



**SDRC CANNABIS 21+**  
SAN DIEGO RECREATIONAL CANNABIS 1299 CAMINO DEL RIO SOUTH | 619.906.5546

**10% OFF**  
ENTIRE ORDER  
CANNOT BE COMBINED

VOLUME 10  
ISSUE 15

August 10-23, 2018



Follow us on  
Facebook and Twitter  
sdcnn.com

Old Town • Mission Hills • Bankers Hill

Hillcrest • University Heights • Normal Heights • North Park • South Park • Golden Hill • Kensington • Talmadge



Vote for Best Of Uptown on Page 18!

►► NEWS P. 3



Addressing San Diego's poor air quality

►► ART P. 8



Artists brighten up Adams Avenue

►► FEATURE P. 10



CityFest returns to Hillcrest on Aug. 12

►► FOOD AND DRINK P. 15



Local coffee shop expands to La Mesa

**Index**

Opinion.....	6
Theater.....	7
Puzzles.....	16
Calendar.....	19

**Contact us**

Editorial/Letters  
619-961-1968  
sara@sdcnn.com

Advertising  
619-961-1958  
mike@sdcnn.com

**www.sdcnn.com**  
San Diego Community News Network

# San Diego Uptown News

## MOPA turns 35



Push Pin Party attendees look for their images on a table to put up on the exhibit walls (Photo by Cynthia Robertson)

### Balboa Park museum celebrates with Push Pin Party

By Cynthia Robertson

Many photographers look forward to occasions where they can get together to talk about their craft and to find new inspiration.

The 35th anniversary of the Museum of Photographic Arts (MOPA) in Balboa Park provided that opportunity with its unique Push Pin Party on Thursday, Aug. 2. For its anniversary

celebration, the evening was a remake of the original event, initially premiering when MOPA opened back in 1983.

see MOPA, pg 7

## An evening with Riff City

Locals host monthly South Park comedy

By Ombretta Di Dio

At 8:30 p.m. on the evening of July 25, locals lined up along Fern Street outside The Whistle Stop Bar. Inside, regulars sipped on their drinks at the counter. Some were already sitting in the foldable chairs that the staff placed in rows across a small stage in the main room. The lights were dim, softening the atmosphere with shades of red, which complement the bright orange painting of a train coming straight at the audience from the wall behind the stage.

see Riff City, pg 4



Attendees enjoy stand-up comedy at The Whistle Stop Bar in Uptown

(Photo by Javier Luna)

## Uptown News BRIEFS

### SDG&E PROPOSES TO EXPAND EV CHARGING STATIONS

San Diego Gas and Electric (SDG&E) proposed two new programs to the California Public Utilities Commission, which aim to build new electric vehicle chargers in public spaces around the city. One pilot aims to bring additional chargers to local parks and beaches; the other focuses on schools and educational institutions, including K-12 campuses, vocational schools, community colleges and universities.

The goal of this new project is to reduce local EV owners' sense of "range anxiety" — the concern that your car battery will run out of power before reaching your destination or an available charging station — and to make it easier for drivers to switch to electric transportation.

"Our goal is to remove barriers for our customers when choosing an electric vehicle and incorporate charging into everyday life," SDG&E Chief Operating Officer Caroline Winn said.

"Imagine the convenience of having your car recharged while you enjoy a hike in a park, take a walk on the beach, or watch your children's athletic event at their school," she continued.

The programs would prioritize placing chargers in communities that statistically suffer from high levels of air pollution. The American Lung Association rated San Diego's air quality as sixth worst in the nation and gave the region an F for number of high ozone days annually.

SDG&E's proposal builds on the growing momentum to accelerate electric vehicle adoption in California. Currently, SDG&E is implementing a half-dozen pilot

see News Briefs, pg 17

**Voted By International  
& US Travelers  
San Diego's Top B&B**

3845 Front Street • 619-990-2441  
www.hillcresthousebandb.com





# McT REAL ESTATE GROUP



**JUST LISTED** 2BR 2BA • 732 sq ft  
\$499 - \$539,000 3714 Dwight St



**COMING SOON!** CONDO  
\$550 - \$575,000 3711 Louisiana St



**AVAILABLE** 5BR 4BA • 2777 sq ft  
\$1,499,000 1966 Titus St



**COMING SOON!** Del Cerro  
3BR 4BA • 3275 sq ft  
6253 Cypress Point Rd



**PENDING** Serra Mesa  
4BR 2BA • 1794 sq ft  
\$675 - \$699,000 2981 Monarach St



**PENDING** Multi-Unit Property  
\$800 - \$850,000 1827-1829 Granada Av



**SOLD** Multi-Unit Property  
\$1,200,000 3317-3319 Boundary St



**SOLD** 2BR 1BA • 902 sq ft  
\$543,000 3603 37th St



**SOLD** El Cerrito  
3BR 1BA • 884 sq ft  
\$524,000 5935 Alta Mesa Wy



**SOLD** San Carlos  
3BR 2BA • 1330 sq ft  
\$650,000 7243 Golfcrest Dr



**SOLD** 2BR 2BA • 1347 sq ft  
\$775,000 2873 Upas St



**SOLD** 3BR 1BA • 1450 sq ft  
\$790,000 3758 31st St



**SOLD** 2BR 2BA • 1016 sq ft  
\$740,000 1919 29th St



**SOLD** Represented Buyer  
3BR 2BA • 1000 sq ft  
\$605,000 3143 Idlewild



**SOLD** 2BR 2BA • 936 sq ft  
\$770,000 2576 Myrtle Av



**SOLD** Represented Buyer  
CONDO 2BR 3BA • 1318 sq ft  
\$962,000 2665 5th Av #503

"The McT Real Estate Group were all absolutely 5-star in their work with us in selling our first home and buying a new home for our growing family. At one point, it looked as if our sale was going to be easy-as-pie. Then things hit the skids not once, but twice. These were buyer issues/factors outside of the control of our realtors.

What demonstrated their level of commitment and expertise was their ability to quickly regroup, help us game-plan, and set a positive course moving forward. They were informative without being overbearing. They were extremely respectful of our wishes and concerns while letting us know if we were in danger of falling off-track. And they have a great Rolodex of service providers who could help us at a moment's notice and they did a TON of legwork to deploy that network to keep our home sale moving (which was extremely helpful since we both work full-time jobs and have minimal time during the day to troubleshoot these issues).

In the end, we were successful in our home sale/purchase, and they never wavered in their commitment to us, even after it became clear that the easy-money sale was not to be. We are excited to move into our new home and will happily refer friends and co-workers to this great team."

— Avi and Indra B



**PENDING** 3BR 1BA • 1401 sq ft  
\$899,000 3686 28th St



**SOLD** Multi-Unit Property • 1416 sq ft  
\$649,000 2227 K St



**SOLD** Mission Valley  
CONDO 2BR 2BA • 1274 sq ft  
\$525,000 8233 Station Village Ln #2315



**SOLD** 2BR 2BA • 800 sq ft  
\$650,000 3654 Boundary St



**SOLD** Rolando  
3BR 1.5BA • 1008 sq ft  
\$475,000 3727 Suffolk Dr



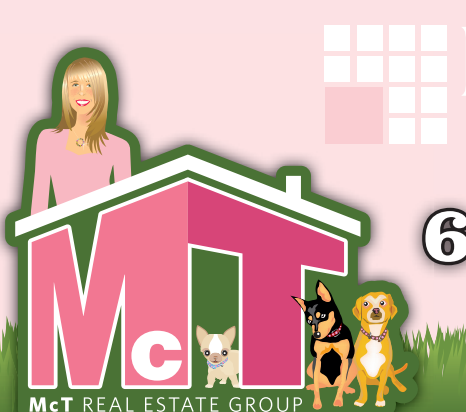
**SOLD** San Carlos  
3BR 2BA • 1676 sq ft  
\$715,000 6661 Bonnie View Dr



**SOLD** 2BR 1BA • 1248 sq ft  
\$750,000 3624 Grape St



**SOLD** 3BR 2BA • 1699 sq ft  
\$920,000 3221 McKinley St



**BIGBLOCK**  
REALTY

619.818.8122

[www.McTRealEstateGroup.com](http://www.McTRealEstateGroup.com)

Big Block Realty: DRE 01885775 • Mary McTernan: DRE 01408605 • Z McT-Contreras: DRE 01715784

ASK ABOUT:

**OUR MINUTE-TO-MINUTE LISTING AGREEMENT  
AND FLEXIBLE COMMISSION PLANS**

WE HAVE A MENU OF SERVICES THAT FIT YOUR CIRCUMSTANCES



# Clearing the region's air

## San Diego Foundation holds forum on local air quality

Jeff Clemetson | Contributing Editor

Despite the region's clear, sunny skies, San Diego's air quality isn't very good — and it's getting worse. That was the message presented at "Clearing the Air," a San Diego Foundation Center for Civic Engagement forum held June 22.

"It is easy to not think about what we don't see," said

Kathlyn Mead, former president and CEO of The San Diego Foundation (SDF).

"You know the bacteria and viruses in the air actually affect us personally and our families," she continued. "And when we look around and see blue skies, we don't see smog like we sometimes see in Los Angeles on a hot day or in movies or programs on television. We look outside and say, 'Wow, San

Diego is actually beautiful.' But it's those things in the air we don't see that make us sick."

The problem of San Diego's declining air quality brought out approximately 100 philanthropists, healthcare professionals, environmental advocates, community leaders and residents from across the county and even some groups from across the border to the forum. The forum featured panel consisting of Hanna

Greene, director of policy at the Center for Sustainable Energy; Atul Malhotra, MD, chief of Pulmonary, Critical Care and Sleep Medicine at UC San Diego Health; and Nicola Hedge, director of climate and environmental programs at SDF.

Greene shared data collected on San Diego's air quality by the Equinox Project, a 2008 initiative of UC San Diego designed to provide data and indicators to understand how the region's sustainability is performing using environmental and economic indicators.

"Air quality is one of the issues we are tracking and in recent years we have seen a decline in air quality throughout San Diego County," Greene said, pointing to a 48 percent increase in the county's number of unhealthy air days from 2016 to 2017.

"The number of unhealthy air days for sensitive groups — that is our community members with lung disease, the elderly and children — increased 16 days in 2017," she continued. "Overall, unhealthy air days for all of us increased by four days."

Equinox Project data showed that the region still has zero extreme unhealthy air days, but that some days have approached the threshold. There was some improvement in air quality from 2008 to 2010, but since then there have been significant declines in air quality and an uptick in unhealthy air days. The map of asthma hospitalization rates for children varied throughout the county, with the highest rates found in Downtown San Diego, Barrio

Logan, Logan Heights, El Cajon and surrounding areas.

"The American Lung Association's 2017 State of the Air report gave San Diego County an F for ozone pollution and a D for short-term particle pollution," Greene said. "San Diego is ranked the seventh dirtiest city in the country for ozone pollution. We have one of the most beautiful coastlines in the world. We can walk outside and see blue sky and clean air and beautiful palm trees and we don't always recognize what's in our air, so that one really stuck with me."

Greene explained the declining air quality adversely affects the 400,000 San Diegans who have lung diseases like asthma or chronic obstructive pulmonary disease (COPD).

"These residents — our neighbors, our colleagues, our family — are in heightened risk for air pollution," she continued. "This means we have more people in our hospitals, more people suffering."

Greene pointed to vehicle emissions and increased heat from climate change as the main causes of the increasingly poor air quality, and noted adopting clean technology like electric cars and a clean energy grid are the best solutions.

As a health professional, Malhotra said he is not qualified to speak on the politics of climate change or environmental policy, so his presentation strictly focused about the health issues related to poor air quality.

see Air quality, pg 5



Participants in the Clearing the Air forum take part in the straw breathe challenge to feel what it is like to live with asthma. (Photo courtesy of San Diego Foundation)

Endeavor to earn more at San Diego's newest business bank.

**2.25%** APY  
13-month CD\*

\$25,000 minimum deposit to lock in rate  
Act now, offer ends 8/31/18\*\*

**Endeavor Bank**

Owned and operated by San Diegans for San Diego businesses and their owners.

Symphony Towers, 750 B Street, Suite 3110, San Diego, CA 92101  
www.bankendeavor.com | 619.329.6565

\*2.25% Annual Percentage Yield with a 13-month Certificate of Deposit. \$25,000 up to \$999,999.99 not presently on deposit with Endeavor Bank. The penalty for early withdrawal is equivalent to half the interest that would have been earned over the full CD term and may invade principal. Additions to principal during the CD term are not permitted. Interest compounds and will be credited to the account monthly. At maturity, the funds may be withdrawn during a 10-day grace period or it will automatically renew to a 12-month CD. Member FDIC \*\*Subject to change without notice. Limited time offer may be cancelled at any time.

**BOOTH&BRUCE**  
England

**San Diego's Finest Collection Of Handcrafted Luxury Eyewear Curated From Around The World**

**Over One Hundred 5-Star Yelp Reviews!**  
**San Diego's Favorite Eyeglass Store**  
San Diego Union-Tribune  
**Top 10 Optical Retailer**  
Invision Magazine

**Urban Optiks Optometry | uosd.com | 619.683.2020**  
Conveniently located in the Cairo Building at 3788 Park Blvd Suite 5 in Hillcrest

**Best Optometrist**  
9 Years Running  
San Diego Uptown News

**Best Optometrist**  
6 Years Running  
Gay San Diego San Diego



FROM PAGE 1  
RIFF CITY

Meanwhile, stand-up comedians Myles Magallanes and Daniel Delgado, both raised in Mira Mesa, chatted with fellow comic Jordan Coburn outside the venue. Coburn, a Normal Heights resident, sat on a stool next to the door and welcomed attendees, collecting \$5 in exchange for a night of laughter.

"This is the best show in San Diego," a man told Coburn before stepping inside. "We come every month."

Riff City Comedy — a collective of comics and marketers that curate and host local performances — took over The Whistle Stop Bar in May 2017. Since then, the show brought together national headliners and local talent at the popular South Park hang-out on the last Wednesday of every month, drawing enthusiastic crowds to the bar each time.

Magallanes, Delgado and Beau Hufford are the minds behind the event. Magallanes and Delgado met in middle school and haven't parted ways since. During the years, the friends nourished their common passion of comedy, which flourished into the desire of stepping on stage.

