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The Louisiana welcomes two new additions to its property.

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A glimpse into the history of Our Lady of Peace in University Heights

Electrifying the streets

Normal Heights artist Taina Berardi (left) and her husband painting their electrical box on the corner of University Avenue and Ray Street (Photo by Connor McBride)

Urban art beautifies, celebrates community in North Park

By Cassidy Klein

Freshly painted electrical boxes in the streets of North Park are not only adding a “sparkle” to pedestrian paths, but to the artists who painted them, the boxes are expressions of positivity and friendship within the community.

“The real thing we wanted to do [with the painted boxes] is

to just make our district sparkle,” said Jake Romero, assistant director of North Park Main Street Association. “[We also want] to really highlight that there’s still amazing art in North Park. People forget that there’s good art and live art.”

On March 31, 10 artists spent the day painting their original designs on boxes throughout the neighborhood.

The artists were selected through an application process put on by North Park Main Street (NPMS). Though boxes in North Park have been painted in the past, this was the first time NPMS put on an event for the public to come out and interact with the artists as they painted.

see Box Art, pg 5

Sacred water

Normal Heights business spreads peace, positive energy through water

By Jess Winans

Trisha Kuhlmeier was initially taken aback when her friend mentioned the concept of opening a water store.

“When she first told me I was like, ‘What? You’re going to sell water?’,” said Kuhlmeier, who was studying spiritual psychology at the University of Santa Monica at the time.

“That was the first real idea that I had that a water store was a real thing.”

She then began researching the work of Japanese author, Masaru Emoto, who wrote about the molecular structure of water and how it can absorb and emit energies and frequencies.

see Liquid Eden, pg 14

Trisha Kuhlmeier at her Uptown water store, Liquid Eden (Photo by Jess Winans)

Uptown News BRIEFS

Babycakes moves neighborhoods

Babycakes, a mainstay bakery and bar in Hillcrest, will relocate to Paradise Hills in June 2018.

The business has called Fifth Avenue in Hillcrest home for the past decade. Babycakes said it has outgrown its original kitchen space; the new location is quadruple the size, with more parking and closer freeway access.

In addition to the relocation, the business plans to expand with storefronts in North County and East County, with a hopeful return to Hillcrest in the future. They will maintain their Imperial Beach location.

“As we move forward, our business model needs to evolve in order to keep pace with the rapidly changing industry,” said Christopher Stavros, president of Babycakes.

“While there are many fabulous restaurants, bars and coffee houses, we plan on focusing on one area that we excel at... our award-winning cupcakes and our memorable celebrations cakes.”

For more information about the expansion, visit BabycakesSanDiego.com.

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Enhancing Louisiana

Development seeks to engage neighborhood with new additions

Sara Butler | Editor

North Park will soon have more elements contributing to its artsy, foodie vibe when The Louisiana, a mixed-use building located on University Avenue and Louisiana Street, unveils a new mural and opens a new restaurant on its property in late August 2018.

This development is currently home to 15 apartment buildings and two commercial spaces, which opened mid-December 2017. It was designed and developed by architect Jeff Svitak, a Colorado native who is now a North Park resident.

Svitak worked in the local architecture industry for approximately 10 years before starting his own practice, Jeff Svitak Inc., in 2012. His previous projects include the Redwood House in Uptown, as well as Little Italy's 1941 Columbia and East Village Lofts in Downtown.

On April 25, Svitak presented details about the upcoming mural and restaurant

at The Louisiana to the North Park Community Association (NPCA).

Svitak said that he knew he wanted a mural for the North Park development before he even started construction on the apartments and commercial spaces. To complete the project, Svitak enlisted the help of local artist Michael James Armstrong, as well as his sister company VOID.

VOID is an organization "seeking to regenerate spaces in order to enhance the visual identity of our communities and environment," according to its website. Svitak started the company to encourage developers to improve and enrich the neighborhood around their projects.

"I just felt so many developers restrict themselves to what's within their property lines," Svitak told San Diego Uptown News. "They're turned off to what is the bigger picture that is going to enhance the community, [which would] then directly affect the success or popularity to their private development."



The Louisiana in North Park currently houses 15 apartments and two commercial spaces, a hair salon and a record store. (Photo courtesy of Jeff Svitak)

His prospective mural, called The Louisiana Wall, will be an art-installation project located on the wall facing Louisiana Street, which the property shares with its neighbor Smart and Final. Svitak said he received approval from the grocery store to proceed with the work.

"This is the wall where we have marked our opportunity and what we can do to enhance the community in this neighborhood. Obviously, it's a pretty blighted urban condition right now," Svitak said at the April NPCA meeting, adding that a lot of trash, homeless activity

and drug use is often present in that area.

"It's just this forgotten street in what we think could be a lot more active and publicly engaging," he continued.

About a year ago, Svitak partnered up with Armstrong after seeing one of his murals at the Bread and Salt building in Barrio Logan. Armstrong focuses on site-specific locations, basing his artistic concept for each project on conditions including size, scale, light, use and history of the site.

see Louisiana, pg 3

FROM PAGE 1

NEWS BRIEFS



(Photo courtesy of MTS)

New courthouse trolley station opens

San Diego's most recent trolley station, The Courthouse Station, will now serve as the Downtown terminal for the Orange Line, which hosts 9 million passengers annually.

The station is in close proximity to the new 22-story, \$555 million Superior Court Building, which has 1.2 million people passing through its doors each year.

Metropolitan Transit System (MTS) officials and other stakeholders gathered on April 27 to celebrate the completion of The Courthouse Station construction.

Speakers at the event included Georgette Gómez, MTS Board Chair; San Diego City Councilmember Peter C. Deddeh, Presiding Judge; San Diego Superior Court Patrick Gardner, Captain; San Diego County Sheriff's Department Paul Jablonski, Chief Executive Officer.

The trolley station, which is the first since 2005, was implemented and began serving passengers on April 29 outside of the Superior Court Building located at 1100 Union St. For more information, visit sdmts.com.



(Photo courtesy of Great Ink Public Relations)

San Diego Zoo welcomes lion sculpture

Thornton Tomasetti, the construction engineer behind Petco Park, has installed a new large-scale sculpture creating quite the "roar" at the San Diego Zoo.

"Rex's Roar" is the largest cantilevered bronze animal sculpture in the world, coming in at 27 feet tall and weighing over 18,000 pounds.

Rex's posture on one paw was challenging due to San Diego's seismicity. In order to position Rex, Tomasetti implemented a custom heavy tube welded from individual stainless-steel plates.

For more information about Tomasetti's work, visit thorntontomasetti.com.

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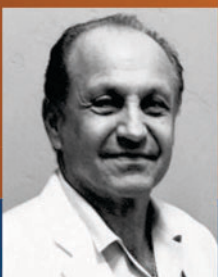
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FROM PAGE 2

LOUISIANA

Based on his observations, Armstrong decided to utilize the natural lighting to create a light installation and mirror hybrid. The Louisiana Wall will have blue acrylic plates, and daylight will shine through these “acrylic flags” to create a cascade of reflections across the wall. LED lights will be installed to mimic this effect after the sun goes down.

Additionally, there will be a mural behind the lighting element. It will match the existing color of the wall at Smart and Final; a matching chevron shape currently on the wall will also be included in the design.

VOID recently partnered with nonprofit San Diego Creative Foundation, who is now a fiscal sponsor for its projects. The two organizations are currently fundraising for The Louisiana Wall. Each individual or entity who contributes \$500 or more to the campaign will receive their name in a permanent place on the art-installation.

In addition to the mural, a new restaurant — coined Louisiana Purchase — will soon open on the property.

Svitak signed a lease agreement in July 2017 with Grind and Prosper Hospitality, who will be developing the restaurant on the ground floor of the property. The family-based restaurant group is known for eateries and bars in Pacific Beach and Carlsbad.



A central courtyard shared by the apartments reflects Svitak's outdoors-oriented approach to the building.

The restaurant is inspired by New Orleans and will serve New Orleans-style comfort food, including jambalaya, gumbo and fried chicken.

Grind and Prosper Hospitality enlisted the help of Svitak to help design the restaurant. The interior's design will feature wood elements and vines, with an open-air layout.

They have now obtained its liquor license for the location, and Svitak said they are “just about ready to pull the permit.” Construction is expected to begin in the beginning of May and last throughout the summer.

In addition to the mural and restaurant, Svitak hopes to add a parklet to the property on University Street “in order to enhance the street life of that corner.” This pedestrian parkway would be open to



The New Orleans-inspired Louisiana Purchase on University Avenue will be decorated with vines and wood elements.

the public, but the Louisiana Purchase would be allowed to serve patrons food and non-alcoholic beverages during the restaurant's business hours.

“[The parklet] is working to take what is currently a very blighted urban condition and looking to make it an urban destination,” Svitak said at the NPCA meeting.

Though the address is listed as North Park, The Louisiana is located in the middle of a few Uptown neighborhoods. One of the reasons Svitak wanted to tackle the project was to revitalize the area. He said he saw an opportunity to provide the neighbors with places to go within walking distance.

“It had been on the market, and it was an empty lot for probably a couple years,” Svitak told San Diego Uptown News. “I think no one picked up on it because at that time it was still this weird in-between

space between Hillcrest, University Heights and downtown North Park.

“It was something that was exciting to me because there wasn't a lot happening around there,” he continued. “I felt like it was a good opportunity to activate that middle ground [between Uptown neighborhoods]. Turns out right after we bought it, Communal Coffee opened up,

which was a great asset to have on that block as well.”

Both projects are expected to be completed later this year. For more information about The Louisiana or Louisiana Purchase, visit bit.ly/2w38UWF. To donate to The Louisiana Wall, visit bit.ly/2w6fFqS.

—Reach Sara Butler at sara@sdcdn.com. ❖



An artist rendering of The Louisiana Wall, an anticipated mural on Louisiana Street (Photos courtesy of Jeff Svitak)

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Up town News

San Diego

Honoring South Park's history

May is Historic Preservation Month, and South Park is ready to celebrate.

The annual Old House Fair will return for its 20th year on Saturday, May 19 from 10 a.m. to 4 p.m. The docent-led educational tour features five historic homes, and will begin at the Rose Wine Bar, 2219 30th St.

