Blvd. Suite 104 in University Heights.

North Park Main Street
Second Wednesday of the month. Board of directors meeting. 7:30 a.m. at North Park Main Street office, 3939 Iowa St., Suite 2 in North Park. 619-294-2501.

Old Town Community Planning Group
Second Wednesday of the month. 3:30 p.m. at The Whaley House, 2476 San Diego Ave. in Old Town.

Greater Golden Hill Community Planning Group
Second Wednesday of the month. 6:30 p.m. at Balboa Golf Course Clubhouse, 2600 Golf Course Drive.

Ken-Tal Community Planning Group
Second Wednesday of the month. 6:30 p.m. at Copley-Price Family YMCA, 4300 El Cajon Blvd. in Talmadge.

Burlingame Neighborhood Association
Second Wednesday of the month. 7 p.m. at Mazara Trattoria, 2302 30th St. in Burlingame.

Mission Hills Business Improvement District
Third Wednesday of the month. 3:30 p.m. For meeting location, visit missionhillsBID.com.

North Park Community Association
Fourth Wednesday of the month. 6 p.m. at Lafayette Hotel, 2223 El Cajon Blvd. in North Park.

South Park Business Group
Last Wednesday of the month. 8:30 a.m. at Eclipse Chocolate, 2145 Fern St. in South Park.

Thursdays

University Heights Community Association
First Thursday of the month. 6:30 p.m. at Alice Birney Elementary School auditorium, 4345 Campus Ave. in University Heights.



1 Client 1 Trainer 1 Goal

High Intensity Weight Training



What Is High Intensity Weight Training?

The principle of high intensity weight training is to overload the muscle, which creates a large demand for the muscle. This creates an intensity that makes the exercise more effective. The overload is caused by slowly doing multiple repetitions without taking a break. This removes the momentum that you typically get from quickly moving the weight and trains the muscle to fatigue. It is important to maintain proper form during each repetition. Once the muscles have fatigued, you need to stop to avoid injury.

Training Smarter

The more intense an exercise is, the less time it takes to accomplish. There is an inverse relationship between the frequency and intensity of your workout.

You can over-exercise your muscles, resulting in injury. However, when you perform high intensity weight training, you work out a maximum of three non-consecutive days per week.

Intense training breaks down the muscle, making it slightly weaker. Your muscles grow during the rest periods between workouts. Muscle building requires physiologic stress to the muscles, rest and adequate diet.

If you do not give your muscles enough rest, you will plateau and your performance will suffer. The appropriate amount of exercise to avoid overtraining depends on your age, sex, rest, nutrition, quality of sleep, training goals, and genetics.

High Intensity Weight Training Benefits

High intensity weight training improves heart health. When your muscles need more oxygen during this training, you improve your aerobic capacity. The demand increases the stress on the heart and lungs to deliver oxygen to the muscles.

High intensity weight training also trains your body to deliver substrate to mitochondria faster, which increases energy production even more effectively than aerobic exercise. It also increases calorie burn and fat loss.

The most attractive benefit for those who find that they do not have time in their schedules to fit in a workout is the time high intensity weight training saves.

Strength Training is Important With Age

With age, strength training becomes increasingly important to prevent injury due to falls. Activities and exercises that improve balance, strength, and mobility help prevent falls and lower the risk for injury. With age, your gait may become altered due to changes to your joints and strength. Stiff joints and impaired neurological function, along with reduced muscle strength, can all contribute to the risk of falling.

Muscle mass and strength begin to rapidly decline by the age of 40. Including strength training in an exercise routine reduces the amount of muscle loss with age. High intensity weight training is great for the elderly, as it builds on your existing abilities. Also, because most people experience faster results than with conventional weight training, it is motivational.

Determine Your Workout Frequency

Beginners should not do weight training over three times each week, however some may find they need more rest time than others. You can determine your workout frequency by monitoring how your muscles feel. You can tell if your body has not recovered if you have reduce performance and fatigue. When you are on the right track, you will see small improvements with each workout session and only feel slightly tired the following day.

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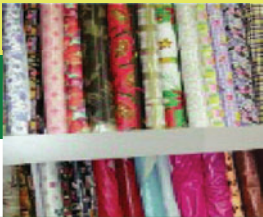
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