Now, performing is something they never fail to do after dusk — around comedy clubs and bars in town, during open mics, or at shows — which eventually blossomed into an idea of producing their own show. But it wasn't until they met Beau



(l to r) Stand-up comedians Daniel Delgado and Myles Magallanes host the monthly show.

Hufford that the concept of setting up a regular comedy show in Uptown became a reality.

"Beau [Hufford] is the one who helped us translate what we had in mind into something," Magallanes said. "He's a very alpha person, and Daniel and I respond to that. He'll get us in line in a way that we cannot ourselves."

Hufford lives in Normal Heights, owns an art company and is a branding expert. He ran into the two young comedians while they were all working on local TV talk show "Tonight in San Diego," and their ambitions and aspirations were quickly shared.

When Hufford saw the duo tell jokes, he knew something bigger was going to happen, and decided to pitch The Whistle Stop as an idea for a show.

"I met with Sam Chammas, the owner of Whistle Stop, and he told me they had tried

comedy before, but they didn't really like it," Hufford said. "He said, 'Don't expect people to show up,' but I knew we were gonna pack the house that first month."

And the first time The Whistle Stop took a chance on the creative trio, comedian and actor Erik Griffin (known for his work in "Workaholics" and "Blunt Talks") headlined, delivering an exhilarating performance to a captivated audience. By the end of the night, Delgado said everyone left with a smile.

Now the shows sell an average of 200 tickets every month. According to the creators of the show, local comics, and the bar staff, several elements play into Riff City's success.

"The venue is so nonconventional," said Coburn, who performed for Riff City last year. "It's so colorful, and in a local neighborhood. It has a different, unique vibe."

Coburn said Magallanes and Delgado know how to mix-and-match local comics and out-of-town talent, with the ability to get names that "established comedy clubs in San Diego don't even get."

According to Coburn, that's how they earned respect in the comedy community, and why many local performers want to be part of the event.

"They just see talent," Hufford added, referencing the two friends. "And they just are brave enough to contact these people [comedians] and get them to come down. They are relentless."

Previous performers include headliners Brody Stevens, Jon Dore, Debra DiGiovanni, Jay Larson and Byron Bowers. Local comedians Dustin Nickerson, Zoltan Kaszas, Cameron Frost, Stephen J. Gaines and Tatiana Cwiklinski.

Back to July's show — Craig

Oliver, main booker for the venue and bartender, stood at the sound booth 20 minutes after the crowds pour in. Oliver has been at The Whistle Stop for eight years. He noted consistency is key in assuring a stand-up show does well at the bar. In the past, comedians who ran stand-up comedy gigs often "found themselves too busy" to make sure the quality of the acts would always be top-notch. This hasn't happened with Riff City, confirmed by the high turnout.

Ten minutes later, Delgado is pacing around the room. Both he and Magallanes are about to warm up the antsy crowd with a sketch that, they wrote a few hours earlier. "We work well under pressure," Delgado said.

Delgado, who calls North Park home, confesses his nerves are always all over the place the night of the show.

"I think it's aged me prematurely," he jokes. "Every month, I feel like 'This is it. This is the month it's going to be awful.'"

So far, however, so good. Folks are cheering. Comedians are ready. And just like that, it's show time.

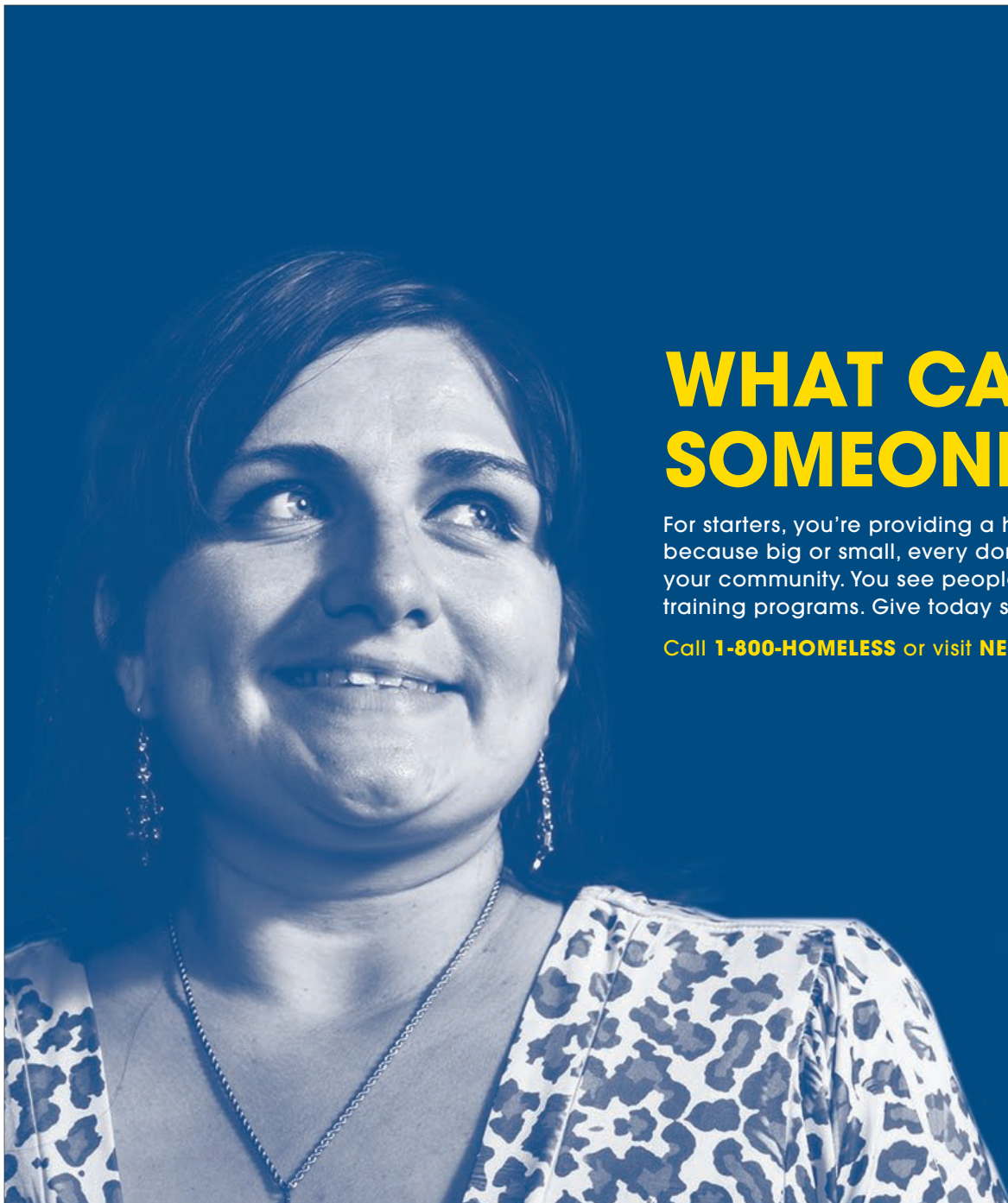
South Parkers can catch Riff City every last Wednesday of the month at The Whistle Stop Bar, located at 2236 Fern St. The next show is at 8 p.m. on Aug. 25; tickets are \$5 at the door. Visit [bit.ly/Riff-City](http://bit.ly/Riff-City) or [whistlestopbar.com](http://whistlestopbar.com) for details.

—Ombretta Di Dio is a story producer at NBC 7 and a stand-up comedian from Italy. Reach her at [ombretta.didio@gmail.com](mailto:ombretta.didio@gmail.com).

## WHAT CAN YOU GIVE SOMEONE FOR JUST 44¢?

For starters, you're providing a hot shower to someone without a home. That's because big or small, every donation to Father Joe's Villages makes a difference in your community. You see people helped by our health services, childcare and job training programs. Give today so we can continue helping thousands shine brighter.

Call **1-800-HOMELESS** or visit **NEIGHBOR.ORG** to donate now.



Lucia  
FJV Success Story

  
Father  
Joe's  
Villages



FROM PAGE 3

AIR QUALITY

“I talk to a lot of people from different sides of the political spectrum who say that, ‘I’m all for economic growth. We need to build if the economy is to grow.’ And I agree with that. But what I’m going to argue is, I don’t want the economy to grow at the expense of my kids’ lungs or your kids’ lungs, because that is really not the right approach,” he said. “The political debate over global warming has obscured the major cardio-pulmonary toxicity of air pollution.”

Malhotra listed some of the health issues associated with poor air quality. Air pollution affects sleep apnea and is linked to Alzheimer’s disease. Exposure to air pollution as a baby affects the size of lungs as adult and also affects brain function, which Mahotra said was proved through studies carried out in Los Angeles after the air pollution problem there got better from the 1990s through the 2010s and researchers found lung capacity and brain performance in children improved.

Another study in the New England Journal of Medicine looked at 60 million Medicare beneficiaries across country and concluded that air pollution patterns had impact on mortality.

Additionally, a study on men and women from rural Uganda found evidence of air pollution’s global impact — 15 percent of men and 17 percent of the women in that study had evidence of COPD, and 90 percent of the women with COPD had never smoked.

“Air pollution effects 100 percent of us in different ways, either directly or indirectly,” Malhotra said. “Advocacy can be important, writing to your politicians can be important, and raising awareness can be important.”

Advocacy and environmental action were the key points of Hedge’s presentation.

“The really good news is that there is a lot that we can and are doing [about air pollution] by working together and investing today. Through the San Diego Foundation, one of the metrics that we’ve been working on is how many cities are making commitments to reduce climate change, and also to better prepare their communities for the likely impacts of climate change,” she said, adding that when SDF started studying climate change in the region, only two communities in San Diego were working on climate action plans. “Today, all but one of our region’s 19 local governments are working on, or have adopted, a climate action plan.”

The San Diego Foundation began studying climate change and its causes a decade ago, following a brash of wildfires.



San Diego Foundation Director of Climate and Environment Programs Nicola Hedge (Photo courtesy of San Diego Foundation)

“There are important differences between the air pollution from fuels that are burned locally and how that exacerbates global risk from

air quality, and also the greenhouse gas emissions that we burn that rise into the atmosphere and affect us globally and over the long

term,” Hedge said. “There are a lot of things we can do to address both and I think that’s where the synergy needs to lie. That includes reducing how much we drive by investing in other alternatives.”

Hedge listed increasing public transit, walking, biking, carpools and bike share; improving fuel efficiency of cars; promoting electric and hybrid vehicles; and cleaning up sources of local power as the most effective strategies for combating air pollution.

Following the presentation, the nearly 100 attendees participated in a “straw challenge” where they breathed through a thin straw to better understand the challenges of people suffering from asthma.

The group then workshopped its own ideas, strategies and actions that can be implemented to improve

air quality. Mead encouraged the participants to share their ideas on social media using the hashtag #HealthyAirSD.

In addition to continuing the conversation about San Diego’s air quality online, Mead also suggested volunteering for groups like Equinox Project, contributing donations to groups like SDF or other environmental groups, and staying informed on the topic of air pollution as ways of taking action to improve air quality in San Diego.

For more information on The San Diego Foundation Center for Civic Engagement, visit [SDFoundation.org/CCE](http://SDFoundation.org/CCE). To learn more about the Equinox Project, visit [energycenter.org/equinox](http://energycenter.org/equinox).

—Reach Jeff Clemetson at [jeff@sdcdn.com](mailto:jeff@sdcdn.com).

# A Stunning Point Loma Combination.



## Coastal Living From the Low \$900's

Bellamar is a gated community that features single-level, 2 BR, + office/den, 2.5 BA luxury flats with 1,798 - 2,365 sq. ft. Residents enjoy elevator access, a landscaped central courtyard, covered parking and top-notch interior amenities.

Affordable Luxury



## A Boat-Lovers Paradise

Can't live without a marine lifestyle? Shelter Island is nearby and the perfect place to moor your boat. It also features a bayside walkway perfect for an evening stroll along the harbor while you enjoy stunning downtown views.

Shelter Island Close



## A Walkable Neighborhood

Keep the car at home in this neighborhood. Enjoy local dining, savor a fresh roast at a local coffee shop walk to a bayside concert at Humphreys on Shelter Island. In addition, nearby Liberty Station with its countless shops, restaurants and businesses.

Village Setting



## Move-in Ready Single-Level Flats

Bellamar is more than a home. It's the combination of thoughtful planning and striking design, in a one-of-a-kind coastal location.

Sales Office & 5 Model Homes  
OPEN DAILY 10 AM - 6 PM  
FROM THE LOW \$900's

Ready to Look?

From the Low \$900's



3025 BYRON STREET, SAN DIEGO, CA 92106 | 858.880.5043 | email: [BellamarLiving@gmail.com](mailto:BellamarLiving@gmail.com) | [BellamarPointLoma.com](http://BellamarPointLoma.com)



The Seller reserves the right to make any changes to elevations, floor plans, features and prices without notice or obligation. See sales representative for more information.  
Sold exclusively by UNHS DRE # 01194822

Brokers Welcome  
3% Referral



# San Diego Uptown News

444 Camino Del Rio South, Suite 102

(619) 519-7775

Twitter: @SD\_UptownNews

Instagram: @SD\_UptownNews

**EDITOR**

Sara Butler

(619) 961-1968

sara@sdcnn.com

**CONTRIBUTING EDITORS**

Jeff Clemetson, x119

Albert Fulcher, x110

**WEB & SOCIAL MEDIA**

Sara Butler, x118

Jess Winans, x102

**COPY EDITOR**

Dustin Lothspeich

**CONTRIBUTORS**

Ombretta Di Dio

HBA Staff

Dr. Ink

Mark Muir

Jean Lowerison

Cynthia Robertson

Frank Sabatini Jr.