South Park recently received its historic district designation, which is bounded by 28th Street to the west, Elm Street to the north, 31st Street to the east and A Street to the south.

Public transportation will be available for ticket-holders, who can hop on and off a trolley to view the houses in any order. There will also be two architect-led bike tours of neighborhood homes, starting at 11 a.m. and 2 p.m.

After the event, guests are invited to have a drink at The Rose Wine Bar. Home preservation specialists, contractors and vendors who will be on



One of the Craftsman homes featured in the tour. (Photos by Christie Turner)

hand to answer questions, as well as present renovation and restoration projects.

Tickets are \$30-\$48 and can be bought at bit.ly/2I6qsGf. For more information about the event, visit oldhousefairsd.com.



In addition to Craftsman homes, the event will also feature Spanish-style houses.

FROM PAGE 2 NEWS BRIEFS



(Photo courtesy of J. Walcher Communications)

Eat, drink and read in Balboa Park

The San Diego Council on Literacy's (SDCOL) ninth annual "Eat. Drink. Read. A Culinary Event for Literacy" will feature more than 20 of the city's finest chefs at the San Diego Air & Space Museum in Balboa Park on May 17, 6-8:30 p.m.

San Diego brewers, distillers and winemakers will bring their libations to the event. The event features live music and a chef battle with awards presented by celebrity judges for Best Dish, Best Dessert, Best Display and People's Choice.

SDCOL's flagship event raises needed funds to support the nonprofit's 27 affiliated literacy programs, which annually serve more than 179,000 residents of all ages at no cost. According to SDCOL, more than 520,000 adults in San Diego have difficulty reading, and a majority of them are native English speakers.

"Literacy is a fundamental

requirement for an individual to succeed in life and for our society to thrive," Jose Cruz, CEO of SDCOL, said in a press release. "In addition to being a fantastic event, 'Eat. Drink. Read.' funds books for children, supplies and materials for literacy programs, coordination of literacy campaigns, referrals for literacy services and more."

For more information about the event, visit bit.ly/2w0a6ua.



(Photo courtesy of MNM Public Relations)

Uptown gains LGBT-affirming senior housing

North Park LGBT seniors can now find solace in the first LGBT-affirming senior housing community in San Diego, located at 4305 University Ave.

An opening celebration was held on April 27, which featured speeches from Assemblyman Todd Gloria and Councilmember Chris Ward.

This community was developed by Community HousingWorks (CHW). For the project, CHW has partnered with the San Diego LGBT Center, who will provide on-site resident services.

The building will provide 76 apartments, which are open to all residents ages 55 years old

and up who meet income requirements. For more information, visit chworks.org.

Old Town restaurant wins Neighbor Award


On April 24, Fiesta de Reyes in Old Town received the 2018 Restaurant Neighbor Award for California Restaurant Association Foundation's (CRAF) Restaurant Day.

"In California we have the privilege of working with the best restaurant and hospitality companies," Alycia Harshfield, CRAF executive director, said in a press release. "All of these companies have a profound impact on the local communities that they serve, and we are honored to acknowledge their contributions in this way."

The Old Town Family Hospitality Group behind Fiesta de Reyes was honored for their donations to the community. These contributions include \$66,000 to living history programs in Old Town San Diego Historic Park, \$99,000 of donations in meals and materials to support fundraising efforts and programs for community groups, as well as more than \$350,000 in direct sponsorships and community program support.

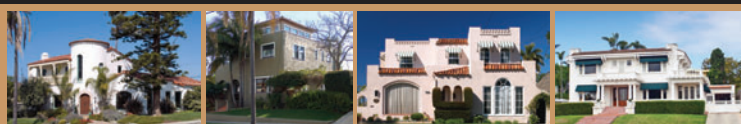
Other honorees included Kyle's Kitchen in Santa Barbara, Hoffman Hospitality Group in Long Beach, Bravo's Soup and Sandwich Shoppe in Elk Grove, and Red Robin of the Southern California Region.

For more information about Fiesta de Reyes, visit fiestadereyes.com.



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FROM PAGE 1

BOX ART

There was live music as well as restaurant and store specials during the event. Local musicians Jasmine Bailey, Nate Hess, Drew Smith and Matthew Armstrong performed in front of local storefronts.

Normal Heights artist Taina Berardi hopes her box will “inspire people to create art.” She painted the San Diego mountains, desert and coastline in vibrant colors on her box.

“Colors express a lot of emotion and get people happier and more excited,” Berardi said. “[My box] is very much in the style of Mexican pottery or Mexican art, so that was my homage to my culture. We are also a border city, so there’s a lot of influence being so close to Mexico, and a lot of our residents speak Spanish.”

Berardi recently started her own jewelry and art company, Jewel of the Gypsy, after spending the last 12 years in the corporate tech world. She sells her jewelry online via her Etsy shop and at various farmers markets throughout San Diego.

Her art, including her box, is inspired by her “wanderlust” life and global view. This year’s box was her first physical mural in a public space.

“At the end of last year I decided to explore my art further, and creating this box was kind of at the crossroads of that,” Berardi said.

Mandy Jouan, another participant who lives in Vista,



A local artist works on his project outside of Subterranean Coffee Boutique, 3764 30th St. (Photo by Connor McBride)

painted neon rabbits on her box. She too hopes her box will bring a smile to the passerby.

“I love black lights and bright colors, and I just really like rabbits,” Jouan said. “Hopefully [my box] is something to just make people happy.”

Jouan said she’s thankful for the chance to paint and bring playfulness to North Park.

“I didn’t [paint a box] for money; I didn’t do it for exposure,” Jouan said. “I know when I was painting it, there were so many people that stopped by who were just so excited to have something in their neighborhood look better.”

Berardi said she loved the positive energy radiating from community members who stopped by to watch her and her husband at work during the nine hours it took them to complete the box.

“When we were painting the box, it was such a great feeling because people from the neighborhood and outside the neighborhood were thanking us, and sitting there, and being so grateful on a Saturday that we were beautifying the neighborhood,” Berardi said. “It makes me happy that I’m living in a community where people acknowledge and give value to art on a larger scale.”

Uptown’s urban art scene is growing, according to Berardi. She encourages artists to keep creating and be on the lookout for future art contests and chances to paint boxes. Normal Heights Urban Art Association will soon be calling for artists to paint electrical boxes in their neighborhood.

“I wanted to give back to the community,” Berardi said. “I think there’s a lot of budding young artists out there who

given the opportunity would create amazing designs.”

Berardi hopes the newly painted boxes will remind people to care for the community and appreciate the shared urban spaces of North Park.

“I think art creates positivity, and I know at the root of it all, people get energy from art,” Berardi said. “And therefore maybe [people will] see a little piece of trash around the area and go, ‘You know what, I respect the person that put this art here to beautify the neighborhood, so I will do my part to beautify the neighborhood.’ From visitors to residents it helps create a space where people are proud to be a part of that neighborhood and that community.”

—Cassidy Klein is an editorial intern at San Diego Community News Network, the parent company of the San Diego Uptown News. Reach her at cklein0900@pointloma.edu.

Find a painted box in front of these locations:

- AB Sporting Goods at 3027 University Ave.
- Saiko Sake & Sushi Bar at 2884 University Ave.
- The Original Paw Pleasers / Peticures by Tess at 2818 University Ave.
- Daisy Cleaners at 3994 30th St.
- True North at 3815 30th St.
- F45 Training North Park at 3800 30th St.
- Subterranean Coffee Boutique at 3764 30th St.
- Influx Cafe at 3000 Upas St.



Mandy Jouan’s finished box, located on the corner of Lincoln Avenue and Iowa Street (Photo courtesy of the artist)



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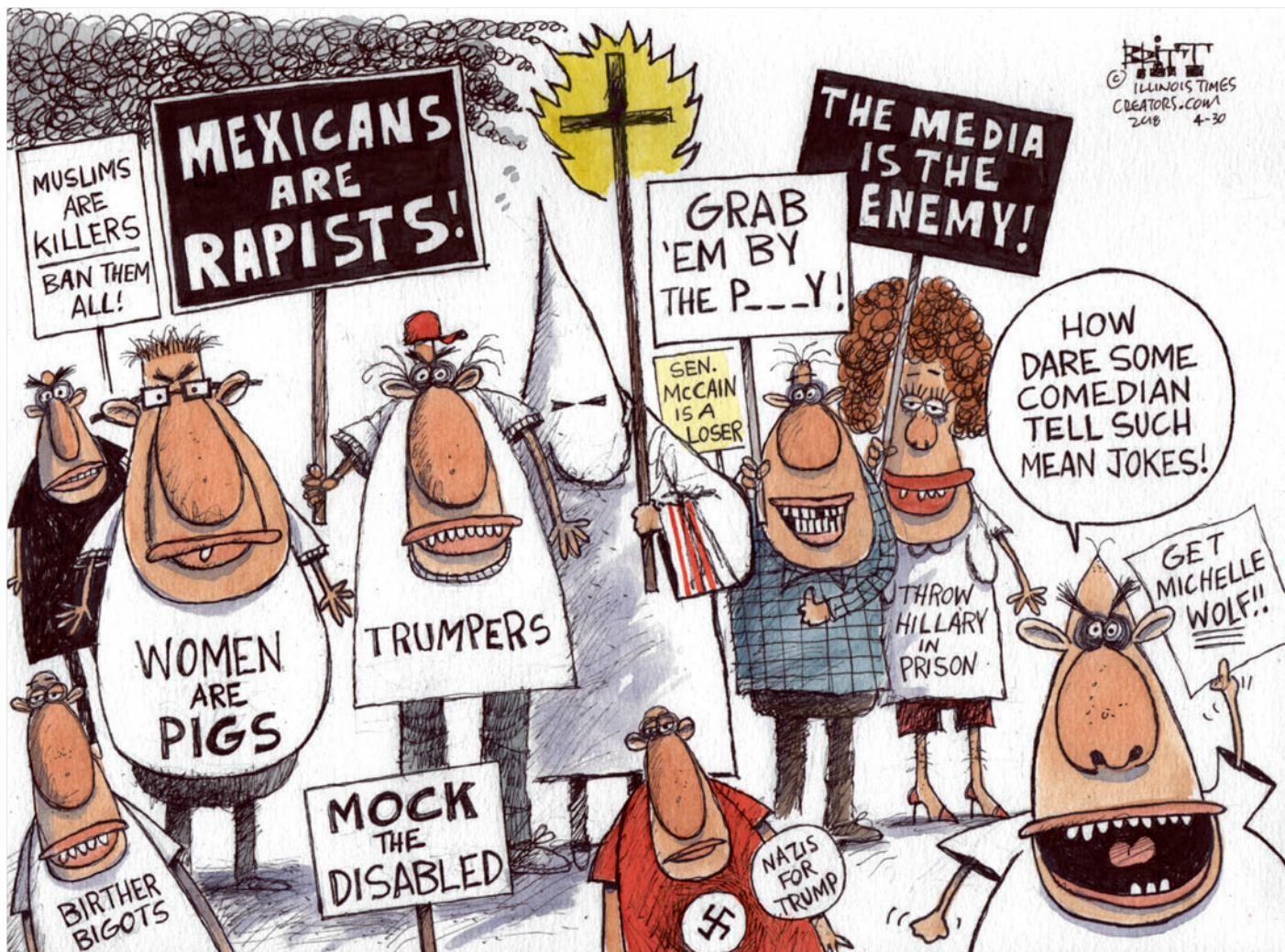
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GUEST EDITORIAL