**EDITORIAL ASSISTANT**

Jess Winans

**EDITORIAL INTERN**

Jules Shane

**SALES & MARKETING****DIRECTOR**

Mike Rosensteel

(619) 961-1958

mike@sdcnn.com

**ADVERTISING****CONSULTANTS**

Heather Fine, x107

Sloan Gomez, x104

Brenda Vergara, x114

Jim Scannell

Mike Everart

**SALES ASSISTANTS**

Erik Guerrero

Eric Diaz

**SALES INTERN**

Hengli Li

**ACCOUNTING**

Priscilla Umel-Martinez

(619) 961-1962

accounting@sdcnn.com

**PUBLISHER**

David Mannis

(619) 961-1951

david@sdcnn.com

**OPINIONS/LETTERS:** San Diego Uptown News encourages letters to the editor and guest editorials. Please email submissions to sara@sdcnn.com and include your phone number and address for verification. We reserve the right to edit letters for brevity and accuracy. Letters and guest editorials do not necessarily reflect the views of the publisher or staff.

**SUBMISSIONS/NEWS TIPS:**

Send press releases, tips, photos or story ideas to sara@sdcnn.com

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

**PAID SUBSCRIPTIONS:**

You may read all of our newspapers online for free at sdcnn.com.

You may sign up for our weekly newsletter for free at sdcnn.com where we will email you a link of our digital edition upon publication of our newspaper.

We also make our newspapers available in hundreds of locations throughout the communities we serve.

If you would like a hard copy of your community newspaper mailed to you first class by USPS you may pay by credit card or check. Subscription rates are \$1.55 per copy. Mailed copies are mailed the day of publication by first-class mailed by USPS.

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

**DISTRIBUTION:** San Diego Uptown News

is distributed free every other Friday.

© 2018. All rights reserved.

**sdCNN**  
SAN DIEGO COMMUNITY NEWS NETWORK, INC.

**San Diego Uptown News**

**SAN DIEGO DOWNTOWN NEWS**

**GAY SAN DIEGO**

**La Mesa COURIER**

**Mission Times COURIER**

**MISSION VALLEY News**



## Guest Editorial

# Historic water deal provides less expensive, more reliable supplies

By Mark Muir

A historic achievement for the San Diego region passed almost unnoticed when the San Diego County Water Authority's board of directors adopted new wholesale water rates in late June.

The rate-setting process highlighted how the Water Authority's independent water supplies from the Colorado River are now both less expensive and more reliable than supplies from the Metropolitan Water District of Southern California. It's an accomplishment that the region's water officials started working toward two decades ago, and one that will bear fruit for decades to come.

The value of our independent water supplies will grow in coming years given the rapid increases in MWD's rates, which have risen far faster than the cost of the Water Authority's Colorado River supplies secured in 2003 through a complex, multi-state pact known as the Quantification Settlement Agreement.

From the start, that landmark deal helped secure our economy and quality of life by giving us a major new source of water with a higher priority

— or legal right — to Colorado River water than MWD. The agreement allowed the Water Authority to transfer increasingly large amounts of conserved water from the Imperial Valley to San Diego, so that by 2020 it will meet about half of our region's projected water demand.

That visionary agreement also minimized the impact of MWD's water delivery cutbacks during the past two droughts. In 2015, for example, MWD reduced water deliveries by 15 percent, but the Water Authority's independent supplies meant we had enough water to meet 99 percent of normal demand.

While the supply benefits of the conservation-and-transfer agreement have long been clear, the region is just now starting to feel the cost benefits as well.

Here's why: At the start, our independent Colorado River supplies were more expensive than MWD water. However, the cost of the Water Authority's independent Colorado River supplies is controlled by a contract linked to the rate of inflation, which means those costs are rising far more slowly than MWD's rates and charges.

In addition, the Water Authority has benefited from lawsuits that forced MWD to drop illegal charges for delivering our independent Colorado River supplies. A 2017 appellate court ruling netted the Water Authority about \$15 million in savings in 2019, with tens of millions of additional savings in years to come.

The combined effect is that the Water Authority's independent Colorado River supplies are less expensive than MWD supplies by \$44 per acre-foot this year. In 2019, the difference will grow to \$68 per acre-foot, and in 2020 our independent supplies are projected to be less expensive by \$121 per acre-foot.

That's worth celebrating because it means regional wholesale water rate increases in 2019 are among the lowest in 15 years — a testament to the all those who have worked for decades to secure a safe, reliable and cost-effective water supply for everyone who calls this place home.

—Mark Muir is the board chair of the San Diego County Water Authority.\*

## Letters

### A note from our publisher

We received some phone calls, emails and letters from our readers who were upset with an advertisement we ran in our San Diego LGBT Pride Guide, which was delivered with the July 13 issue of San Diego Uptown News.

It was in poor judgement that we ran this ad. The advertisement came in last minute and we requested new ad copy to no avail. We were under a tight deadline with our printer. With deadline pressure, sometimes newspapers make mistakes. We assure you this will not happen again next year, apologize for the situation and hope you will continue reading and engaging with San Diego Uptown News.

—David Mannis, publisher of SDCNN, parent company of San Diego Uptown News.

### Disappointment with Hankey's Toys

Dear publisher and editor of San Diego Uptown News,

I am a recently retired career K-12 educator. My husband and I are residents of San Diego in the North Park neighborhood and look forward to receiving your newspaper when it is delivered to our home. We find the articles and ads informative which keep us abreast of local happenings, restaurants, and people who live in our area. We love the diversity of our neighborhood, and support the rights of all people, including our friends and neighbors who are a part of the LGBTQ community.

This morning, while reading the San Diego LGBT Pride Guide, I was blindsided by the advertisement for Hankey's Toys found on page A23

of this supplement. I am not prudish nor naive, however I found your inclusion of this full-page ad to be offensive, disgusting and completely unnecessary.

My feelings aside, your periodical is on the doorstep of thousands of homes which include those of many families with children. This vulgar graphic ad could be potentially damaging if seen by young viewers and can lead to negative emotional, psychological and physical health outcomes.

I am really disappointed in your newspaper. In the future, I hope you will choose advertisements instead from the many businesses, including those that cater to adults, that have good taste and consider all of their potential readers.

—Claudia Gallant, via email.\*



FROM PAGE 1  
MOPA

Carmela Prudencio, marketing and communications coordinator for MOPA, encouraged photographers — both amateur and professional — to submit up to three prints that they could pin on a special exhibit wall. When the museum opened at 6 p.m. on the evening of the Push Pin Party, there was already a crowd of people at the table sorting through the pictures.

“I’m surprised by the response. We received more than 300 submissions,” Prudencio said during the event, as she carefully looked through the prints to help one of the attendees find their images.

Celebrating the art of photography has been a goal of MOPA since it first opened its doors more than three decades ago. Perhaps an even greater goal has been to establish a community among photographers.

“Doing photography can be rather solitary,” MOPA member Ronnie Bautista said. “An event like this brings the photography community together.”

“I believe in the power of community and the Push Pin Party is a testament of what a group of passionate people can accomplish,” Prudencio echoed.

In 1983, a grassroots group of photographers established MOPA for the community to gather and promote photography.

“Thirty-five years later, we honor the hard work of those luminaries with their own concept, the Push Pin Party,” Prudencio said.

MOPA Executive Editor Deborah Klochko welcomed everyone to the event and noted its diversity.

“It is good to see people who are here to display their personal styles and others who just want to participate and show something from their lives,” Klochko said.

Not all people at the Push Pin Party considered themselves accomplished photographers. Rather, many simply enjoyed the art of it — and the story that photographs tell.

Laura Street brought a photograph of her son when he was 9 years old.



An exhibit wall at MOPA's 35th Anniversary Push Pin Party (Photos by Cynthia Robertson)

Throughout the evening, she moved around the exhibit, taking in all the pictures up on the walls and the people who brought them.

“It’s so exciting to see all this. Experiencing the way others see things is incredible,” Street said. “I’ve talked to quite a few of the photographers and we showed each other our photos, gave some history of them.” In particular, Street connected with Bautista’s surreal image of a white horse on a beach.

“The photo was a double exposure on Polaroid film. I shot it on an SX-70 Land Camera,” Bautista said. He previously studied at City College and also taught himself many photographic methods.

“I enjoy both the pre- and post-visualization process,” he continued.

Sharing this visualization is partially why the photography museum formed in the first place.

In its early years — before MOPA was housed at Balboa Park — the organization was dubbed a “museum without walls.” Bob Schneider, one of the initial members of MOPA who attended the original Push Pin Party in 1983, explained that it produced photographic exhibitions in a variety of locations.

“In other words, a museum without a home,” Schneider said.

Prominent local photographer and professor Suda House explained that by the ’80s, photographers expressed a strong desire to exhibit their work.

“Countless other events like the Push Pin Party were reaching out to showcase photography as something more than just a document,” House said.

Mary Sloban, also an original MOPA member, remembers the Knights of Columbus building where photographers used to exhibit until MOPA organized and secured a space in Balboa Park.

“I was an original docent for many years. As a group we supported the museum by giving tours and financially,” Sloban said.

Bob Walker, another member in the early years, explained that completing a basic photography class at Southwestern College started him on the photographer’s path.

“Literally, it changed my life,” Walker said.

Yet Walker did not do much work with photography until years later when local photographers began exhibiting at

gallery director and museum founder to photographic author and working photographer,” he continued. “We never know when a seed will be planted in us by some new experience.”

Planting that seed of passion for photography is what all MOPA members aim to do. Street has high hopes for her own son, who received a new, instant, Polaroid-type camera for his birthday.

“He loves the camera, takes it with him everywhere. It has helped him to become focused on things around him,” Street said.

Indeed, it is not so much the medium anymore that makes or breaks a photographer. Instead, it is the way in which the photographer sees the world. Schneider noted that virtually everyone carries a camera in their pockets capable of very fine imaging.

“Regardless of the technology used, serious practitioners continue to explore the possibilities and strive to achieve the exceptional,” Schneider said.

For more information about MOPA, visit [mopa.org](http://mopa.org).

—Cynthia Robertson is a local freelance writer.✽

Gallery Graphics.

“Because of my exposure to photographic technique and history of the medium, my photo path has journeyed from

ASK KATHY:  
A COLUMN ABOUT REAL ESTATE ISSUES

Kathy  
McSherry



What is Capital Gains Tax?

Hi Kathy:

My partner and I own a rental unit that is a small 1 bedroom, 1 bath, with one parking space condominium, in Mission Valley. We bought it in 1998. We are thinking of selling it and pulling out the equity to use for a down payment on another property. All I keep hearing about is capital gains tax.

I am not exactly sure what that means and will I need to pay it? Can you help clarify for me?

Thank you.  
Edward G.

Hi Edward:

Funny you should inquire about capital gains tax as there are new laws in effect as of this year.

First, let me help you to understand what exactly it is. Capital gains tax is referring to the profits from the sale of an asset held for one year or less. In real estate, people’s homes are typically their largest asset. This gain or profit is considered ‘taxable income’.

It also depends on how long you have owned it.

Short term capital gains are profits made from the sale of an asset held for one year or less. These profits would be equal to your normal income tax bracket, depending on where you fall.

Long term capital gains are the tax on profits from the sale of an asset, your home, held for more than one. (typically, the longer you hold on to your asset the better the tax benefits)

But, there are rules and exceptions:

As of 2018, the deduction for state and local taxes, also known as the SALT deduction in the past has been lucrative for taxpayers, particularly in high-tax status states like California, NY, and NJ. This deduction includes not only property taxes, but state and local income tax or sales tax. This was a very contentious part of the tax reform process. Now, even though Republicans wanted to do away with the tax entirely, they put an annual cap on the deduction.

The cap is now \$10,000. For instance, if you live in NY, let’s say the average SALT deduction was \$21,000; now your deduction just got cut in half. However, they nearly doubled the standard deduction. (deductions that do not have to be itemized) Property taxes either must be under income tax and be itemized, which the new laws have made it more difficult to itemize, or you have to just take the new standard deduction, which these amounts have increased.

Remember the higher your income, the more taxes you pay and therefore the more deductions you want to offset a higher tax rate.

Edward, it’s always best to consult your CPA or tax attorney. Your home is typically your most valuable asset and a tax professional will guide you to get the most benefits and tax breaks possible. Hope this helps.

Sincerely,  
Kathy

Kathy McSherry is a veteran Realtor  
in Mission Valley with Coldwell Banker Residential Brokerage  
Email questions to her at [kathymcsherry@outlook.com](mailto:kathymcsherry@outlook.com)  
[moc.yrrehscmyhtak.www](http://moc.yrrehscmyhtak.www)

Sponsored content



The photos on the exhibit wall at the Push Pin Party engaged people in conversation about them.





Rebecca Noelle paints Normal Heights landmarks (Photo courtesy of the artist)



Taina Berardi, who also participated in the North Park electrical box painting event back in March, draws inspiration from nature. (Photo courtesy of the artist)



Karin Foster of Mikajo Designs brings the ocean to Normal Heights (Photo courtesy of the artist)



Janine Wareham's "awessssome" snake box offers a colorful contrast to the neighborhood (Photo courtesy of Normal Heights Urban Arts)



Barbara Cerf-Alen poses with her finished box featuring fish and flowers (Photo courtesy of the artist)

## ADAMS' MURALS

### Local artists spruce up the avenue

By SDCNN Staff

Adams Avenue received a colorful makeover last month.

Sixteen artists were chosen to decorate electrical boxes scattered along the popular Normal Heights street on Saturday, July 14. The project was hosted by Normal Heights Urban Arts and sponsored by Adams Ave Business Association and Normal Heights Community Development Corporation.

The artists included:

- ◆ Taina Berardi
- ◆ Janine Wareham
- ◆ Bryndan Bedel
- ◆ Ashley Rang
- ◆ Chris Berger
- ◆ James Armenta
- ◆ Heather Rust
- ◆ Roderick Reboton
- ◆ Rebecca Noelle
- ◆ Skye Amber Sweet
- ◆ Barbara Cerf
- ◆ Isabel Jackson
- ◆ Karin Foster
- ◆ Ely Mayoral
- ◆ Lydia Phillips
- ◆ Maw Cazares

Little Italy resident Rebecca Noelle's painted her utility box — located between Starbucks and the Masonic Lodge on Adams Avenue and Felton Street — with Normal Heights landmarks. She chose to depict scenes in acrylics of nearby landmark buildings and houses, including The Ould Sod Irish pub across the avenue and the Methodist Church farther east.

Noelle noted that people stopped by her work site daily, including children who enjoyed watching progress on the utility box artwork, especially the small animals she included among the scenes.

"I have never felt so appreciated as an artist," she said. "This is a gift, my gift to the community."

To view more photos of the artists and their painted electrical boxes, visit Normal Heights Urban Arts Facebook page at [bit.ly/nh-urbanarts](http://bit.ly/nh-urbanarts).



Ashley Rang's box depicts a woman surrounded by succulents (Photo courtesy of Normal Heights Urban Arts)



Maw Cazares' intricate designs can be found at his box on Mansfield Street (Photo courtesy of the artist)



# Walking barefoot

## Theater Review

Jean Lowerison



I once spent a year in Rome living on what I called the fourth floor of a three-story building. The elevator went to three and I had to walk up to my place. I always suspected that fourth floor was illegal.

The bathroom door opened onto the kitchen stove, the living room was the size of a postage stamp, and the bedroom was across the hall.

But I had a wrap-around balcony, and since the place was not far from the Vatican, I could “see” it if I looked in that direction and knew the landmark was there.

Ah, those were the days. So I can identify a bit with the excitement of Corie Bratter (Kerry Bishe) as she steps into her first New York apartment as a married woman in playwright Neil Simon’s “Barefoot in the Park.”

This is a real fifth-floor walkup on the East Side that shows signs of wear, but no sign of furniture yet. It has a microscopic kitchen, an even smaller bathroom with no tub, and a bedroom closet that you can only get to if you crawl over the bed (I’ve had hotel rooms like that). Oh, and a skylight with a broken pane so you can have your own falling snow in the winter.

But hey, Corie is young, pretty, inexhaustibly upbeat, and crazy in love with up-and-coming lawyer Paul (Chris Lowell) so what else matters? The new apartment is romantic and will be “beautiful” when the furniture arrives.

As Corie basks in the after-glow of the honeymoon week at the Plaza Hotel and ponders future furniture placement, the telephone man (Jake Millgard) staggers up the stairs, gasping for breath and nearly passing out from the exertion. This will become one of the show’s running jokes.

Corie’s plans start to go awry with the next arrival — not the furniture delivery man, but

her new husband Paul. He will not only arrive exhausted but be expected to “love” the apartment — which he hasn’t seen yet — in all its unfurnished nakedness.

Paul is a buttoned-down, newly minted attorney, not the freewheeling and go-with-the-flow type who would walk barefoot in the park (and even the snow) like Corie. He intends to be rich and important but isn’t yet.

Still, he’s a bit disappointed at what this apartment lacks. And he’s in court tomorrow with his first case and has prep work to do. These are elements that will inevitably lead to newlywed arguments and lots of clever one-liners.

But there are other characters as well. Corie’s mother, Mrs. Ethel Banks (Mia Dillon), for example, “drops in” — gasping for air like everyone else who climbs up the stairs — bearing gifts for her daughter. Mrs. Banks is a widow living alone in the outer reaches of New Jersey; Corie later decides to find a love interest for her single mother.

Then there’s Victor Velasco (Jere Burns) — a flamboyant, old (well, 58) suave man who lives in the attic. Velasco is full of Old World charm and manipulation, also known as “the Bluebeard of 48th Street.”

Remember that this production is the work of early Neil Simon — his second Broadway hit — written in the early ‘60s. The play is also a product of its time, so don’t be shocked that the adorable Corie is apparently planning on a life of “Being Married.” Period. Unlike most wives today, she doesn’t have to work, giving her time to worry about things like the beauty of the not-yet-delivered furniture and whether or not Paul wants to walk barefoot in the park.

Lowell is convincing as Corie’s stodgy but solid groom Paul, who keeps finding things about this apartment that he doesn’t like much until he finally explodes in the couple’s first real fight in the third act.

“Barefoot in the Park” is well cast and well directed by Jessica Stone, who has a good

## ‘Barefoot in the Park’

Extended through

Sept. 16

The Old Globe’s

Sheryl and Harvey

White Theatre

1363 Old Globe Way

Balboa Park

Tuesday and

Wednesday at 7 p.m.

Thursday and

Friday at 8 p.m.

Saturday at 2 and 8 p.m.

Sunday at 2 and 7 p.m.

Tickets: 619-234-5623  
or theoldglobe.org

feel for Simon-esque pacing of quick dialogue interspersed with one-liners.

Bishé and Lowell are fine foils for each other, playing the clichéd pair — a cute bride and a rather dull groom — who can both produce a funny one-liner at will.

Dillon’s Mrs. Banks is amusing as Corie’s dithering mom, trying to find Corie’s new place as charming as her daughter keeps insisting it is. She and Burns’ outlandish Hungarian Victor Velasco also make quite a pair as well.

Jake Millgard’s phone repairman and John Garcia’s furniture delivery guy are equally funny.

Kudos also to the design crew, who crafted a play — originally written for a proscenium stage — that works in the round. Tobin Ost’s set is strange and amusing, fitting the plot just fine.

David Israel Reynoso created classic costumes that smartly fit but don’t limit the time frame. Lighting and sound are nicely handled by Amanda Zieve and Lindsay Jones, respectively.

“Barefoot in the Park” isn’t Simon’s best play, but the Globe gives us a fine production.

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



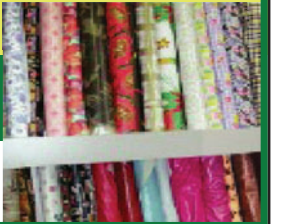
Directed by Jessica Stone, Neil Simon’s “Barefoot in the Park” runs through Sept. 16 at The Old Globe. (Photo by Jim Cox)

## Quitting Business Discount Fabrics

at 3325 Adams Ave., San Diego, CA 92116

(619) 280-1791

GOING OUT OF BUSINESS SALE!  
EVERYTHING MUST GO!



## COLEMAN MOVING SYSTEMS INC.

Office/Residential | Free Wardrobes

7 DAYS A WEEK | FREE ESTIMATES

FAMILY OWNED SINCE 1979

619.223.2255



BBB MEMBER | INSURED | LIC#CAL T-189466



## Call Mike Today to Advertise!

Mike Rosensteel

(619) 961-1958

mike@sdcdn.com



sdcdn



## MICHAEL KIMMEL Psychotherapist

Author of “Life Beyond Therapy” in Gay San Diego

5100 Marlborough Drive

San Diego CA 92116

(619)955-3311

[www.LifeBeyondTherapy.com](http://www.LifeBeyondTherapy.com)

## ARRESTED FOR DRUNK DRIVING?

Don’t just plead guilty!  
There may be defenses in your case that can lead to reduced charges or even a dismissal!



Your DUI defense firm!



FREE CONSULTATION:  
619-260-1122

Law Offices of

Susan L. Hartman

[SanDiegoDUILawyersBlog.com](http://SanDiegoDUILawyersBlog.com)



3785 IBIS ST, Mission Hills



Complete rebuild! This lovely 3br/2ba Tudor-style home with PERMITTED bonus room off of the garage is essentially new construction. New foundation, plumbing, electrical, windows, roof, drywall, lighting, flooring, in a reconfigured open concept floor plan. 9 foot ceilings in the main living area accentuated with recessed lighting. Bonus room off the garage is ideal for an office, gym, play area, storage or optional bedroom.

\$1,275,000

RICHARD T. WOODS

Broker Owner/Attorney

Woods Real Estate Services

3415 6th Ave #9

BRE #01412706

[rightwoods@gmail.com](mailto:rightwoods@gmail.com)

619.347.9866



## HELPING INJURED PEOPLE WHEN HELP IS NEEDED MOST

You are entitled to be compensated for the damages that you have suffered that are legally caused by another.

- Catastrophic Injury
- Brain Injury
- Wrongful Death
- Trucking Accidents
- Auto Accidents
- Motorcycle Accidents
- Bicycle Accidents
- Pedestrian Accidents
- Intoxicated Driving Accidents
- Dog Bites
- Injuries to Children and the Elderly
- Assault and Battery
- SCUBA Diving Accidents and Deaths
- Boating Accidents
- Insurance Bad Faith

Do not be bullied - let us fight for you.



Law Office of  
SPENCER GUERENA

San Diego Personal Injury Lawyer



Spencer Guerena

Attorney at Law

3200 Adams Avenue, Suite 206

San Diego, CA 92116

(619) 955-5151 • (619) 955-5195 fax

[spencer@guerenalaw.com](mailto:spencer@guerenalaw.com)



# CITYFEST 411

## Hillcrest art and music festival slated for Aug. 12

By HBA Staff

The 35th annual celebration of community spirit features live bands, electric dance music DJs, arts and crafts, and

food that attracts more than 150,000 attendees. Stretching nearly half a mile in size over seven city blocks, CityFest is San Diego's largest art and music festival.

This year's Hillcrest CityFest Art and Music Festival will be held on Aug. 12 from noon-11 p.m. along Fifth Avenue, between Brookes and University avenues, and the

side streets between Fourth and Sixth avenues. Nearly 20 performers and more than 250 vendors will participate.

see CityFest, pg 11



(Photos courtesy of Hillcrest Business Association)

**CITYFEST**  
**Viejas Grand Stage Music Lineup**  
Noon-12:40 p.m.  
Sweet Myths  
1-1:40 p.m.  
Mochilero All Stars  
2-2:40 p.m.  
Marujah  
3-3:45 p.m.  
Twin Ritual  
4-5 p.m.  
Mikeytown  
5-6 p.m.  
Cris Herrera  
6-7:30 p.m.  
Greg Eversoul  
7:30-9 p.m.  
Harvard Bass  
9-11 p.m.  
DJ Taj

**Technique Stage DJ Lineup**  
1-2:15 p.m.  
John Vilotti  
2:15-3:30 p.m.  
SETHiS  
3:30-4:45 p.m.  
Dirty Kurty  
4:45-6 p.m.  
Myxzlplix

**Buskers and Street Performers:**  
Red Hatter  
Circus Mafia  
Cheer San Diego

**Stay Cool With Us This SUMMER...**

**...We'll pay your sales tax!**  
Must present this ad to redeem. Cannot be combined with any other offer. Expires: August 30, 2018

**SAN MARCOS**  
2055 Montiel Rd  
San Marcos, CA 92069  
760.743.3267  
M-F 9:30am-5:30pm  
Sat 10am-5pm  
Sun 11am-4pm  
**2 OTHER LOCATIONS:**  
Murrieta & Rancho Mirage

**SAN DIEGO**  
8020 Clairemont Mesa Blvd  
San Diego, CA 92111  
858.292.9244  
M-F 9:30am-5:30pm  
Sat 10am-5pm  
Sun 11am-4pm

**Fan Diego**  
Locally Owned & Operated!  
Courtesy to the trade  
[www.fandiego.com](http://www.fandiego.com)

**Uptown News BEST OF UPTOWN SAN DIEGO 2018**

**CONGRATULATIONS TO OUR WINNERS WHO VOTED IN THE BEST OF UPTOWN NEWS!**

**SEIZE THE KING**  
Nita Welsh

**DIVERSIONARY THEATRE**  
Christine Cole

**CYGNET THEATRE**  
Judy Meyer

Thank you for voting Best of Uptown News!

**Uptown News** 444 Camino del Rio South #102 San Diego, CA 92108 **sdenn**

**Want to be this happy?**

**gingerly wax**  
The sweetest sting

**\$10 off your brazilian!**  
first time clients only\*

619-521-2899  
[gingerlywax.com](http://gingerlywax.com)



FROM PAGE 10

CITYFEST

- Highlights include:
- The Artist Village and Artist Alley
  - Live music on Viejas Grand Stage and Techniche Stage
  - International food court with more than 50 vendors
  - Miller-Coors Beer and Stoli Vodka Cocktail Garden, featuring Hop Valley Brewing Co.'s Reveal Pale Ale, Coor's Light, Blue Moon, and Stoli Vodka cocktails
  - Youth friendly activities in The Pavilion, including the Rad Hatter, carnival rides, games, a balloon artist, and a face painter

Free parking will be available at the Hillcrest DMV and San Diego Unified School District parking lot, located on the corner of Campus and Normal street, along with a complimentary shuttle from the School District parking lot to the festival.

CityFest is a free event hosted by Hillcrest Business Association (HBA). Donations are encouraged to help pay for the privately funded installation of Rainbow Crosswalks in Hillcrest.

VIP tickets are also available for \$35; a portion of the ticket price will be allocated for the crosswalks. Ticket holders are invited to the Miller-Coors Party Bus/RV, as well as provided private restrooms, two complimentary cocktails, and access to the rooftop deck of the RV with views of the festival.

For more information, visit [HillcrestCityFest.com](http://HillcrestCityFest.com).



Live painting at the Artist Village and Artist Alley



Arts and crafts, including an activity with the Rad Hatter, will be offered in The Pavilion. (Photos courtesy of Hillcrest Business Association)



Looking for a great OPPORTUNITY?



We are seeking experienced, motivated advertising sales consultants for our six community newspapers.

Must be knowledgeable of these areas and have a minimum of one year advertising sales experience. The ideal candidate is an energetic team player who is bright, positive, creative and personable who relates to small business owners and can assess their advertising needs. Fulltime, base plus commission. For more information about our community newspapers, visit us at [sdcdn.com](http://sdcdn.com).

Resume to David Mannis at [David@sdcdn.com](mailto:David@sdcdn.com) (619)961-1951

Coin Laundry and Professional Fluff & Fold Service at a price everyone can afford!



Fluff + Fold Pricing

Residential:	15lb. min.
Tues.-Thurs.	\$1.09 p/lb
Fri.-Mon.	\$1.19 p/lb
Commercial -	25lb. min.
	\$1.09 p/lb
Military w/ID -	15lb. min.
	\$1.00 p/lb

THE COOL, CLEAN, FUN PLACE TO DO LAUNDRY

Free WiFi, Workstations, Flat screen TVs, Lounge Area

Every wash cycle is sanitized with Ozone Fresh Water

(619) 795-9588  
1955 El Cajon Blvd., SD, CA, 92104  
[www:SDLaundryroom.com](http://www:SDLaundryroom.com)



There's a Workout For EVERYONE!

Let's face it, the older we get, the more aches, pains and surgical/medicinal interventions we have. You may think you "can't", but just like these clients, we will show you, you CAN!

"I really appreciate Blake, Gwen and their staff for working with me over the past four years to keep my almost 70 year old body moving efficiently." - Marjorie W

Over the last eleven years, Fitness Together Mission Hills has helped countless people achieve their weight loss and fitness goals in our private suite setting, non-threatening "all about you" training environment, with some of the highest accredited, ethical and experienced professional fitness trainers in the industry.