One tough mother

How being a mom can boost your job performance

By Holly Caplan

Before I became a mother in 2010, I had been in the workforce as a sales person in the medical device field for years. It was a hyper-competitive market with lots of passionate people who wanted to party, make money and climb the corporate ladder. Which was exactly what I did.

My career was everything to me — it was my identity. It was who I wanted to be and I was

super passionate about succeeding.

I eventually worked my way up and was approached about a management position. It was what I had wanted and was my next professional goal. So, before I interviewed for the management gig, I did my homework.

Enthusiastically, I spoke to the other managers to better understand what I was getting into. I wanted their candid feedback so that I would be prepared

for my interview and get an idea of what to expect in this role.

I got a lot of a helpful advice about how to run the business and manage my sales team, as well as hiring and firing procedures. Pretty basic, right? Until I hit a conversation that surprised me and still stings me to this day, especially now that I'm a mother.

My male manager told me not to hire female sales representatives. Taken aback, I asked him "Why?" I'm thinking, heck, I'm a female, why wouldn't I hire other women?

"Because they have babies and stuff and won't do their jobs," he said.

This manager also confided in me that this was

a quiet rule between the managers. It was understood around the office. At that moment, my future challenges were clearly laid out before me, as I knew one day I wanted to become a mother — and yes, continue to work.

I did it though. I got the management job and had a baby.

According to the U.S. Labor Force, women made up 47 percent of the workforce in 2017. And guess what? Seventy percent of mothers worked in 2017 versus 11 percent in 1960. Additionally, mothers are the primary or sole earners for 40 percent of households with children under the age of 18.

see Tough Mother, pg 7

LETTERS

A hearty goodbye

[Ref: "Rogers steps down as HTC chair," Vol. 10, Issue 8, or online at bit.ly/2HZUU4U]

Kath has been an incredible leader for the HTC, and the Hillcrest community in general! We're so sad to see her go but are so excited for what's ahead for her!

I've got big shoes to fill as incoming chair of HTC and look forward to meeting with and continuing to hear resident's concerns and seeking solutions to make our neighborhood the best in San Diego.

—Benny Cartwright via our website, sduptownnews.com.

A speedy return

[Ref: "Fire closes businesses at The Hub," Vol. 10, Issue 8, or online at bit.ly/2HZkSp1]

BCB was open that morning while fire crews responded. I'd hoped that meant no long-term impact. Best wishes to both BCB and Fix on a speedy return.

—Tom Tipps via our website.

Colorful words

[Ref: "The Color Queen," Vol. 10, Issue 7, or online at bit.ly/2IAKBRz]

Complete gratitude to San Diego Uptown News for their article about my life and my gift of #tetra-chromacy. Thank you for honoring me and my contributions of art and science. Blessings.

—Concetta Antico via Facebook.

Majorette flashbacks

[Ref: "Flashy

landmarks," Vol. 10, Issue 7, or online at bit.ly/2r8rDex]

Working in the snack bar at the Campus Drive-In Theatre was my first job back in 1969. I remember the majorette well.

—Janice Cox via our website.

Closer to home

[Ref: "South Park sips," Vol. 10, Issue 6, or online at bit.ly/2pY7DL0]

So excited to have a Communal Coffee even closer to my house.

—Brijet Myers via Facebook.

An intriguing evening

[Ref: "Neighborhood safety," Vol. 10, Issue 6, or online at bit.ly/2pXdRdE]

It was a very interesting meeting. Congratulations to the board of directors' Mary and Jae, the community really appreciated your service to the town council.

Thank Mary for this report, very well done.

—Luke Terpstra via our website.

On the move

[Ref: "Rove over to Adams Avenue," Vol. 10, Issue 6, or online at bit.ly/2E5z8GN]

Very well done. A practical idea that complements the purpose of the store.

—W&E O'Leary via our website.

see Letters, pg 7

FROM PAGE 6
TOUGH MOTHER

How can the stigma of being a working mom still exist when we see momentum in these numbers?

I can personally tell you that becoming a mother made me better at my job and career. It didn't make me "go soft" or unfocused. In fact, motherhood made me more assertive and decisive. It made me more strategic and thoughtful in my work.

You are forced to improve these skill sets and begin functioning at a higher level previous to children. In speaking to friends that are working moms, they experienced the same.

Here are five ways that being a mother can actually improve your job performance:

Better time management

Time management takes on a whole new role in your world when you become a mom. Basically, you learn that you can't control everything and that you need to manage your time as such.

You are forced to think way ahead of schedule, be ready to manage disasters and expect the unexpected. Think carpool, conflicting ballet classes and soccer games thrown in with a sick child, pet at the vet, traveling husband, meeting with the boss and a work deadline. All of this makes for complete mayhem and disarray.

There was a time in my life that all of these components would have absolutely sent me over the edge, or into a bottle of pinot noir. However, eventually it taught me to manage my time better.

Motherhood teaches us to know how to efficiently run projects and handle the unexpected in the office. Admittedly, I do still pour myself a pinot noir in the evenings, but at least I manage my time around it.

Developing Low T

Mothers develop Low T — a low tolerance for bullcrap.

As moms, we have to manage our time differently, which means we have less time for B.S. with the kids. We won't tolerate bullying, stealing or shaming at home, so why tolerate it at work?

Having Low T in the workplace helps us sniff out the drama from a mile away, address it quickly and move on. Mothers tend to stay away from the office politics, handle work challenges swiftly and can close a sweet deal like no one's business.

More compassion

Being a mother will make you more compassionate. I mean, even when you are getting spit up on, changing a diaper, or dealing with a temper tantrum, you still love that baby with all of your heart and soul. It doesn't matter how rough the scenario may be, you learn to roll with it and move on.

Again, this flows over well into the workplace. Increasing compassion can improve

relationships, trust and performance. When employees feel they are in a safe and trusting environment, and that their colleagues do care about them both personally and professionally, they give back more to the organization.

Increased focus

Working mothers typically have less time with their children. It is part of it, and it isn't fun. A job could require more travel, conferences and client dinners. What this means for moms is missing school events, piano recitals and even just the everyday conversation of riding home from school in the car.

Because of this, mothers are more focused on their goals and tasks at work. Since we are away more, we make our time count so that home life counts when we are at home.

Moms don't want to let work interfere with the kiddos. This means that we are more organized, get projects done early and are prepared for upcoming meetings.

Also, moms are full-time problem solvers. We are forced to think strategically continuously. We are able to switch these strategic thinking skills into work.

As a result, we are super productive and efficient. Not only does this help the company, this helps us reach professional goals and with our own personal growth.

Becoming a master of stress

The common theme of mothering and working is the high

stress factor. Stress can run rampant at home and work, and at times will feel inescapable.

But it can also be the underlying current that drives better time management, maintained focus and dealing with others' issues. The surprising thing about existing with stress is that it has made me better at handling it.

My stress "freak out" level is much higher, and my capacity for patience is higher too. At home I have less of a heart attack when I see that Oreos have been smashed into my favorite white chair, and at work I breathe easier when approaching a deadline or dealing with an angry manager. It has taught me to deal with work stress thoughtfully, patiently and exit the experience gracefully.

As for the manager who told me not to hire women, and to his colleagues who believed the same? Today I would tell them this:

Don't ever underestimate the strength of a working mother.

Oh, and Costco is having a sale in the wine department.

—Holly Caplan is an award-winning manager and author of 'Surviving the D**k Clique: A Girl's Guide to Surviving the Male Dominated Corporate World.' For more information, visit hollycaplan.com.

FROM PAGE 6
LETTERS

Highlighting visual arts

[Ref: "Uptown News Briefs: March 9, 2018," Vol. 10, Issue 5, or online at bit.ly/2pTLxZt]

What a treat to see Brandon Jameson and '50 To Watch' appear in the Uptown News Briefs. Great artist. Great exhibition. Thank you to the staff of Uptown News for sharing a visual arts story.

—Patric Stillman, via our website.

Historic appreciation

[Ref: "Wilshire Terrace," Vol. 10, Issue 5, or online at bit.ly/2pSxh3e]

Thanks for all of your interesting articles on our part of town.

—Barbara Mitchell, via our website.

My best friend lived on Wilshire Terrace in the late-80s. Gorgeous flat in a two-story townhome. How wonderful to read the history of the neighborhood!

—Harry Martin II via our website.

—Letters to the editor are encouraged. We pull them from email, Facebook and comments left on articles on our website. If you'd wish to send a letter to the editor directly, email sara@sdcdn.com.

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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.



Looking at mid-term elections

Congressional Watch

Andy Cohen



For many years San Diego has been a bit of an outlier when it comes to its congressional delegation. Other than Orange County, San Diego tended to be the only major metropolitan region in the state that overall voted Republican when it came to congressional elections. San Diego has always had its deep blue bastions, such as the heart of the city and the border district, but the rest of the county trended — much like its representation on the County Board of Supervisors — Republican.

That changed in 2012, when Democrat Congressman Scott Peters defeated long entrenched incumbent Brian Bilbray, tilting the balance of power from Republican to Democrat for the first time since at least the 70's, three

to two.

In the 2018 midterm elections, the Democrats have a real opportunity to place a real stranglehold on the San Diego congressional delegation. So, with the June 5 primary elections looming, we'll take a look at what the San Diego regional congressional races look like.

First, a note on the use of fundraising statistics as a metric of a candidate's viability: While money should not be the most important factor in an election cycle, candidates need money to get elected. And while it is surely an imperfect measure, it's the best we've got in determining a candidate's ability to connect with his or her constituents prior to Election Day. So, with that in mind:

52nd District

We'll start with what was formerly the most competitive congressional district, but now appears to be a safe seat for Scott Peters (D-52).

In 2012, Peters won an extra-innings slugfest against Republican incumbent Brian Bilbray, and until recently, was considered the most vulnerable of the local representatives. In 2014 former San Diego city councilmember, former mayoral candidate, and current right-wing radio talk show flamethrower Carl DeMaio took his shot at Peters. Since then, Peters has only solidified his position, mowing down his challengers in 2016, and drawing only token resistance for 2018.

There are currently six Republican candidates vying for Peters' seat, but only three that have raised any significant money — including Dr. James Veltmeyer, who unsuccessfully challenged Susan Davis in 2016 — and none who can match Peters' nearly \$1.9 million raised and \$2.4 million cash on hand. Businessman Michael Allman comes closest, with \$380,000 raised and \$235,000 on hand. While anything is possible, it does not seem realistic that any of these unknowns will be able to successfully challenge the Democratic incumbent who has only grown more and more popular in his district with each passing year. And considering the looming "blue wave" that is expected in November, those chances would appear to be nil.

53rd & 51st District

The 53rd District is all Susan Davis (D-53) and will be as long as she wants to remain in Congress, while Juan Vargas (D-51) has a stranglehold on the 51st District. Davis has drawn four challengers — including one independent — but none who has raised more than \$26,000. Davis currently has in excess of \$224,000 campaign cash on hand, having raised \$202,000. It should be noted that candidates can keep funds raised from previous campaigns to apply to future campaigns.

Vargas has three challengers, two Republican and one independent, none of whom has raised more than \$15,000. Vargas has raised over \$520,000 (and spent \$510,000).

Davis and Vargas will both easily cruise to reelection in the very definition of "safe seats."

50th District

Incumbent Republican Congressman Duncan Hunter should, logically, be in real trouble. He's under investigation for campaign finance fraud, has been accused of spending campaign funds on his own drinking habit, along with other malfeasances. He has very little to show for his time in Congress, and yet because of his name recognition — he shares the name of his father, who also was his predecessor — and the "R" in front of his name, his is generally considered a safe seat.

But the scandals might finally be catching up to him. Hunter has been outtraded by one of his Democratic challengers, with another nipping very closely at his heels. He has spent more than three times as much money as Ammar Campa-Najjar, his nearest competitor, having blown through over \$1 million despite having only raised \$666,000 this campaign cycle. Campa-Najjar has raised \$707,000 with \$333,000 cash on hand. Democrat Josh Butner has raised \$595,000 and has \$308,000 in the bank.

The closest Republican challenger is Shamus Sayed with \$253,000 raised and \$157,000 in the bank. With Hunter's shenanigans, and despite an 11-point Republican registration advantage, this would be the most interesting congressional race if not for the 49th District. Two years ago, it would have been unfathomable that a Democrat could seriously challenge Hunter, but here we are, although it still seems unlikely Hunter will lose.

49th District

If the 52nd District was one of the most expensive in the nation during previous elections, it has easily been surpassed by the circus that has become the 49th District. Congressman Darrell Issa saw the writing on the wall and has called it a career, and a crowd has formed to take his place. The 49th is an R+1 district, but it's the Democrats in the race who have taken center stage. Four of them, including millionaire businessman Paul Kerr (\$1.9 million raised), Sara Jacobs, the granddaughter of Qualcomm co-founder Irwin Jacobs and former State Department official (\$1.7 million raised), attorney Mike Levin (\$1.5 million), and Marine Colonel Doug Applegate (\$800,000), who came within one percent of running Issa out of office in 2016.

They are followed by an impressive collection of Republican candidates: San Juan Capistrano City Councilman Brian Maryott; Chairwoman of the State Board of Equalization, Diane Harkey; San Diego County Supervisor Kristin Gaspar; and State Assemblyman Rocky Chavez, none of whom has raised more than \$420,000.

This seat is a ripe pickup opportunity for Democrats, but with such a crowded field, they run the risk of losing out in the general election altogether in California's top two "jungle primary" system.

- 52nd District fundraising stats: bit.ly/2JJYQN
- 53rd District fundraising stats: bit.ly/2FxXMRa
- 51st District fundraising stats: bit.ly/2I85Mxy
- 50th District fundraising stats: bit.ly/2rcaHmT
- 49th District fundraising stats: bit.ly/2JK0h5v

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



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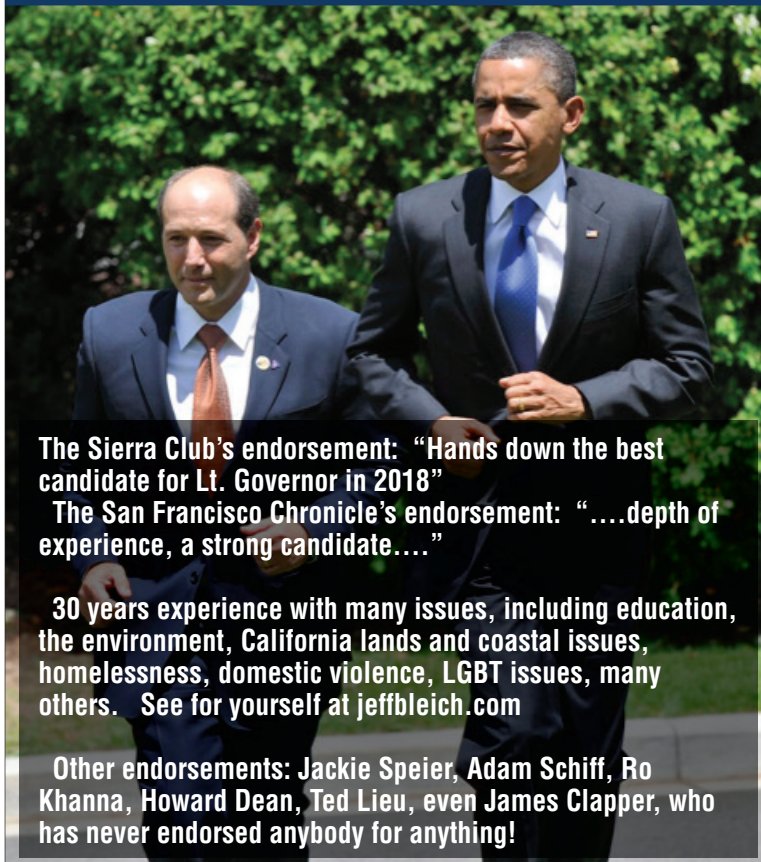
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Other endorsements: Jackie Speier, Adam Schiff, Ro Khanna, Howard Dean, Ted Lieu, even James Clapper, who has never endorsed anybody for anything!

June 5th A crucial primary election for
California's future, please vote!

Jeff Bleich, candidate for Lt. Governor (jeffbleich.com)



Contrary to rumors that **Cali O Burgers** in Hillcrest has changed hands or is closing, owner Mike Chenavo told San Diego Uptown News, “We’re not going anywhere. In fact, we are planning to expand.”

Chenavo said he is scouting sites in Mission Valley to open a second location while negotiating with the dry cleaner adjacent to his current location to take a portion of its space for adding additional seating. He also plans on remodeling the patio soon.

The eatery sprung onto the scene four years ago with a 17-year lease that Chenavo says remains firmly intact.



This four-year-old burger joint may soon expand (Photo by Frank Sabatini Jr.)

Joining a long list of burger options ranging from elk and ostrich to turkey and grass-fed beef, a new veggie burger called The Sonoma was recently added. In addition, burger wraps using spinach tortillas are coming by mid-May. 1290 University Ave., 619-692-9999, calioburgers.com.



Taste-testing of gelato from An’s Dry Cleaning is underway (Photo courtesy of Bay Bird Inc.)

Nomad Donuts in North Park was a test site on April 22 for various gelato flavors created by **An’s Dry Cleaning**, a gelato shop due to open at 3017 Adams Ave. in Normal Heights by mid-May. Another tasting will be held at 1 p.m., May 6, at nearby **Polite Provisions** at 4696 30th St. It will feature flavors inspired by Polite Provisions’ cocktails and run until supplies run out. adegelato.com.

Diners will be put to the test navigating through a five-course meal in complete darkness during **Uptown Tavern’s** new “dark-room dinner series,” which kicks off at 8 p.m., May 9. The 20-seat event will be held in Uptown’s private dining room, the Arrow Lounge. The cost is \$49.95, which includes a welcome aperitif cocktail. Reservations are required. 1236 University Ave., 619-241-2710, uptowntavernsd.com.

Odds and Ends: Who would’ve thought that a single slice of cheese pizza from the **Costco** food court packs a whopping 760 calories? Strangely, the count is higher than the pepperoni slice, which is listed at 710 calories. “I think it’s because there is a little less cheese on the pepperoni slices,” an employee at the Mission Valley location told us. 2345 Fenton Parkway, 619-358-4000, costco.com.

A new culinary journey awaits chef Rich Sweeney as he prepares for his role as executive chef for the San Diego debut of **North Italia**, due to open this fall in **Fashion Valley Mall** by Phoenix-based **Fox Restaurant Concepts**.

Sweeney became known for his creative takes on American comfort food while running the former **R Gang Eatery** in Hillcrest for five years. He most recently served as executive chef at **Waypoint Public** in North Park and helped open its second location in Del Sur.