Whether or not you've been physically active, and whether or not you've ever worked with a personal fitness coach, your trainer will make sure that you are comfortable and the sessions are geared to you, your goals and your ability.

"I am a 50 something with two busy/active children, a demanding job, household to keep up, and a husband who travels for his job 50% of the time. I was probably in the worst shape of my life and knew I needed to do something...for my kids, my husband, but most of all for myself." - Denise G

Injuries, accidents, surgical procedures, hip and knee replacements, elbows and other joint pain, feet and hand traumas, spine issues and ongoing illnesses should not, and cannot be allowed to stop you from regaining what you may have lost along the way to who you are today. Your "setback", is a "set up" for a "comeback." There is a workout for EVERYONE.

"I'm in my late 30's, and I had been suffering from ankle pain for about 2 years, which eventually caused fallen arch from dancing on heels. I cannot tell how happy I was the night I went out dancing, when the night was over, my ankle was not hurting like before. My ankle was at the best condition after 2 years of pain". - Tomo O

In our private one on one, workout suites, there is no waiting and no wasted time. We remove the fear, intimidation and worry that may be keeping you from getting back in shape. Each suite is fully equipped with state of the art equipment providing all you'll ever need for your workout, where every minute is purposeful and enjoyable and it is ALL PRIVATE.

"I am 82 and in fairly good shape. I have discovered that when one reaches about 50, it is a must to stay in shape. There is no forgiveness like when you were younger. And, the bell-curve becomes steeper as you get older" - Sam D

Gwen and I are in our late 50's; are grandparents ourselves, so we understand, as we have some bumps and bruises, that we've gotten along the way too. You are in good company with us. The majority of our clients ARE us. We will help you get there.....together.

Fitness Together Mission Hills offers personal training with qualified professionals by regular appointment in private suites. Exercise and nutritional programs are custom designed to fit your needs and abilities. Call 619-794-0014 for more information or to schedule a free fitness diagnostic and private training session. See what others are saying about us on Yelp.

Mention this Ad for a Free Week Ad On!

619.794.0014

[fitnessstogether.com/mission-hills](http://fitnessstogether.com/mission-hills)  
4019 Goldfinch St. San Diego, CA 92103







**Everbowl** made its metro San Diego debut in Mission Valley recently with an array of “superfoods” used in smoothies and build-your-own bowls. The Carlsbad-based eatery, which promotes healthy eating, offers a choice of acai, acerola, graviola and pitaya as foundations for the customized bowls. Patrons then choose a liquid such as almond milk, coconut water, apple juice and others before selecting from a long list of unlimited toppings. The final step allows customers to choose from a list of “superstuff” that includes bee pollen, vitamin C, agave, flax and more. 5624 Mission Center Road (in the Ralph’s shopping plaza), 619-487-0443, [everbowl.com](http://everbowl.com).



A new Mission Valley eatery offers a treasure chest of “superfoods.” (Photo courtesy of Bay Bird Inc.)



Get your ceviche fix at an international competition scheduled at 57 Degrees. (Photo by Frank Sabatini Jr.)

The fifth annual **No Borders Ceviche Showdown** on Aug. 12 at **57 Degrees** brings together restaurants from San Diego and areas south of the border as they compete for the people’s choice award as well as top honors from a panel of judges.

Participants from San Diego include the **Old Town Tequila Factory**, **Old Town Mexican Cafe**, **Tidal Restaurant** and **Indigo Grill**. They’ll be joined by **Villa Saverios** and **El Baj Americano**, both of Tijuana, and **240 Grill** and **Koipai Cocina**, each from Ensenada.

The event, to be held from 1 to 4 p.m. is an opportunity for competitors to dole out samples of their latest and greatest ceviche. Tickets are \$29 in advance and \$39 at the door. They include the ceviche tastings and a voting ballot. 1735 Hancock St., 619-234-5760, [fiftysevendegrees.com](http://fiftysevendegrees.com).



A homegrown pizza shop with gourmet flair is returning to Hillcrest. (Photo courtesy of Project Pie)

The second coming of **Project Pie** in Hillcrest is due to arrive in early September. Returning to the strip plaza at Fourth and University avenues, the space has left many consumers confused over its relationship to **Pieology**, which it briefly operated under before suddenly closing a couple years ago.

Brian Mills was a past franchisee of Project Pie when Pieology took over the shop.

“Something happened and they ended up walking away from it,”

he recalls. He eventually purchased Project Pie’s name and concept, and now runs three other locations throughout San Diego County — in Chula Vista, Carlsbad and La Costa.

The fast-casual menu, which specializes in fire-baked artisan pizzas, will remain the same except for an expanded salad line and the addition of empanadas sourced from **Empanada Kitchen** Downtown. 3888 Fourth Ave., [projectpie.com](http://projectpie.com).

## Strength, Endurance, Appearance

Twice a week workouts in 23 minutes or less

*“This is the best 20 minutes of my week!”*

Dr. Paul Neustein, Surgeon

TEENS | ADULTS | SENIORS

Weight-loss Strength Training | Flexibility | Pain Relief | Improve Blood Sugar | Well-being | Memory Improvement | Increase Bone Mass

“I recommend The Change Fitness to everyone.”

— Dr. Dan Einhorn, M.D., President American Assoc. of Clinical Endocrinologists, medical director of the Scripps Whittier Diabetes Institute, and professor of medicine at UC San Diego

“The Change Fitness has helped me improve my strength and flexibility tremendously!”

— Dr. Scott Mubarak, Orthopedic Surgeon

“I definitely feel difference in balance with stronger legs. It’s been very helpful in preventing serious falls ... Mobility is so important as we age and hit or miss workouts aren’t enough to keep the body strong.”

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

“This has made my golf game better. I can hit the ball much further now. In recent bone density tests, it has increased the bone density in my hips.”

— Jan Delair, age 63, retired

## Complete Fitness in 20 Minutes

If you’re serious about getting in shape, increasing your strength, flexibility, bone mass, improving blood sugar, losing weight, not to mention improving your feeling of well-being and improved memory, this could be for you.

And you can achieve all in just two sessions a week that take less than 23 minutes each.

Feel better every day, sleep better, look years younger. Improved health means fewer doctor bills.

Scientifically proven results; workouts are ultra-safe, yet amazingly invigorating.

Personalized workouts customized for each person, even if he/she has physical limitations.

**Serious fitness – serious results.**

What started out on Park Boulevard five years ago as **Heat Bar & Kitchen**, and then morphed into **Pardon My French** by a new set of owners, suddenly closed. The announcement came via Facebook on July 16, just hours after husband-and-wife proprietors Eric and Lindsey Fillion posted a promotion about their daily early bird specials. The inviting establishment, known for its French-inspired food and crafty cocktails, was sold off to the Fillions in 2016 by Sam Khorish and Pasqual Courtin. In earlier days, the space was home to **Urban Grind**.

“Our time in Hillcrest has been beautiful and inspiring,” the statement read in part. “While we wish this story ended differently, we will cherish the time we did have. To the next chapter.”

The post didn’t address the reason for closing, and as of press time, our calls to the owners haven’t been returned. 3797 Park Blvd.

The Israeli fast-food chain, **Burgerim**, will soon open its third San Diego location in the west Mission Valley area, just off Friars Road. Famous for its mini burgers made with three-ounce patties, the options range from beef and wagyu to merguez, lamb and vegetarian.

Founded several years ago in Tel Aviv, the name “Burgerim” translates in Hebrew to “many burgers.” The company currently has locations in La Jolla and the Gaslamp Quarter. The upcoming outlet replaces **Z Pizza** at 5175 Linda Vista Road. [burgerim.com](http://burgerim.com).

—Frank Sabatini Jr. can be reached at [fsabatini@san.rr.com](mailto:fsabatini@san.rr.com).

**THE Change Fitness**

“The Revolutionary Fitness Studio”™

Call today for your first appointment. Be prepared to be saying “Wow!”

Two locations to serve you: **Poway/Rancho Bernardo & Mission Hills**

Call for your introductory appointment today! **(858) 382-4517**

[www.thechangefitness.com](http://www.thechangefitness.com)





# Rolling in simplicity

## Restaurant Review

Frank Sabatini Jr.



It has the smallest menu of any taco shop in San Diego, with about as many food choices as what you'll find at In-N-Out Burger. Actually, until El Tianguis added rice and beans to its lineup last month, it was even less.

Welcome to San Diego's one and only house of rolled tacos, a colorful and pristine eatery where burritos, quesadillas and traditional folded tacos have no place.

Instead of the dizzying menu boards inherent to most neighborhood taco joints, at El Tianguis you're faced with three easy decisions.

First: Choose the desired number of rolled tacos that suits your appetite. They're sold in quantities of three to eight, or a full dozen. Second: Decide on the fillings — beef, chicken, potato or lentil-quinua — and feel free to mix and match. Third: Indicate if you want them naked or dressed in Mexican sour cream, lettuce and "chihuahua cheese," as owner Oscar Ancira calls it.

My dining companion and I had never heard the term

before. Common in south-of-the-border households, Ancira compared the off-white curds to mozzarella, adding that it doesn't become quite as melty as jack cheese, but offer the same buttery flavor. A little cotija cheese is dusted over it for extra zing.

Ancira is a native of Monterrey, Mexico. Prior to opening El Tianguis, he carried the torch of his father's South Bay-based business, Delimex, which became a wholesaler of rolled tacos to major retailers across the U.S. The company was apparently making 2 million rolled tacos — known otherwise as taquitos — per day when he decided to sell the business.

Hence the idea of opening an eatery specializing in the flute-shaped tacos he knows best.

Vibrant wall colors and a hodgepodge of tasteful art capture the vibe of Mexico's bazaars, which are known as tianguis throughout Latin America. Missing is a salsa bar.

"I think they're disgusting," he quipped.

The salsas instead come straight from the kitchen with your order. There are three different types, including tomatillo. The spiciest is a tame, red version that won't send

### El Tianguis

2810 El Cajon Blvd.  
(North Park)  
619-677-3581  
eattaquitos.com

Prices: Taquitos,  
three for \$4.19  
five for \$6.59  
eight for \$9.87  
and 12 for \$14.28

sensitive palates screaming for water.

A friend and I ordered the entire menu, including side orders of the rice (made with chicken broth) and beans (made with a little canola and corn oils). Both dishes were as clean-tasting as the rolled tacos. And everything washed down superbly with a bottle of apple soda (sidral mundet), which is popular throughout Mexico City.

For the shredded beef tacos, the meat is trimmed of excess fat and marinated overnight in tomato paste and spices. It offered a little more zip than rolled beef tacos served everywhere else.

The chicken tacos contain a 50-50 mix of finely shredded dark and white meat that is subtly flavored with a pinch of salt and pepper in the boiling process. In all of the taquitos, Ancira prefers gently seasoned fillings so they don't dominate the delicate, natural essence of the corn tortilla casings.

The tortillas are made on-site a few days a week with drier-than-average dough using corn flour. The result is a crispier, thinner finish that we enjoyed across the board, and which proved to be the ultimate beauty of these taquitos.

Imagine some of the tube-shaped tacos packed with creamy, buttery mashed potatoes common to holiday dinners. They were fluffier and tastier than any potato taco I've had in recent memory.

Surprisingly, the lentil-quinua taquitos floated our boats as well. Who would have thought a mulch of legumes



A taco shop with a single focus (Photos by Frank Sabatini Jr.)

and grains could mimic ground meat so closely? Granted, we nudged them out of their vegan state with the chihuahua cheese topping and dipped them into various salsas, only to savor every last bite.

In total, we devoured nine rolled tacos and came away perfectly sated, with nary a craving for more variety.

When asked if other types of Mexican fare will ever land on

the menu, Ancira gave a firm "no." "I only know how to make one thing," he added.

Indeed. And he does it well.

—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](mailto:fsabatini@san.rr.com).



Owner Oscar Ancira at the machine that cranks out fresh corn tortillas



Assorted rolled tacos topped with cheese, lettuce and guacamole

A trio of naked, beef rolled tacos

Beans and rice were recently added to the menu

## Starts Sunday!

# MUCH ADO ABOUT Nothing

"When I said I would die a **BACHELOR**, I did not think I should live till I were **MARRIED**."

"I had rather hear my **DOG** bark at a crow than a **MAN** swear he loves me."

By **William Shakespeare**  
Directed by **Kathleen Marshall**

**August 12 – September 16**  
Tickets start at **\$30**

**THE OLD GLOBE**  
(619) 23-GLOBE (234-5623)  
[TheOldGlobe.org](http://TheOldGlobe.org)

Michael Hayden and Sara Topham. Actor photos by Jim Cox.



# Where every sandwich deserves a beer

Come On  
Get Happy!  
Dr. Ink

In the handful of years Rubicon Deli has operated a branch on north India Street, it never dawned on me the Nevada-based sandwich shop offers happy hour. Thanks to a friend who clued me, I got to experience one of the best beer-and-sandwich deals in town.

The company is known for layering fresh ingredients into whole loaves of house-baked bread, which includes everything under the sun, including Dutch crunch, garlic-cheese, jalapeno-jack, wheat, pesto and more. During past visits, I've sunk my choppers into a variety of different creations. Nearly every one of them had the kind of mom-and-pop soul I've encountered at other Uptown delis such as Big Front Door and the Deli Llama.

During happy hour, however, the sandwich choices are limited to five "snappy sliders." Just like beer by the glass, they are \$4 each. Although if you're ravenous, you can buy three sliders for \$10.

But "sliders" is a misnomer. These are more like junior sandwiches that offer multiple bites and occupy a fair chunk of real estate in your stomach after you wolf one down.

Your bread choices during this time are either Dutch

crunch or garlic-cheese. I chose the latter for a Buffalo-style chicken sandwich brimming with shredded lettuce, fat-sliced pickles and cilantro-jalapeno ranch dressing. The chicken came in small, fried pieces, much like popcorn shrimp. They were generously layered into the bread and lightly coated in tangy Buffalo sauce.