Sweeney says that cooking Italian — and for the projected high volumes expected at North Italia — will present the career challenges he has been seeking.

“I’ll be making my own pasta dough, which I haven’t done in years,” he added.

North Italia will be located at the northeast section of the



Chef Rich Sweeney transitions from Uptown to Fashion Valley (Photo courtesy of Rich Sweeney)

mall, near **Bloomingdale’s** and **True Food Kitchen**. With more than a dozen locations spanning from Southern California to Kansas, the menu will offer scratch-made fare ranging from meatballs and fresh-pasta dishes to assorted pizzas and meat and seafood entrees. 7055 Friars Road, northitaliarestaurant.com.

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



The plant-based Impossible Burger has sizzled into a number of San Diego eateries. (Photo courtesy of Impossible Foods)

Urban MO’s has joined the growing bandwagon of establishments serving the Impossible Burger. The vegan patty is made with wheat, soy and potato proteins, and it’s engineered to bleed like beef. Some carnivores are fooled by its meaty texture and umami flavor, and others not so much — although general consensus points to a

faux-beef burger that is more convincing than most competitive brands. Other kitchens around town serving it are **Jayne’s Gastropub**, **Anthem Vegan**, **Ruby’s Diner**, **Slater’s 50/50**, and **Swami’s Cafe**, which is opening its newest San Diego location by late April at 3707 Fifth Ave., Hillcrest.

The **7th Avenue Pub** at **Whole Foods Market** in Hillcrest recently closed to make way for a delivery port for online Amazon grocery orders. As of April 24, Amazon Prime members throughout San Diego

can shop for fresh produce, meats, seafood, select alcohol products and everyday staples through primenow.com and receive their goods in two hours. Delivery is free for prime members on orders of \$35 or more.

Or if you need your groceries sooner, one-hour deliveries are available for \$7.99 on orders of \$35 or more. Both service options are available from 10 a.m. to 8 p.m. daily. 711 University Ave., 619-294-2800, wholefoodsmarket.com.

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Roman fervor

Restaurant Review

Frank Sabatini Jr.



Don't be the sad person who walks into Maestoso expecting a quiet dinner. The restaurant, complete with a rolling food cart, an open kitchen, and an army of extroverted Italian waiters, qualifies as one of the liveliest and most unique Italian establishments San Diego has seen in a while.

Located in the Hub Hillcrest Market, it's one of those places fraught with a tricky spelling and pronunciation. Say "my-stozo" and you're on the right track. It's the surname of co-owner Marco Maestoso, a renowned chef who ran a

restaurant in his native Rome and a supper club in New York City before recently settling in San Diego.

Like most of the wait staff, Maestoso charms the pants off customers with his swarthy looks and heavy Italian accent as he wanders the dining room occasionally to mingle with customers. A hint to other restaurant owners and chefs who never bother: this interaction contributes greatly to repeat business and it appears the magic is already working here quite well.

Toss into the equation a food cart loaded with a potpourri of small noshes and you've created a frenzy, which was nothing short of boisterous on the recent Thursday evening we visited.

The Maestoso restaurant, which replaced Napizza, is located in a space that lacks soundproofing from its concrete floor to tall ceiling. It's a stylish atmosphere, complete with a jumbo chandelier and a U-shaped dining counter facing straight into the open kitchen. There's also a front and side patio, both of which were empty on this chilly night, hence the full-capacity crowd inside.

Dozens of different tapas — known as passaggi — filled the three-tiered food cart each time it wheeled by. They're priced between \$1 to \$18 apiece, although most were in the \$2 to \$5 range during our visit.

Maestoso

1040 University Ave.
Hillcrest

619-642-0777
maestoso.com

Prices: Tapas from the food cart, \$1 to \$18; salads and share plates, \$9 to \$28; pizzas and pasta dishes, \$16



A stylized "M" above the entrance marks the spot for Maestoso, the restaurant. (Photos by Frank Sabatini Jr.)

They included quinoa salads, mini caprese, cheesy bread balls, little bites of various meats, and other items we couldn't figure out even after our waiter described them to us, thanks to the deafening din. Nonetheless, it's a fun concept that yielded satisfying noshes.

The food remained on the up-and-up as we proceeded to the la pinsa (pizza) category. Available in several toppings, these lightweight beauties hail from an ancient Roman recipe featuring low-gluten crusts made of rice and wheat flours. The dough is given more than 72 hours to rise and cooked at a high temperature. What you get are airy bites and well-done finishes, two qualities that rarely reside in one crust.

We chose the only pizza with red sauce — the "Melanzana di Casa," which flaunted



A cart stocked with Italian tapas are wheeled around the restaurant frequently.

Maccheroni pasta with pork cheek in tomato and pecorino sauces



Fusilli pasta with fermented veggies and tomato sauce



The "Melanzana di Casa" pizza



Two veggie meatballs (top) and two made with beef, pork and veal



eggplant, buffalo mozzarella and Parmesan. So delicious, we left nary a crumb behind.

"Majestic meatballs" come in two varieties. Carnivores get a beef-pork-veal mix with seared exteriors, similar to those on the meatballs my grandmother used to pan-fry before braising them in tomato sauce.

Vegetarians are afforded a blend of beets and mushrooms. Both types were tender and tasty; although if size matters, you might be disappointed. Each were no bigger than ping-pong balls.

Pasta is made on-site. Six different options of various cuts exist, with each sporting their own proteins, vegetables and sauces.

My vegetarian friend chose fusilli tossed with cauliflower ragu,

tomato sauce and dehydrated vegetables. Except for a couple panels of beets that resembled beef jerky, the veggies were finely minced, offering an exquisite, subtle texture to the dish as well as a rich, earthy flavor.

My choice — elbow-shaped maccheroni with pork cheek — was naturally more luxurious. The pork was finely ground and practically melted into the tomato sauce, similar to little torn pieces of anchovies in pasta puttanesca. On the lip of the plate were splotches of pecorino cheese sauce. It was love at first bite, and the dish tasted even more sensational when eating the leftovers the next day, in the quietude of home.

Maestoso aims for sensible complexity in his cooking, which carries right through to dessert. Look no further than the "semolino Californiano," a dessert that resembled a Dali painting with its squiggly flowers of rosemary-ricotta cheese and micro herbs seemingly floating between plops of polenta and mini discs of hazelnut cookies. It all sat in a pond of stunning-yellow citrus gelee.

The food warrants repeat visits, but for this frequent diner who enjoys intimate chit-chat with his tablemates, quiet Monday nights (if they exist here) may be the only viable option.

—Frank Sabatini Jr. is the author of "Secret San Diego" (ECW Press), and began his local writing career more than two decades ago as a staffer for the former San Diego Tribune. Reach him at fsabatini@san.rr.com.❖

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Pomme Koch, Jason Kapoor, and David Coulter. Photo by Kevin Berne.

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Throwback to 1994

Come On Get Happy! Dr. Ink

In restaurant years, Benihana is ancient. The national chain, founded in 1972 by the late Rocky Aoki, sizzled its way into San Diego 24 years ago. I was among the flocks of consumers back then who got all goofy

sitting around the habachi grills at communal tables while gawking at the “performance chefs” slicing and dicing my teriyaki steak with rapid precision. After a couple of visits, the thrill wore off. I concluded that the food wasn’t that good. And until recently I never gave the place another thought. Now, more than two decades later, I found myself flowing with the herds

through the faux-palace doors again, if only to take a trip down memory lane. Everything seemed the same except for the bar lounge, which might have grown larger to accommodate weekday happy hour, which is the main reason I decided to return. Also, within the lounge area is a sushi bar. I’m not sure that even existed back in the day. Happy hour is available only at the bar or when seated at any of the tightly arranged tables in its shadow. The food and drink specials are printed on small cards hidden inside Benihana’s regular, laminated menus. My rushed but friendly waitress kindly pointed that out as soon as I sat down. Discounted drinks start at \$3 for hot sake and graduate to \$4 for Kirin Light and Lagunitas IPA. Premium well drinks are \$6.50, and wines by the glass and specialty cocktails are \$7. The latter includes items such as sake sangria, yuzu margaritas, lychee blossoms and Behihana punch, which felt like the right drink to order there. Not since I lounged at some beach bar in Honolulu ages ago have I raised a cocktail to my lips with a paper umbrella poking into my face and a maraschino cherry and a lime wedge floating on top. But the drink wasn’t as frou-frou as it looked. The blending of Myers’s Platinum Rum and various fruit liqueurs yielded a sinister kick. Numerous noshes are also on the cheap during

happy hour. They include California rolls and beef gyoza (\$4); chicken tempura and Philadelphia rolls (\$5); chili shrimp rolls and poke (\$7.50); and dragon or rainbow rolls (\$7). I took a \$4 gamble on the two-piece salmon nigiri and loved every bite. The fish was velvety and melt-in-your mouth fresh — and not such

a graceless match to my silly glass of punch. Assuming both Benihana and I stick around for another 20-plus years, I’ll likely saunter in sometime again for drinks and sushi. As for eating in the main dining room with culturally-starved suburbanites who think they’ve been transported to Japan, I’ll give that a hard pass.❖



A Mission Valley mainstay for teppanyaki dining (Photos by Dr. Ink)



Rum-based Benihana punch

Salmon nigiri

Benihana
477 Camino del Rio South
Mission Valley
619-298-4666
benihana.com
Happy hour: 4 to 7 p.m.,
Monday through Friday

RATINGS
Drinks: Despite its innocent presentation, the Benihana punch was kicky, fruity and refreshing.
Food: Based only on the two-piece salmon nigiri, the fish tasted top-grade and ultra-fresh.
Value: You’ll save on average \$2 to \$3 per drink and appetizer during happy hour.
Service: Amid the restaurant’s steady clamor, the wait staff performed quite efficiently.
Atmosphere: Despite what appears like upgraded lighting and carpeting since I last visited in the ’90s, an outdated feel pervades, which could seem interesting if you’re into restaurant history.

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A trip to the Pacific

Theater Review

Jean Lowerison



The idea of going to Bali Ha'i sounds pretty good to me right now. Alas, I'm a little short of cash and time.

So I did the next best thing: I saw San Diego Musical Theatre's smashing production of Rodgers and Hammerstein's classic 1949 musical "South Pacific," on the boards through May 27 at the Horton Grand Theatre.

Based on James Michener's "Tales of the South Pacific," the musical won 10 Tony awards and a Pulitzer Prize. The show boasts one excellent

'South Pacific'

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444 Fourth Ave.

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Friday and Saturday
at 8 p.m.;
Sunday at 2 p.m.

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song after another and a cast of fine singing actors bring to life the vibrant stories of the sailors and nurses working for the U.S. war effort.



Agustine Welles (Luther Billis) performs a grass-skirted duet



Carolyn Agan (Nellie Forbush) dances with the nurses (Photos by Ken Jacques)

The sailors, Seabees and Marines are all stuck on a small Pacific island, trying to win the war and moaning about the lack of available women in the tune "There is Nothing Like a Dame." The song may not be politically correct these days, but it's a heck of a great tune.

The major character among the sailors is Luther Billis, a wheeler-dealer who is making pretty good bucks creating grass skirts. Now he's looking for a willing officer to get him over to Bali Ha'i, where he thinks he can make serious money buying and selling trinkets such as boar's tooth bracelets to other sailors.

Agustine Welles plays Billis to the hilt, though a bit over

the top. Watch for his hoot of a grass-skirted duet with nurse Nellie Forbush in their "Honey Bun" number.

To some extent, Billis is in competition with local Tonkinese entrepreneur Bloody Mary (Gigi Coddington), who has the trinket market to herself right now. Mary also has a lovely young daughter named Liat (Catrina Teruel), who performs a breathtaking, delicate and graceful "Happy Talk" number.

The nurses are there to do what nurses do. Carolyn Agan is a dynamo as Nellie Forbush, who describes herself as a "hick" from Arkansas when she meets the much older French planter Emile de Becque, brilliantly played by Robert J. Townsend. There is instant chemistry on both sides, and they fall hard for each other. De Becque performs "Some Enchanted Evening," Nellie sings "I'm In Love with a Wonderful Guy," and everything looks like it will turn out all right.

Meanwhile, Marine Lt. Joseph Cable (Casey Johnson) arrives from Guadalcanal and reports to Capt. George Brackett (John George Campbell). Cable has been sent to take part in a dangerous spy mission that could change the course of the war. The captain wants to get de Becque in on the mission since he knows the area. However, first the captain wants Nellie to find out about the planter's politics and why he left France.

At this point Nellie gets cold feet and sings her decision to "Wash That Man Right Out of My Hair."

When Emile introduces Nellie to his two young children with a Polynesian

woman, Nellie is so shocked that she breaks up with him. However, none of her fellow nurses believe this.

Meanwhile, Cable meets — and falls for — Mary's daughter Liat. Will prejudice rear its ugly head again? And will his spy mission end successfully?

"South Pacific" has it all: engaging characters, great music, a good plot and even a message. San Diego Musical Theatre's production does it proud.

Mike Buckley rose to the challenge of multiple locations with simple, movable set pieces and backdrops that indicate where the action is taking place. Michelle Miles' lighting helps considerably, as does Kevin Anthenill's sound design.

Randy Slovacek's often jaunty and sometimes muscular choreography adds to the atmosphere. Janet Pitcher's costumes and Peter Herman's hair designs are period appropriate.

Don LeMaster's mighty 15-member orchestra sounds wonderful from its upstairs perch.

Director Kirsten Chandler stays out of the way, keeping the wheels turning and the show moving, while also allowing time where it's necessary.

There's a good reason "South Pacific" has been a staple in the musical comedy canon for decades. You won't actually go to Bali Ha'i, but you'll have a whale of a good time.

—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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(l to r) Robert J. Townsend (Emile de Becque) and Carolyn Agan (Nellie Forbush)



RESTAURANT SPOTLIGHT

A TREASURE CHEST OF OCEANIC MEALS
IN BAY PARK



One of San Diego’s best seafood restaurants resides on a quaint commercial block in Bay Park, just off Morena Boulevard at 4121 Ashton St.

For 13 years, the neighborhood hot spot has been a beacon for top-quality fish and seafood dishes that potentially kick off with citrus-kissed clam chowder, fresh yellowfin sashimi or fresh ahi poke.

Savory starters abound, with others pointing to panko-crusted crab cakes, coconut-curry mussels and a delectably unique stacking of smoked local fish, avocado and hearts of romaine.

Bay Park Fish Company is owned by a trio of locals: Jerry and Karen Adams, and Marc Muller. Jerry and Marc are no strangers to the sea and its seasonal bounties of seafood. Both are seasoned fishermen and have worked on private and commercial boats over the years.

In addition, Jerry is a retired firefighter, Marc co-owned the former Zenbu Sushi Bar in La Jolla, and Karen transitioned from stay-at-home mom to president of the company.

Marc recalls that he and Jerry came up with the idea of opening a fish market when sitting around after a day of fishing. About a year later, they opened Bay Park Fish Company in what used to be a water ski shop, starting in a single storefront and then expanding into the 4,600-square-foot double storefront they currently occupy.

Plans are currently underway to update the interior design with a fresh look that will include new seating, tables and lighting.

With the help of consulting chef and waterman David Traylor, a skeleton menu

of casual fare was born. It has since evolved into an array of delicious options such as ceviche, sushi rolls, fresh oysters, sandwiches and tacos – not to mention enticing top-selling entrees such as fresh catch of the day, macadamia-encrusted halibut, and swordfish picatta drizzled in buttery lemon-caper sauce. There are several non-seafood items as well, including chicken picatta.

“Many of our dishes started off as successful specials,” said Marc, referring to the macadamia halibut served with mashed potatoes, asparagus, carrots and spicy cream sauce. Other acclaimed dishes include the spicy crab and tuna torta, and a green chili burrito with your choice of carne asada, shrimp, chicken or fish.

The nautical-themed restaurant – complete with a dog-friendly outdoor patio, a bar-lounge showcasing photographs of anglers, and a private dining room that seats 30 guests – receives daily deliveries of fresh seafood from a variety of local purveyors. They include Pacific Shellfish, Catalina Offshore Products and Leong Kuba.

Sushi also takes center stage. The list offers specialty and traditional rolls. The signature Tarantino roll is a favorite. It greets the palate with a top layer of tuna, yellow tail, avocado and jalapeno, and progresses to a filling of panko shrimp, spicy tuna and cucumbers. Wasabi-citrus aioli and eel sauce clench the deal.

Fans of fish and chips can choose between cod or local halibut while those hankering for a BLT with avocado will savor the addition of grilled swordfish on the sandwich.



Bay Park Fish Company is a neighborhood restaurant that focuses on fresh, local seafood. (Photos courtesy of Bay Park Fish Company)

The menu is built for all tastes, extending also to crispy Brussels sprouts; flame-broiled burgers; steamed clams in cilantro-chili butter and white wine; shrimp-Caesar wraps; and more.

Bay Park Fish Company is open daily for lunch and dinner (11 a.m. to 9 p.m.). It also serves brunch (11 a.m. to 3 p.m.) on Saturday and Sunday, when dishes such as crab cakes Benedict (or traditional Benedict), crab omelets, huevos rancheros and Belgian waffles rule the kitchen.

In addition, happy hour (3 to 6 p.m. daily) affords customers \$2 discounts across 24 handles of draft beer, mostly craft, plus wines by the glass. Appetizers and basic sushi rolls are 20 percent off, and fish tacos are \$4. If you come knocking on taco Tuesday, you can enjoy \$3.50 tacos all day along with discounts on select bottled beers.

For more information, call 619-276-3474 or visit bayparkfishcompany.com.



A casual, nautical design pervades throughout the double-storefront restaurant.



Fish tacos stuffed with fresh ingredients



Macadamia-encrusted halibut is a top seller.



The Tarantino roll is a favorite on the sushi list.



The well-stacked BLTA with grilled swordfish

FROM PAGE 1

LIQUID EDEN

According to Emoto's research, water is a liquid crystal with four states: liquid, gas, frozen and a liquid crystal phase, which occurs when water meets a hydrophilic solid. Emoto describes this fourth state as characterized by sacred geometry that has informative properties.

Not only does Kuhlmeier believe that water holds and transfers physical energy, but she also believes it can hold and transfer emotional energy as well.

"More metaphysically, water is responsive to words and energy," Kuhlmeier said. "You can see changes in its molecular structure with the naked eye using a microscope."

The importance of water continued to percolate through her head while studying. Eventually, after on an RV trip with her dog cross-country after her college graduation, the importance of water moved to the forefront of her mind.

"What was amazing about the trip was my relationship to water," Kuhlmeier said. "During that trip I always



Kuhlmeier with her travel companion inside of the store's studio, which hosts many community events

had to calculate in the RV how much water I had for her [the dog], for me, for drinking

and for showering. I knew we could only carry so much that can only get us so far and I



A series of photographs at Liquid Eden show details of water molecules.

had to figure out where we could go to refill. The whole route was along waterfalls and mineral hot springs — the whole travel was just this whole 'wateriness' When I got back and asked myself what I wanted to do with my life and where I wanted to go, the answer was opening this center."

There are two types of water for sale at Liquid Eden: a mineral electrolyte water, used for drinking, and a reverse osmosis purified

water, used for cooking and brewing.

Both are purified using an in-house 12-stage commercial grade reverse osmosis filtration system. This system removes any bacteria, viruses, radioactive contaminants, pesticides, herbicides, chlorine, industrial waste, detergents, asbestos, fluoride and hard minerals in the waater.

The drinking water and cooking water is then sold in certified lead-free bottles for \$2.50 per gallon and \$0.50 per gallon, respectively. These bottles range in size from half gallon to five gallon and are also available in plastic BPA-free bottles.

In addition to water, Liquid Eden sells local, fair trade and organic products which Kuhlmeier hand picks herself based on the concept of removing "unconscious contaminants." These products and or services are easily accessible but cause and contribute to disease and exploitation of workers, unknowingly to the customer.