The delicious combo of flavors called for an icy glass of Chronic Ale by Pizza Port Brewing Company. Other tap choices included Stone Delicious IPA (been there, done that), White Rascal Witbier by Avery Brewing (too yeasty for my mood), and Honcho Hefeweizen by Mother Earth (best enjoyed in cooler weather).

The light, dry finish and faint toffee notes of the Chronic Ale was a perfect come-on to the spiciness of the sandwich. Served with a moderately foamy head, it sported just the right amount of creaminess as to not compete with the sandie, which included a little bag of waffle-cut potato chips and a petite chocolate chip cookie.

My total bill with tax was just over \$8.

Rubicon's interior features a unique, elongated space that begins at the order counter and then runs along a food-prep area, hiding a small elevator to an upstairs kitchen. Beyond that is a dining area replete with large red-vinyl booths, a heavy-wood communal table and some window-ledge

seating. On this hot afternoon, the air conditioning was running full throttle — and it felt oh-so good.

Other sandwich choices — should you attempt the \$10 trio — include a po'boy with grilled chipotle chicken; the mini "Ma'am" featuring beef brisket, pineapple, coleslaw and blue cheese; and "The Cheesy Bit" with colby-jack, bacon, lettuce, tomato and chipotle mayo. Based on my pairing, I'm guessing beer of any type is a best friend to all of them.❖

### Rubicon Deli

3715 India St.  
(Mission Hills)

619-600-0096  
rubicondeli.com

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



Happy hour where you least expect it  
(Photos by Dr. Ink)



Crispy Buffalo-style chicken sandwich

Chronic Ale by Pizza Port Brewing Company

## 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](http://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.



## RATINGS

**Drinks:** ★★★★  
Who needs 10 million beer choices anymore? This streamlined list featuring seven craft brews covers the basics with lager, witbier, IPA, pale ale and hefeweizen.

**Food:** ★★★★  
There are five "snappy sliders" to choose from — all of them are decent-size sandwiches with various proteins and sauces on either Dutch crunch or garlic-cheese bread.

**Value:** ★★★★  
Everything's \$4, a straightforward deal that's all about beer and sandwiches.

**Service:** ★★★★  
A staffer at the order counter was quick to point out the happy hour menu, then offered me a couple of beer samples as I stood initially undecided. The sandwich I ordered was delivered to my table within five minutes.

**Atmosphere:** ★★★★  
An elongated layout starts at the order counter, passes by a food-prep area and ends in an air-conditioned dining room with big, red booths, a communal table and cold soft-drink dispensers.





# Uptown brews



## Local coffee roaster heads east

Sara Butler | Editor

New things are brewing over at Dark Horse Coffee Roasters.

The coffee shop — originally founded in Normal Heights in 2013 — opened a La Mesa location on Friday, Aug. 10. The new storefront, located at 4350 Palm Ave., previously housed Blue Lagoon Coffee.

Expansion is nothing new for Dark Horse, co-owned by brothers and South Park locals Daniel and Bryan Charlson. A year after the duo started the business they grew three times the size, adding North Park and Golden Hill to its Uptown residency roster, as well as an off-site location in Truckee, California.

Yet the owners aren't hungry for expansion. Ultimately, their decisions to open more Dark Horse locations derive from the initiative of co-workers. When employees express an interest to take on more responsibility, Daniel and Bryan take note and adapt accordingly.

"We'll give them the proper

training and resources to succeed, but without our co-workers wanting to grow with us then we wouldn't — we would just be at one store," Daniel said.

"We grow with our people," Bryan added. "If we don't have people who want to grow with us, then we're fine where we're at. We have people showing initiative who want to run that store [in La Mesa], so we keep going step by step."

Most of Daniel and Bryan's team members have been with them for more than three years, which Bryan noted is uncommon in a coffee shop setting because of the industry's high turnover. This employee dedication to Dark Horse — both the art of coffee and the community spirit — is arguably a major aspect of its success.

Case in point — when Dark Horse's first employee Drew Taylor decided to move away but wanted to continue with the San Diego-based business, they collaborated and opened a Truckee location. Drew and his wife Cassidy, who both run

the store, introduced the idea of adding an espresso bar, which is now also a major staple of the Uptown shops.

Back home, due to the high costs and increasing density of Uptown neighborhoods, many Dark Horse local employees moved out to the eastern regions of the county, such as La Mesa. This eastern migration of their team helped them decide where to expand to next.

La Mesa's location will be different from the others, but they "aren't sure how yet." However, this uncertainty common in all the shops, as they are always morphing based on the people behind the bar at each location.

"All of our shops are pretty different character-wise," Bryan said.

"It just depends on who is working there," Daniel added. "They change — we've always changed to who is with us. We've always adapted to our customers and to our co-workers. Dark Horse is not me, and it's not Bryan. It's an evolving thing."

One confirmed new element in the La Mesa location will be a food program. The kitchen will be led by former employee Jacob Russell, who recently rejoined the team. The new La Mesa location is smaller than the others and will be utilizing a shared kitchen with Mutual Friend, an ice cream shop in Golden Hill that the brothers are also launching soon.

Though the menu is still in development, it will start with items such as toast using bread from Wayfair bread in Bird Rock. Eventually, the food program will roll out to the Uptown locations.

La Mesa's drink menu will remain the same. Patrons can still enjoy items from the espresso bar, such as well-known honey and cinnamon



The newest Dark Horse spot, located at 4350 Palm Ave. in La Mesa

(Photo courtesy of Bryan Charlson)

latte The Champ, as well as Dark Horse's original three drinks: pour overs, French Press coffees, and Cold Brew. The latter has been Dark Horse's most popular item since day one.

"Cold Brew — just a straight, black, Cold Brew iced off coffee — has always been our number one [seller] since we opened. Even in the winter-time," Daniel said. "I feel like that's just what we're known for, accidentally. I mean, we didn't try to go out trying to be the 'Cold Brew Guys.' ... We just had it because we liked it and it took off."

"That's kind of the ethos of Dark Horse — we do stuff because we like it, and if other

people like it too then that's really cool to see," Bryan added. This ethos expands to the drinks they serve, merchandise they sell, and decisions to expand throughout San Diego.

For previous San Diego Uptown News article about Dark Horse Coffee Roasters — written in 2014, when the coffee shop opened its other three locations — visit [bit.ly/dark-horse-2014](http://bit.ly/dark-horse-2014).

*[Editor's note: Tune in next month for additional coverage on Dark Horse, focusing on its involvement in Uptown's coffee culture and community.]*

—Reach Sara Butler at [sdenn.com](mailto:sdenn.com).\*



Co-founders Daniel (far left) and Bryan (far right) visiting the farmers they buy their coffee beans from in Uruga, Guji region of Ethiopia

(Photo by Mike Charlson)

## 'A Rollercoaster of Emotions' for ChuckAleK

By Jess Winans

North Park's ChuckAleK Biergarten is closing its tab.

Grant Fraley and Marta Jankowska co-founded Ramona-based brewery ChuckAleK — in honor of their grandfathers Chuck and Alek — six years ago. In April 2016, they decided to expand and opened the Uptown biergarten, located on 3139 University Ave.

Before ChuckAleK, Fraley traveled Europe and fell in love with its brews. After returning home, he developed a passion for recreating the flavors he tasted abroad and began home brewing. The couple decided to turn Fraley's passion into a business after realizing the demand for IPA and craft brew markets in San Diego.

Each beer has a historical significance specific to the couple.

For example, the 1850 Runner was named after Fraley's ancestor Stephan Fraley, who was ambushed and attacked by men during the Civil War. He escaped the men by running home and hiding under his wife's large hoop dress.

"The very nature of brewing beer is a meditative labor that we thoroughly enjoy from the milling of malted grain, to the smell of the mash and the rolling boil, to drinking and sharing the final project post fermentation," the couple shares on their website. "Our customers join our family each day as we share stories through and over our craft beer."

The decision to close their Ramona brewery and North Park biergarten coincided with their decision to move out of state. While the Ramona brewery was officially closed with a goodbye hurrah on July 29, the biergarten

remains open until Sept. 2 and is going out with quite the musical bang — hosting local groups like Coral Bells on Aug. 10 and Koda Sounds on Aug. 17.

"Well gang, it's been a roller coaster of emotions, but the ChuckAleK team has had to make the difficult decision to close down the brewery over the next two months," Fraley, Jankowska, and Head of Operations Sam Olson wrote in an email newsletter. "We have loved being part of the San Diego craft beer community and will cherish the friends and memories we have made over the past 6 years."

For more information about ChuckAleK or its closure, visit [facebook.com/chuckalek](http://facebook.com/chuckalek) or [chuckalek.com](http://chuckalek.com).

—Reach Jess Winans at [jess@sdenn.com](mailto:jess@sdenn.com).\*



(Photo courtesy of ChuckAleK's website)

## In other brews...

Bay City Brewing Co., located in Uptown's nearby Point Loma neighborhood, will celebrate its third anniversary on Saturday, Aug. 11. The brewery will pour its Anniversary IPA and limited-edition beers on tap, including coconut and vanilla bean Baltic porters and radlers. Beertenders will unveil brand-new Bay City Pale Ale and Peninsula Lager 12-ounce cans. Patrons can enjoy beer, live music, food trucks, a kid-friendly art station, and a photo booth from noon–10 p.m. at its tasting room, 3760 Hancock St.



Puzzles Sponsored by:



**RICHARD WOODS**  
**619-347-9866**



**WOODS**  
REAL ESTATE SERVICES  
*Opening the Doors to Your Future*



CA DRE #: 01412706 **www.WoodsRealEstateServices.com**

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

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.

©2009 CNS/websudoku.com

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		22			
23	24	25				26			27			28		
29				30					31		32			
33			34					35					36	37
38						39				40				
41						42				43				
		44							45				46	
47	48					49		50				51		
52				53				54			55			
56				57		58						59	60	61
62						63					64			
65						66					67			

CREATORS NEWS SERVICE

By Charles Preston

**ACROSS**

1 NH state flower  
6 Mennonite  
11 Govt. board created in 1933  
14 Sanctuaries  
15 Lariat  
16 Tenn. athlete  
17 Musical theme  
19 Gnosis preceder  
20 \_\_\_ a Man  
21 Solves  
23 Incite  
26 \_\_\_ Laughing  
28 Manhattan extensions  
29 Former USSR  
30 Masterson  
31 Succinct  
33 Horrify  
35 So-so  
38 Haggard or Oberon  
39 "\_\_\_ the season . . ."  
40 Collective association  
41 Fourth estate hang-out  
43 Kind of grid kick  
44 Suppressed  
45 Outer, in combinations

46 Ms. Vance, to friends  
47 Smart  
49 Washer cycle  
51 Persian of old  
52 Western competitions  
54 Camp  
56 Fictional planet dweller  
57 Harry Guardino  
62 Knockout number  
63 What 22 Down provide  
64 Tally  
65 NY time zone, in April  
66 Former TV series  
67 Domesticated

**DOWN**

1 Opposite of long.  
2 Kabibble, of Big Band fame  
3 Livivium  
4 Change  
5 Sammy, of song  
6 Unmitigated  
7 Among  
8 "\_\_\_ the very model . . .": G & S  
9 Featured  
10 First name in tennis

11 Orwell  
12 Dress fabric  
13 "I love \_\_\_": O'Keefe  
18 Paragon  
22 Cap parts  
23 Imp  
24 Pay the \_\_\_  
25 Truman  
27 Hot times in Montmarte  
30 Fortunate  
32 Smiling  
34 \_\_\_-Lorraine  
35 See 59 Down  
36 Made over  
37 Etudiant  
39 Author Morrison  
42 Beet soup  
43 Bounding main  
45 Regard  
47 Tub  
48 Trusted  
50 "Nothing can \_\_\_ lie": Herbert  
51 A nice place to visit?  
53 Bones  
55 History  
58 Charlotte or Norma  
59 With 35 Down, early oater star  
60 Mine yield  
61 Buttons

Puzzle answers on page 17

AUTO DONATIONS

Donate Your Car to Veterans Today! Help and Support our Veterans. Fast - FREE pick up. 100% tax deductible. Call 1-800- 245-0398

AUTOS WANTED

CARS/TRUCKS WANTED!!! All Makes/Models 2002-2018! Any Condition. Running or Not. Top \$\$\$ Paid! Free Towing! We're Nationwide! Call Now: 1-888-985-1806

EDUCATION

AIRLINES ARE HIRING - Get FAA approved hands on Aviation training. Financial Aid for qualified students - Career placement assistance. CALL Aviation Institute of Maintenance 888-686-1704

HEALTHCARE CAREER TRAINING ONLINE. Start a New Career in Medical Billing & Coding. Medical Administrative Assistant. To learn more, call Ultimate Medical Academy. 877-589-1250

PHARMACY TECHNICIAN - ONLINE TRAINING AVAILABLE! Take the first step into a new career! Call now: 855-669-2185

EMPLOYMENT

PAID IN ADVANCE! Make \$1000 Weekly Mailing Brochures From Home! NO Experience Required. Helping home workers since 2001! Genuine Opportunity. Start Immediately! www.MailingOpp.net

FINANCIAL

IRS TAX DEBTS? \$10k+? Tired of the calls? We can Help! \$500 free consultation! We can STOP the garnishments! FREE Consultation Call Today 1-855-823-4189

Over \$10K in debt? Be debt free in 24-48 months. Pay nothing to enroll. Call National Debt Relief at 866-243-0510.

FITNESS

Generic VIAGRA 100mg Generic CIALIS 20mg. 80 for \$99 GREAT DEAL!!!! FAST FREE SHIPPING! 100% money back GUARANTEE! CALL NOW 888-669-9343. Se habla espanol.

VIAGRA and CIALIS USERS! 100 Generic Pills SPECIAL \$99.00 FREE Shipping! 100% guaranteed. 24/7 CALL NOW! 888-445-5928 Hablamos Espanol

HEALTH & MEDICAL

Male Enlargement. Gain 1-3 inches permanently, safely. Resolve ED. Licensed medical vacuum pumps or surgical. Free consultation. Call Dr. Joel Kaplan 888-978-HUGE (4843). www.getbiggernow.com

VIAGRA/CIALIS 100MG/CIALIS 20mg, 52 Pills. Call Today, we can save you cash! Call Now 800-375-3305

**SOCIAL SECURITY DISABILITY/SSI**

**DENIED Disability/SSI? NEVER, EVER Give Up! Hearing Scheduled? No Attorney? NEVER, EVER Go Alone! No FEE EVER Unless YOU WIN!**

**(858)888-2289**

**Hillcrest Newsstand**

Featuring San Diego's best collection of hard to find international magazines! We also carry all your favorite local & national publications, as well as souvenirs, snacks and lotto tickets!