"[Liquid Eden] is a collective, there's hundreds of businesses that run out of here and we started this space to show goodness," Kuhlmeier said. "When I picture San Diego there's these glittery sparks of light everywhere, of these people that are doing such amazing things. They're all small, single individual people or a small team and they're doing what they're doing in their spaces. They need a place to go for goodness."

That's how Normal Heights resident Alfred Lerma found Liquid Eden.

"My wife and I were getting our water here and then we developed the idea to use the space to support the community," Lerma said.

Lerma is a manager at Illumina, a local genetic researching firm, and operates his group "Unity and Peace" out of Liquid Eden.

Unity and Peace is a non-denominational group which meets every Wednesday, free of charge, from 7-8 p.m. at Liquid Eden. The group focuses on unification, peace, love and health; it even blesses the Liquid Eden water. They also aim to create and improve relationships and make positive impacts on the community.

see Liquid Eden, pg 19

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

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— Jan Delair, age 63, retired

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A look at Our Lady of Peace

PastMatters
Katherine Hon

The Academy of Our Lady of Peace (OLP), now situated in University Heights, began in Alonzo Horton's New Town in a rented house located at Second and G Streets. The school opened on May 10, 1882. OLP beat San Diego High School — which opened as the Russ School on August 15, 1882 — for the honor of being San Diego's oldest high school by three months.

An early San Diego pioneer, Father Antonio Dominic Ubach had been petitioning the Sisters of St. Joseph of Carondelet since 1870 to establish a local school. This congregation was founded in Le Puy, France in 1650 and re-founded as a U.S. congregation in Carondelet, Missouri in 1836. The arrival of four Sisters of St. Joseph in San Diego on the steamship Ancon on April 18, 1882 marked the success of his appeals.

The school, which began with 28 female and two male students, was named the Academy of Our Lady of Peace by Reverend Mother Agatha Guthrie of the Carondelet, Missouri Congregation.

Dr. Melinda Blade, OLP Director of Mission Integration and Historian, discusses the spiritual and philosophical foundation of OLP being the Constitution of the Sisters of St. Joseph of Carondelet.

On the school's website, she writes that the congregation is dedicated to "the practice of all the spiritual and corporal works of mercy of which a woman is capable and which will benefit the ... dear neighbor."

The school moved to a new building at the southwest corner of Third and A Streets in 1887 and continued to prosper. San Diego Union's Sept. 1 issue hailed the beginning of a new school year at the Academy "with a number of new students, including ... three of ex-Governor Ryerson's nieces from Lower California."

"This is the ninth year of this institution, which the Sisters of St. Joseph have made one of the most valuable educational centers of the city and county ... the commencement exercises in June are always accompanied with a display of art, music, needlework and examination papers that have never been excelled by any similar exhibition given in San Diego," according to the article.

In 1890, the boarding and day school was still co-ed; there was a separate school inside the grounds for boys. Later in the 1890s, however, it became a women-only school.

As the "Roaring '20s" dawned, San Diego — and the school — experienced a growth spurt. Under the

leadership of Sister St. Catherine Beavers, who had returned in 1923 as the Superior, the Sisters began searching for an appropriate property to be their new location.

On Jan. 25, 1924, they acquired an estate in University Heights overlooking Mission Valley at Copley Avenue and Oregon Street.

The estate, known as "Villa Montemar" contained two large houses, an observatory, a pool and gardens built in 1917 for the Van Druff family.

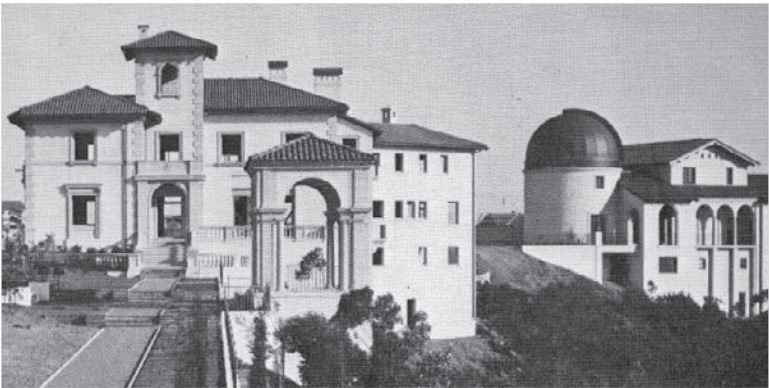
Winfield Scott Van Druff and his elder son Ross Ellio were originally from Pennsylvania and worked as geologists. They also were interested in astronomy and intended to conduct research in the observatory outfitted with a powerful telescope ordered from the East Coast.

The Italian Renaissance buildings on the estate were designed by Frank Phillips Allen, Jr. He had served as Director of Works for the 1915–1916 Panama-California Exposition, as well as the engineer on

construction of the Cabrillo Bridge and Botanical Gardens Building in Balboa Park.

Although the structures that now constitute OLP's Carondelet, St. Catherine's and St. Cecelia's buildings were completed in August 1917, it is not clear if the Van Druffs lived at the estate for any length of time.

see PastMatters, pg 19



All the buildings in this 1926 photo still stand. The building to the left is Carondelet Hall, which houses administrative offices and the Computer Lab. The observatory building was converted to classroom space and offices. The student library is to the right of the observatory.



The Villa Montemar estate was still under construction in 1916, but the large houses and observatory are clearly seen. (Photos courtesy of Academy of Our Lady of Peace)

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

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

1	2	3	4		5	6	7	8		9	10	11	12
13					14				15		16		
17					18					19			
20									21				
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46	47	48						49			50	51	52
54							55						
56							57				58		
59							60				61		

CREATORS NEWS SERVICE

By Charles Preston

ACROSS

1 Ewe-talk
5 Tops off
9 Exhort
13 #2
14 Quaker gray
16 Bologna boniface
17 With 31 Across, timely date
20 Fellow sailors
21 Recital
22 Capp and Hirt
23 See 28 Across
24 Pest
28 With 23 Across, timely year
31 See 17 Across
32 Get on in time
33 Torso feature
35 Rug type
36 Intimidated
37 Gourd
38 Lulu
39 Looks out for
40 Abominated
41 Tried to refute
43 Bedevil
44 Uncork
45 Supporting
46 Certain curtain

49 Had a yen
54 Timely poem
56 Otherwise
57 Grasps the nettle
58 Topnotchers
59 Roe or doe
60 Mouse house
61 Submerged

DOWN

1 Tub scrub
2 Racqueteer Arthur
3 On the briny
4 Trick ending
5 With craft
6 Throes
7 Nadir
8 View
9 Acquired
10 Labor Dept. organi-
zation
11 Like ___ of bricks
12 Hurl the gauntlet
15 Experienced again
18 ___ Depends on You
19 He played Phileas
Fogg
23 Social affairs
24 Breath taker
25 Leaf-sucker
26 Enswathe

27 Covering leaf
28 Crosscut
29 Greek letter
30 Sounds of pain
32 Actress Sophia
34 Pea holders
36 Provided as speci-
fied
37 Links norm
39 Dido
40 Gives ear to
42 Kegler
43 Trustworthy
45 Gets on
46 Hustled
47 She played Della
Street
48 River to the Wash
49 On earth
50 Eventful periods
51 Costa ___
52 Serene scene
53 Rolltop
55 Carryall vehicle

Puzzle answers on page 17

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see Classifieds, pg 17



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UPTOWN CALENDAR

FRIDAY

May 4

'A Thousand Splendid Suns'

The Old Globe presents a production detailing the story of three generations of Afghan women and their resilience. The show is a theatrical adaptation of Khaled Hosseini's novel, "The Kite Runner." \$30–\$88. Runs through June 17. 8 p.m. at The Old Globe, 1363 Old Globe Way. Visit bit.ly/2jg8B1r.



The Fratellis at Observatory

Alternative band The Fratellis performs with Blood Red Shoes. \$20. All ages. 8 p.m. at The Observatory North Park, 2891 University Ave. Visit bit.ly/2HKHkNT.

Coming of Age Film Festival: 'The Lovers'

Debra Winger and Tracy Letts play a long-married, passionate couple who are both in the midst of serious affairs. On the brink of calling it quits, a spark between them suddenly reignites. Free. 6 p.m. at Museum of Photographic Arts, 1649 El Prado. Visit bit.ly/2jand2u.

Reel Science: 'Back to the Future'

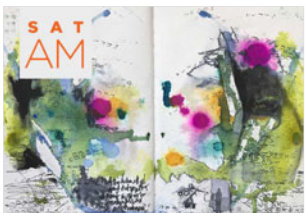
Watch a screening of fantasy/science fiction film "Back to the Future" with context provided by physicist Dr. Brian Shotwell. \$9 members; \$12 nonmembers. 7 p.m. at Digital Gym Cinema, 2921 El Cajon Blvd. Visit bit.ly/2jccxQU.

Children's Charity Gala

Join Father Joe's Villages to dine, dance and honor community leaders who serve those experiencing homelessness. Proceeds will benefit Father Joe's Villages' therapeutic childcare program. 5–10 p.m. at The U.S. Grant Hotel, 326 Broadway. Visit bit.ly/2GpWclA.

SATURDAY

May 5



Art Journaling 'Changing Perspective'

Explore the idea of "changing perspective" in art journals using creative prompts in drawing, writing, painting, collage and more. \$65. 10 a.m.–2 p.m. at Art on 30th, 4434 30th St. Visit bit.ly/2jbo96J.

A Conversation with Erica Deeman

Join MOPA's theater for a conversation with photographer

Erica Deeman to discuss her projects, "Silhouettes" and "Brown." Free. 11 a.m.–noon at Museum of Photographic Arts, 1649 El Prado. Visit bit.ly/2Hz5Ti9.

Mother's Day Paper Circuit

Learn to make a simple electric circuit using LEDs and conductive metals for a unique, light-up Mother's Day card. \$5. 11:30 a.m.–3:30 p.m. at Fleet Science Center, 1875 El Prado. Visit bit.ly/2jaW3Zh.

SUNDAY

May 6



David Blaine at Civic Theater

Magician David Blaine performs a live show. \$25. All ages; not recommended for children. 8 p.m. at Civic Theater, 1100 Third Ave. Visit bit.ly/2HYXJmU.

WEDNESDAY

May 9



'Raise Your Glasses'

Urban Optiks Optometry invites you to celebrate its 10-year anniversary with its fourth annual trunk show. The event features eyewear vendors, cocktails and more. \$10 donation requested; proceeds will benefit nonprofit The Vision of Children Foundation. 4–7 p.m. in the Conservatory Room at The Lafayette Hotel & Swim Club, 2223 El Cajon Blvd. Visit uood.com/raise.



Jimmy O. Yang at American Comedy Co.

Stand-up comedian, writer and "Silicon Valley" actor Jimmy O. Yang performs. \$25. 8 p.m. at American Comedy Co., 818 6th Ave. Visit bit.ly/2je5G90.

Mobilities at The Merrow

Mobilities performs with Sameland and Fiction Ensemble. \$7. 21 and up. 9 p.m. at The Merrow, 1271 University Ave. Visit bit.ly/2HKIa1P.

TUESDAY

May 10

Gator By The Bay

San Diego's festival will celebrate all things Cajun. Blues, zydeco, salsa, swing, NOLA jazz, country and more will be performed on seven stages over four days. Food vendors will provide authentic Cajun and Southern food. Tickets start at \$20. Runs through May 13. Various times at Spanish Landing Park, 3900 North Harbor Drive. Visit gatorbythebay.com.



TV Girl at Soda Bar

Indie-pop band TV Girl performs with Wished Bone and Shindigs. \$12–\$14. 21 and up. 9:15 p.m. at Soda Bar, 3615 El Cajon Blvd. Visit bit.ly/2qUUD2T.

FRIDAY

May 11

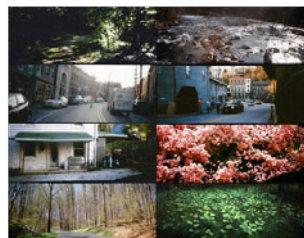


Meet the Artists at Creative Crossroads

Celebrate the tremendous talent of our local artists in the heART of Hillcrest. Enjoy free wine, music, giveaways and more. Free. 6–9 p.m. at Creative Crossroads, 502 University Ave. Visit bit.ly/2HyaLUO.

Reel Science: 'Phase IV'

Watch a screening of thriller/drama film "Phase IV" with context provided by entomologist Dr. Michael Wall. \$9 for members, \$12 for nonmembers. 7 p.m. at Digital Gym Cinema, 2921 El Cajon Blvd. Visit bit.ly/2je6Fqw.



American Pleasure Club at Queen Bee's

Rock band American Pleasure Club performs with Special Explosion and Bad Kids. \$15. 21 and up. 7:30 p.m. at Queen Bee's Art & Cultural

Center, 3925 Ohio St. Visit bit.ly/2HOgljY.

Mama's Day

More than 50 restaurants will offer distinctive tastes of their food at Mama's Kitchen's 27th annual event. Tickets start at \$150; proceeds will benefit Mama's Kitchen. 6:30–9:30 p.m. at 3777 La Jolla Village Drive. Visit bit.ly/2FBeZJK.

SATURDAY

May 12



SDCCU Festival of the Arts

San Diego County Credit Union (SDCCU) hosts the 22nd annual Festival of the Arts in conjunction with North Park Main Street. The event will feature a live urban art block, music performances from local bands, a craft beer block and more. All ages. Free. 11 a.m.–10 p.m. at 30th Street and University Avenue. Visit bit.ly/2vUYsk2.



Art Glass Guild

Annual Spring Show and Sale View art glass exhibitions from more than 30 juried artists. Live music, torch-work and glass cutting demonstrations, and a family-friendly mosaic art station will be featured. Also held on May 13. 10 a.m.–5 p.m. at Spanish Village Art Center, 1770 Village Place. Visit artglassguild.com.



Good Friday Gallery Opening Reception

Three local artists are joining forces to establish Good Friday Gallery, a new model for the visual arts inspired by Silicon Valley start-up incubators. 6–9 p.m. at 3758 30th St. Visit bit.ly/2r4HeFl.

SUNDAY

May 13

Cat Pierce and Swimsuit Issue at Soda Bar

Coheadliners Cat Pierce, the solo act of alternative duo The Pierces, and rock band Swimsuit Issue perform. \$10. 21 and up. 8 p.m. at Soda Bar, 3615 El Cajon Blvd. Visit bit.ly/2vHeTR1.

MONDAY

May 14

Suds & Science: 'Messages from Space'

Join Dr. Shelley Wright, Assistant Professor of Physics at UCSD, as she explains new infrared and optical SETI programs and what she hopes it might find. \$5. 6:30–8 p.m. at Fleet Science Center, 1875 El Prado. Visit bit.ly/2jfdhou.



COUCH at Soda Bar

Metal band COUCH performs with Grime and Trapped Within Burning Machinery. \$12–\$15. 21 and up. 8:30 p.m. at Soda Bar, 3615 El Cajon Blvd. Visit bit.ly/2HN4ckI.

WEDNESDAY

May 16

WET at The Merrow

Pop band WET performs with Kodasounds. \$5. 8 p.m. The Merrow, 1271 University Ave. Visit bit.ly/2HKIa1P.

TUESDAY

May 17

'Eat. Drink. Read.'

A Culinary Event for Literacy San Diego Council on Literacy's (SDCOL) ninth annual event will feature bites from more than 20 of the city's finest chefs. 6–8:30 p.m. at the San Diego Air & Space Museum, 2001 Pan American Plaza, Balboa Park. Visit bit.ly/2w0a6ua.



La Escalera Fest 7 at Soda Bar PEARS, High, Pissed Regardless, Ash Williams, Sculpins, Fat by the Gallon and Brain Waves perform at the festival kick-off party. \$16. 21 and up. 7:30 p.m. at Soda Bar, 3615 El Cajon Blvd. Visit bit.ly/2qUVIhz.

RECURRING EVENTS

Mondays

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.

Tuesdays

Trivia Night at Brew Project

Here's Johnny! Answer five to seven rounds of questions and participate in team challenges for raffles and prizes. Weekly event hosted by Johnny Grant. 7 p.m. The Brew Project, 3683 Fifth Ave., Hillcrest. Visit bit.ly/2HmaogX.

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.

Thursdays

North Park Thursday 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.

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.

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.

Old Town Saturday Market

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

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 a comprehensive calendar of events happening throughout San Diego, visit our online calendar at bit.ly/2H11z9m.

—Compiled by Sara Butler. Email calendar items to sara@sdcnn.com.

FROM PAGE 14

LIQUID EDEN

“Some people are sitting alone and depressed but instead they can come [to our meetings] and be with a group of people that are looking to support one another,” Lerma said. “Our intention is to increase joy and decrease suffering. We need to support one another. We build community through connection and inspire people to become better versions of themselves so they can step into their potential and achieve their ultimate greatness.”

Similar to Kuhlmeier and Emoto, Lerma also believes water has memory and holds and transfers energy, which helps local neighborhoods.

“The water here goes in and out to the community and kids drink it, families drinking it and I drink it,” Lerma said. “I hope we can make a positive impression on the community with the water they drink.”

In addition to Unity and Peace gatherings, Liquid Eden holds other classes and events such as Qigong, yoga and a spring detox class.

“I initially encountered Liquid Eden during one of the Adams Avenue street fairs,” Normal Heights resident Elena said. “I instantly gravitated towards these weekly gatherings [of Unity and Peace] because of the safe space they provide and the shared energy of support and positivity among the

attendees. I will continue to support the gatherings, as well as Liquid Eden, and humbly look forward to continue contributing to this community of love, health and peace.”

Liquid Eden just celebrated its four-year anniversary on Saturday, April 28 from noon–5 p.m. as a part of the annual Adams Avenue Unplugged event. Liquid Eden held a customer appreciation day where handwritten notes and small gifts were handed out to attendees to express appreciation and gratitude to the community.

“The customers shared their sincere gratitude for us being here,” Kuhlmeier said. “It was magical walking Adams Avenue and seeing all the smiling faces and happy hearts coming together to enjoy local music in the neighborhood.”

Hearing positive customer feedback and learning how Liquid Eden is impacting the Normal Heights neighborhood is something Kuhlmeier thrives on.

“People are so uplifted and joyful when they are



Water jugs line Liquid Eden's wall, which faces Adams Avenue (Photo by Jess Winans)

here and they leave feeling better than when they came in,” Kuhlmeier said. “That’s really what we’re here for in a lot of different ways. Whether it’s the products, the service or the water — it’s uplifting.”

For more information about Liquid Eden, inquiries about studio rentals or the company’s event calendar, visit liquid-eden.com.

—Jess Winans is the editorial assistant of San Diego Community News Network, the parent company of San Diego Uptown News. Reach her at jessicamwinans@gmail.com.✧



This aerial photo from about 1925 shows how the Villa Montemar estate was located to obtain unobstructed views of Mission Valley and beyond. (Photo courtesy of Academy of Our Lady of Peace)

FROM PAGE 15

PASTMATTERS

City directories list Ross with his wife Mayme at 4775 Hamilton Street in University Heights from 1916 until 1924, when they moved to Mission Hills. Winfield and his wife Matilda are listed at 2625 Adams Ave. in 1916, then at 4931 Uvada Place, just east of the estate site, from 1918 until 1921. Winfield died in Pennsylvania in 1922.

After purchasing the property, the Sisters spent three years having new buildings designed and constructed in an Italian Renaissance style to stay consistent with the architecture of the existing buildings. San Diego Union’s

May 22, 1927 issue featured seven photographs of the new facilities and lauded the site as “perhaps the most beautiful girls academy in the United States.”

Vince Heald and Beck Ellman Heald, contributors to the article, noted that OLP “continues to shape the most confident, intellectual, well-rounded leaders in our region.

“As a woman of faith, woman of heart, woman of courage and woman of excellence, an OLP student is provided opportunities to put her faith into action and become a transformative agent of change in our world,” they said.

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

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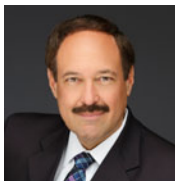
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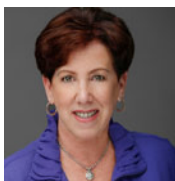
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