**529 University Ave.- Hillcrest (619) 260-0492**

FDA-Registered Hearing Aids. 100% Risk-Free! 45-Day Home Trial. Comfort Fit. Crisp Clear Sound. If you decide to keep it, PAY ONLY \$299 per aid. FREE Shipping. Call Hearing Help Express 1-855-409-6129

VIAGRA & CIALIS! 60 pills for \$99. 100 pills for \$150 FREE shipping. NO prescriptions needed. Money back guaranteed! 1-888-278-6168

MISCELLANEOUS

Cross Country Moving, Long distance Moving Company, out of state move \$799 Long Distance Movers. Get Free quote on your Long distance move 1-800-511-2181

HughesNet Satellite Internet - 25mbps starting at \$49.99/mo! FAST download speeds. WiFi built in! FREE Standard Installation for lease customers! Limited Time, Call 1-800-610-4790

Make a Connection. Real People, Flirty Chat. Meet singles right now! Call LiveLinks. Try it FREE. Call NOW: 1-888-909-9905 18+.

Call Empire Today® to schedule a FREE in-home estimate on Carpeting & Flooring. Call Today! 1-800-508-2824

Were you an INDUSTRIAL TRADESMAN (machinist/boilermaker/pipefitter etc) and recently diagnosed with LUNG CANCER? You may be entitled to a SIGNIFICANT CASH AWARD. Risk free consultation! 877-781-1769

GENERIC VIAGRA and CIALIS! 100 Pills \$99.00 FREE Shipping! 100% guaranteed. 24/7 CALL NOW! 888-889-5515

Lung Cancer? And Age 60+? You And Your Family May Be Entitled To Significant Cash Award. Call 866-428-1639 for Information. No Risk. No Money Out Of Pocket.

Stay in your home longer with an American Standard Walk-In Bathtub. Receive up to \$1,500 off, including a free toilet, and a lifetime warranty on the tub and installation! Call us at 1-844-374-0013

Spectrum Triple Play! TV, Internet & Voice for \$29.99 ea. 60 MB per second speed No contract or commitment. More Channels. Faster Internet. Unlimited Voice. Call 1-855-652-9304

A PLACE FOR MOM. The nation's largest senior living referral service. Contact our trusted, local experts today! Our service is FREE/no obligation. CALL 1-844-722-7993

Earthlink High Speed Internet. As Low As \$14.95/month (for the first 3 months.) Reliable High Speed Fiber Optic Technology. Stream Videos, Music and More! Call Earthlink Today 1-855-520-7938

Start Saving BIG On Medications! Up To 90% Savings from 90DAYMEDS! Over 3500 Medications Available! Prescriptions Req'd. Pharmacy Checker Approved. CALL Today for Your FREE Quote. 844-776-7620

Unable to work due to injury or illness? Call Bill Gordon & Assoc., Social Security Disability Attorneys! FREE Evaluation. Local Attorneys Nationwide 1-855-498-6323 [Mail: 2420 N St NW, Washington DC. Office: Broward Co. FL (TX/NM Bar.)]

DISH TV \$59.99 For 190 Channels \$14.95 High Speed Internet. Free Installation, Smart HD DVR Included, Free Voice Remote. Some restrictions apply. Call 1-855-837-9146

Sleep Apnea Patients - If you have Medicare coverage, call Verus Healthcare to qualify for CPAP supplies for little or no cost in minutes. Home Delivery, Healthy Sleep Guide and More - FREE! Our customer care agents await your call. 1-844-545-9175

Medical Guardian - 24/7 Medical Alert Monitoring. FREE Equipment, Activation & Shipping. NO Long-Term Contract. 30-Day Money Back Guarantee! Two FREE Months w/Annual Subscription (Use Code JULY4). CALL for FREE Brochure 1-855-666-3269

see Classifieds, pg 17



Discover the world's best walk-in bathtub from *American Standard*

5 Reasons American Standard Walk-In Tubs are Your Best Choice

- 1 Backed by American Standard's 140 years of experience
- 2 Ultra low entry for easy entering and exiting
- 3 Patented Quick Drain® fast water removal system
- 4 Lifetime Warranty on the bath AND installation, INCLUDING labor backed by American Standard
- 5 44 Hydrotherapy jets for an invigorating massage

Includes FREE American Standard Right Height Toilet Limited Time Offer! Call Today!

**855-888-7010**

Receive a free American Standard Cadet toilet with full installation of a Liberation Walk-In Bath, Liberation Shower, or Deluxe Shower. Offer valid only while supplies last. Limit one per household. Must be first time purchaser. See www.walkintubs.com for other restrictions and for licensing, warranty and company information. CSLB 8882726, Suffolk NY55439, NICHCFR2022748-DCA. Safety Tubs Co. LLC does not sell in Nassau/NY, Westchester/NY, Putnam/NY, Rockland/NY.



Discover the world's best walk-in bathtub from *American Standard*

5 Reasons American Standard Walk-In Tubs are Your Best Choice

- 1 Backed by American Standard's 140 years of experience
- 2 Ultra low entry for easy entering and exiting
- 3 Patented Quick Drain® fast water removal system
- 4 Lifetime Warranty on the bath AND installation, INCLUDING labor backed by American Standard
- 5 44 Hydrotherapy jets for an invigorating massage

Includes FREE American Standard Right Height Toilet Limited Time Offer! Call Today!

**855-429-0403**

Receive a free American Standard Cadet toilet with full installation of a Liberation Walk-In Bath, Liberation Shower, or Deluxe Shower. Offer valid only while supplies last. Limit one per household. Must be first time purchaser. See www.walkintubs.com for other restrictions and for licensing, warranty and company information. CSLB 8882726, Suffolk NY55439, NICHCFR2022748-DCA. Safety Tubs Co. LLC does not sell in Nassau/NY, Westchester/NY, Putnam/NY, Rockland/NY.



**DENTAL Insurance**

Physicians Mutual Insurance Company

A less expensive way to help get the dental care you deserve

- ✓ If you're over 50, you can get coverage for about \$1 a day\*
- ✓ Keep your own dentist! You can go to any dentist you want
- ✓ NO annual or lifetime cap on the cash benefits you can receive
- ✓ No wait for preventive care and no deductibles - you could get a checkup tomorrow
- ✓ Coverage for over 350 procedures including cleanings, exams, fillings, crowns...even dentures

**FREE Information Kit**  
**1-877-308-2834**  
**www.dental50plus.com/cadnet**

\*Individual plan. Product not available in MI, MT, NH, NM, RI, VT, WA. Acceptance guaranteed for one insurance policy/certificate of this type. Contact us for complete details about this insurance solicitation. This specific offer is not available in CO, NY, call 1-800-969-4781 or respond for similar offer. Certificate C250A (ID: C250E; PA: C250Q); Insurance Policy P150 (GA: P150GA; NY: P150NY; OK: P150OK; TN: P150TN) 6096E-0917 MB17-MM008ec



FROM PAGE 16

### CLASSIFIEDS

HARRIS 5 MINUTE BED BUG KILLER! Professional Formula Used By Exterminators!! Available: Hardware Stores BUY ONLINE: homedepot.com

HARRIS 5 MINUTE BED BUG KILLER! Professional Formula Used By Exterminators!! Available: Hardware Stores BUY ONLINE: homedepot.com

INVENTORS - FREE INFORMATION PACKAGE Have your product idea developed affordably by the Research & Development pros and presented to manufacturers. Call 1-888-501-0236 for a Free Idea Starter Guide. Submit your idea for a free consultation.

BATHROOM RENOVATIONS. EASY, ONE DAY updates! We specialize in safe bathing. Grab bars, no slip flooring & seated showers. Call for a free in-home consultation: 888-912-4745

KILL ROACHES-GUARANTEED! Buy Harris Roach Tablets. Odorless, Effective, Long

Lasting Available: Hardware Stores, The Home Depot, homedepot.com

A PLACE FOR MOM has helped over a million families find senior living. Our trusted, local advisors help find solutions to your unique needs at no cost to you. Call 855-741-7459

DISH TV \$59.99 For 190 Channels + \$14.95 High Speed Internet. Free Installation, Smart HD DVR Included, Free Voice Remote. Some restrictions apply 1-800-718-1593

SAVE YOUR HOME! Are you behind paying your MORTGAGE? Denied a Loan Modification? Is the bank threatening foreclosure? CALL Homeowner's Relief Line now for Help! 855-794-7358

LIVING WITH KNEE OR BACK PAIN? Medicare recipients that suffer with pain may qualify for a low or no cost knee or back brace. Call 844-308-4307

NEW AUTHORS WANTED! Page Publishing will help you selfpublish your own book. FREE author submission kit! Limited offer! Why wait? Call now: 866-951-7214

HOME SECURITY - Leading smart home provider Vivint Smart Home has an offer just for you. Call 888-508-5259 to get a professionally installed home security system with \$0 activation.

#### WANTED TO BUY

Cash for unexpired DIABETIC TEST STRIPS. Free Shipping, Best Prices & 24 hr payment! BBB Rated A+. Call 1-855-440-4001 www.TestStripSearch.com.

Wants to purchase minerals and other oil and gas interests. Send details to P.O. Box 13557 Denver, Co. 80201

ADVERTISE to 10 Million Homes across the USA! Place your ad in over 140 community newspapers, with circulation totaling over 10 million homes. Contact Independent Free Papers of America IFPA at danielburnett-ifpa@live.com or visit our website cadnetads.com for more information

Reader Advisory: The National Trade Association we belong to has purchased the above classifieds. Determining the value of their service or product is advised by this publication. In order to avoid misunderstandings, some advertisers do not offer employment but rather supply the readers with manuals, directories and other materials designed to help their clients establish mail order selling and other businesses at home. Under NO circumstance should you send any money in advance or give the client your checking, license ID, or credit card numbers. Also beware of ads that claim to guarantee loans regardless of credit and note that if a credit repair company does business only over the phone it is illegal to request any money before delivering its service. All funds are based in US dollars. Toll free numbers may or may not reach Canada. ❖

FROM PAGE 1

### NEWS BRIEFS

programs to expand the regional charging network for a variety of vehicles, ranging from passenger vehicles to trucks and forklifts. For more information, visit SDGEnews.com.

### COUNTY LOOKS TO REFUND OWNED MONEY

On July 12, the office San Diego County Treasurer-Tax Collector (TTC) Dan McAllister announced that the county has \$441,000 in refunds to return to residents who overpaid taxes or have other unclaimed money.

"In the past, sadly, most of these refunds were never claimed. We are asking the public's help to spread the word so we can get this money back to San Diegans," McAllister said in a press release. "If you've done business with any county department, you may have money in your name."

Refunds are broken into two lists: countywide unclaimed money and unclaimed property tax refunds. To see if your name is on the list of people owed money, visit sdttc.com. Residents who are owed money need to file a refund claim by Sept. 7, before the money is rolled into the county general fund. Email claims to refunds@sdcounty.ca.gov; for help, call toll free at 877-829-4732.

"Even if you're not on the list this year, sign up for our 'new unclaimed money' e-notifications so you will get an email when we publish new refund lists," McAllister said.

In the past five years, the TTC has refunded \$480,000.

Current state law says countywide monies that are unclaimed for three years and property tax refunds that are unclaimed for four years must be turned over to the county's general fund.

This year, the TTC has unclaimed refunds totaling \$441,000. Unclaimed property tax refunds make up \$161,000 of that amount, and \$280,000 is from other county departments.

The smallest refund amount available is \$10, and the largest refund amount is \$22,720, owed to IME Holdings by the county's Planning and Development Services.❖

PUZZLE ANSWERS

Sudoku

Puzzle from page 16

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

Classics

Crossword from page 16

DOWN	1	DOWN	2	DOWN	3	DOWN	4	DOWN	5	DOWN	6	DOWN	7	DOWN	8	DOWN	9	DOWN	10	DOWN	11	DOWN	12	DOWN	13	DOWN	14	DOWN	15	DOWN	16	DOWN	17	DOWN	18	DOWN	19	DOWN	20	DOWN	21	DOWN	22	DOWN	23	DOWN	24	DOWN	25	DOWN	26	DOWN	27	DOWN	28	DOWN	29	DOWN	30	DOWN	31	DOWN	32	DOWN	33	DOWN	34	DOWN	35	DOWN	36	DOWN	37	DOWN	38	DOWN	39	DOWN	40	DOWN	41	DOWN	42	DOWN	43	DOWN	44	DOWN	45	DOWN	46	DOWN	47	DOWN	48	DOWN	49	DOWN	50	DOWN	51	DOWN	52	DOWN	53	DOWN	54	DOWN	55	DOWN	56	DOWN	57	DOWN	58	DOWN	59	DOWN	60	DOWN	61	DOWN	62	DOWN	63	DOWN	64	DOWN	65	DOWN	66	DOWN	67	DOWN	68	DOWN	69	DOWN	70	DOWN	71	DOWN	72	DOWN	73	DOWN	74	DOWN	75	DOWN	76	DOWN	77	DOWN	78	DOWN	79	DOWN	80	DOWN	81	DOWN	82	DOWN	83	DOWN	84	DOWN	85	DOWN	86	DOWN	87	DOWN	88	DOWN	89	DOWN	90	DOWN	91	DOWN	92	DOWN	93	DOWN	94	DOWN	95	DOWN	96	DOWN	97	DOWN	98	DOWN	99	DOWN	100	DOWN	101	DOWN	102	DOWN	103	DOWN	104	DOWN	105	DOWN	106	DOWN	107	DOWN	108	DOWN	109	DOWN	110	DOWN	111	DOWN	112	DOWN	113	DOWN	114	DOWN	115	DOWN	116	DOWN	117	DOWN	118	DOWN	119	DOWN	120	DOWN	121	DOWN	122	DOWN	123	DOWN	124	DOWN	125	DOWN	126	DOWN	127	DOWN	128	DOWN	129	DOWN	130	DOWN	131	DOWN	132	DOWN	133	DOWN	134	DOWN	135	DOWN	136	DOWN	137	DOWN	138	DOWN	139	DOWN	140	DOWN	141	DOWN	142	DOWN	143	DOWN	144	DOWN	145	DOWN	146	DOWN	147	DOWN	148	DOWN	149	DOWN	150	DOWN	151	DOWN	152	DOWN	153	DOWN	154	DOWN	155	DOWN	156	DOWN	157	DOWN	158	DOWN	159	DOWN	160	DOWN	161	DOWN	162	DOWN	163	DOWN	164	DOWN	165	DOWN	166	DOWN	167	DOWN	168	DOWN	169	DOWN	170	DOWN	171	DOWN	172	DOWN	173	DOWN	174	DOWN	175	DOWN	176	DOWN	177	DOWN	178	DOWN	179	DOWN	180	DOWN	181	DOWN	182	DOWN	183	DOWN	184	DOWN	185	DOWN	186	DOWN	187	DOWN	188	DOWN	189	DOWN	190	DOWN	191	DOWN	192	DOWN	193	DOWN	194	DOWN	195	DOWN	196	DOWN	197	DOWN	198	DOWN	199	DOWN	200	DOWN	201	DOWN	202	DOWN	203	DOWN	204	DOWN	205	DOWN	206	DOWN	207	DOWN	208	DOWN	209	DOWN	210	DOWN	211	DOWN	212	DOWN	213	DOWN	214	DOWN	215	DOWN	216	DOWN	217	DOWN	218	DOWN	219	DOWN	220	DOWN	221	DOWN	222	DOWN	223	DOWN	224	DOWN	225	DOWN	226	DOWN	227	DOWN	228	DOWN	229	DOWN	230	DOWN	231	DOWN	232	DOWN	233	DOWN	234	DOWN	235	DOWN	236	DOWN	237	DOWN	238	DOWN	239	DOWN	240	DOWN	241	DOWN	242	DOWN	243	DOWN	244	DOWN	245	DOWN	246	DOWN	247	DOWN	248	DOWN	249	DOWN	250	DOWN	251	DOWN	252	DOWN	253	DOWN	254	DOWN	255	DOWN	256	DOWN	257	DOWN	258	DOWN	259	DOWN	260	DOWN	261	DOWN	262	DOWN	263	DOWN	264	DOWN	265	DOWN	266	DOWN	267	DOWN	268	DOWN	269	DOWN	270	DOWN	271	DOWN	272	DOWN	273	DOWN	274	DOWN	275	DOWN	276	DOWN	277	DOWN	278	DOWN	279	DOWN	280	DOWN	281	DOWN	282	DOWN	283	DOWN	284	DOWN	285	DOWN	286	DOWN	287	DOWN	288	DOWN	289	DOWN	290	DOWN	291	DOWN	292	DOWN	293	DOWN	294	DOWN	295	DOWN	296	DOWN	297	DOWN	298	DOWN	299	DOWN	300	DOWN	301	DOWN	302	DOWN	303	DOWN	304	DOWN	305	DOWN	306	DOWN	307	DOWN	308	DOWN	309	DOWN	310	DOWN	311	DOWN	312	DOWN	313	DOWN	314	DOWN	315	DOWN	316	DOWN	317	DOWN	318	DOWN	319	DOWN	320	DOWN	321	DOWN	322	DOWN	323	DOWN	324	DOWN	325	DOWN	326	DOWN	327	DOWN	328	DOWN	329	DOWN	330	DOWN	331	DOWN	332	DOWN	333	DOWN	334	DOWN	335	DOWN	336	DOWN	337	DOWN	338	DOWN	339	DOWN	340	DOWN	341	DOWN	342	DOWN	343	DOWN	344	DOWN	345	DOWN	346	DOWN	347	DOWN	348	DOWN	349	DOWN	350	DOWN	351	DOWN	352	DOWN	353	DOWN	354	DOWN	355	DOWN	356	DOWN	357	DOWN	358	DOWN	359	DOWN	360	DOWN	361	DOWN	362	DOWN	363	DOWN	364	DOWN	365	DOWN	366	DOWN	367	DOWN	368	DOWN	369	DOWN	370	DOWN	371	DOWN	372	DOWN	373	DOWN	374	DOWN	375	DOWN	376	DOWN	377	DOWN	378	DOWN	379	DOWN	380	DOWN	381	DOWN	382	DOWN	383	DOWN	384	DOWN	385	DOWN	386	DOWN	387	DOWN	388	DOWN	389	DOWN	390	DOWN	391	DOWN	392	DOWN	393	DOWN	394	DOWN	395	DOWN	396	DOWN	397	DOWN	398	DOWN	399	DOWN	400	DOWN	401	DOWN	402	DOWN	403	DOWN	404	DOWN	405	DOWN	406	DOWN	407	DOWN	408	DOWN	409	DOWN	410	DOWN	411	DOWN	412	DOWN	413	DOWN	414	DOWN	415	DOWN	416	DOWN	417	DOWN	418	DOWN	419	DOWN	420	DOWN	421	DOWN	422	DOWN	423	DOWN	424	DOWN	425	DOWN	426	DOWN	427	DOWN	428	DOWN	429	DOWN	430	DOWN	431	DOWN	432	DOWN	433	DOWN	434	DOWN	435	DOWN	436	DOWN	437	DOWN	438	DOWN	439	DOWN	440	DOWN	441	DOWN	442	DOWN	443	DOWN	444	DOWN	445	DOWN	446	DOWN	447	DOWN	448	DOWN	449	DOWN	450	DOWN	451	DOWN	452	DOWN	453	DOWN	454	DOWN	455	DOWN	456	DOWN	457	DOWN	458	DOWN	459	DOWN	460	DOWN	461	DOWN	462	DOWN	463	DOWN	464	DOWN	465	DOWN	466	DOWN	467	DOWN	468	DOWN	469	DOWN	470	DOWN	471	DOWN	472	DOWN	473	DOWN	474	DOWN	475	DOWN	476	DOWN	477	DOWN	478	DOWN	479	DOWN	480	DOWN	481	DOWN	482	DOWN	483	DOWN	484	DOWN	485	DOWN	486	DOWN	487	DOWN	488	DOWN	489	DOWN	490	DOWN	491	DOWN	492	DOWN	493	DOWN	494	DOWN	495	DOWN	496	DOWN	497	DOWN	498	DOWN	499	DOWN	500	DOWN	501	DOWN	502	DOWN	503	DOWN	504	DOWN	505	DOWN	506	DOWN	507	DOWN	508	DOWN	509	DOWN	510	DOWN	511	DOWN	512	DOWN	513	DOWN	514	DOWN	515	DOWN	516	DOWN	517	DOWN	518	DOWN	519	DOWN	520	DOWN	521	DOWN	522	DOWN	523	DOWN	524	DOWN	525	DOWN	526	DOWN	527	DOWN	528	DOWN	529	DOWN	530	DOWN	531	DOWN	532	DOWN	533	DOWN	534	DOWN	535	DOWN	536	DOWN	537	DOWN	538	DOWN	539	DOWN	540	DOWN	541	DOWN	542	DOWN	543	DOWN	544	DOWN	545	DOWN	546	DOWN	547	DOWN	548	DOWN	549	DOWN	550	DOWN	551	DOWN	552	DOWN	553	DOWN	554	DOWN	555	DOWN	556	DOWN	557	DOWN	558	DOWN	559	DOWN	560	DOWN	561	DOWN	562	DOWN	563	DOWN	564	DOWN	565	DOWN	566	DOWN	567	DOWN	568	DOWN	569	DOWN	570	DOWN	571	DOWN	572	DOWN	573	DOWN	574	DOWN	575	DOWN	576	DOWN	577	DOWN	578	DOWN	579	DOWN	580	DOWN	581	DOWN	582	DOWN	583	DOWN	584	DOWN	585	DOWN	586	DOWN	587	DOWN	588	DOWN	589	DOWN	590	DOWN	591	DOWN	592	DOWN	593	DOWN	594	DOWN	595	DOWN	596	DOWN	597	DOWN	598	DOWN	599	DOWN	600	DOWN	601	DOWN	602	DOWN	603	DOWN	604	DOWN	605	DOWN	606	DOWN	607	DOWN	608	DOWN	609	DOWN	610	DOWN	611	DOWN	612	DOWN	613	DOWN	614	DOWN	615	DOWN	616	DOWN	617	DOWN	618	DOWN	619	DOWN	620	DOWN	621	DOWN	622	DOWN	623	DOWN	624	DOWN	625	DOWN	626	DOWN	627	DOWN	628	DOWN	629	DOWN	630	DOWN	631	DOWN	632	DOWN	633	DOWN	634	DOWN	635	DOWN	636	DOWN	637	DOWN	638	DOWN	639	DOWN	640	DOWN	641	DOWN	642	DOWN	643	DOWN	644	DOWN	645	DOWN	646	DOWN	647	DOWN	648	DOWN	649	DOWN	650	DOWN	651	DOWN	652	DOWN	653	DOWN	654	DOWN	655	DOWN	656	DOWN	657	DOWN	658	DOWN	659	DOWN	660	DOWN	661	DOWN	662	DOWN	663	DOWN	664	DOWN	665	DOWN	666	DOWN	667	DOWN	668	DOWN	669	DOWN	670	DOWN	671	DOWN	672	DOWN	673	DOWN	674	DOWN	675	DOWN	676	DOWN	677	DOWN	678	DOWN	679	DOWN	680	DOWN	681	DOWN	682	DOWN	683	DOWN	684	DOWN	685	DOWN	686	DOWN	687	DOWN	688	DOWN	689	DOWN	690	DOWN	691	DOWN	692	DOWN	693	DOWN	694	DOWN	695	DOWN	696	DOWN	697	DOWN	698	DOWN	699	DOWN	700	DOWN	701	DOWN	702	DOWN	703	DOWN	704	DOWN	705	DOWN	706	DOWN	707	DOWN	708	DOWN	709	DOWN	710	DOWN	711	DOWN	712	DOWN	713	DOWN	714	DOWN	715	DOWN	716</
------	---	------	---	------	---	------	---	------	---	------	---	------	---	------	---	------	---	------	----	------	----	------	----	------	----	------	----	------	----	------	----	------	----	------	----	------	----	------	----	------	----	------	----	------	----	------	----	------	----	------	----	------	----	------	----	------	----	------	----	------	----	------	----	------	----	------	----	------	----	------	----	------	----	------	----	------	----	------	----	------	----	------	----	------	----	------	----	------	----	------	----	------	----	------	----	------	----	------	----	------	----	------	----	------	----	------	----	------	----	------	----	------	----	------	----	------	----	------	----	------	----	------	----	------	----	------	----	------	----	------	----	------	----	------	----	------	----	------	----	------	----	------	----	------	----	------	----	------	----	------	----	------	----	------	----	------	----	------	----	------	----	------	----	------	----	------	----	------	----	------	----	------	----	------	----	------	----	------	----	------	----	------	----	------	----	------	----	------	----	------	----	------	----	------	----	------	----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-----	------	-------



VOTE TODAY!

FOR YOUR FAVORITE BUSINESS & RETAIL ESTABLISHMENTS IN UPTOWN



ENTER FOR A CHANCE TO WIN

THEATER TICKETS, MOVIE PASSES

AND OTHER GREAT PRIZES\*

\*Must Complete at Least 50% of Ballot to Qualify



Vote using the ballot or vote online!

**MAIL YOUR BALLOT TO:** Uptown News  
123 Camino de la Reina, Suite 202 East, San Diego, CA 92108.

**OR VOTE ONLINE AT:** [sduptownnews.com](http://sduptownnews.com) One ballot per person. Ballots must be postmarked, submitted online, or hand-delivered by 11:59 pm on Sunday, Sept 2, 2018

**CONTACT INFO** (Must be filled out for your vote to be counted):

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

DAYTIME PHONE: \_\_\_\_\_

EMAIL: \_\_\_\_\_

Business & Retail

Accountant \_\_\_\_\_

Acupuncture \_\_\_\_\_

Antiques \_\_\_\_\_

Art Gallery \_\_\_\_\_

Attorney \_\_\_\_\_

Auto Repair Shop \_\_\_\_\_

Bank \_\_\_\_\_

Barber \_\_\_\_\_

Bicycle Shop \_\_\_\_\_

Bookstore \_\_\_\_\_

Chiropractor \_\_\_\_\_

Collective \_\_\_\_\_

Consignment/Resale \_\_\_\_\_

Cosmetic Services \_\_\_\_\_

Credit Union \_\_\_\_\_

Day Spa \_\_\_\_\_

Dentist \_\_\_\_\_

Doctor \_\_\_\_\_

Financial Planner \_\_\_\_\_

Florist \_\_\_\_\_

Gym/Health Club \_\_\_\_\_

Hair Salon \_\_\_\_\_

Hospital \_\_\_\_\_

Insurance Broker \_\_\_\_\_

Massage \_\_\_\_\_

Museum \_\_\_\_\_

Nail Salon \_\_\_\_\_

New Business \_\_\_\_\_

Optometrist \_\_\_\_\_

Pawn Shop \_\_\_\_\_

Personal Trainer \_\_\_\_\_

Pet Boarding/Day Care \_\_\_\_\_

Pet Grooming \_\_\_\_\_

Plant Nursery \_\_\_\_\_

Real Estate Agent \_\_\_\_\_

Real Estate Office \_\_\_\_\_

Retirement Living \_\_\_\_\_

Tanning Salon \_\_\_\_\_

Tattoo/Piercing \_\_\_\_\_

Veterinarian \_\_\_\_\_

Yoga Studio \_\_\_\_\_

Vote Online @ [SDUPTOWNNEWS.COM](http://SDUPTOWNNEWS.COM)



UPTOWN CALENDAR

FEATURED EVENTS

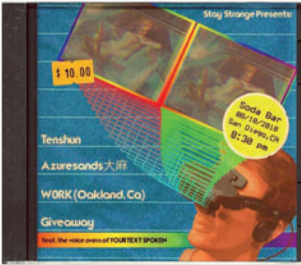


**Concert in the Park:  
The Ira B Liss Big  
Band Jazz Machine**

The Ira B. Liss Big Band Jazz Machine will perform in the annual Concerts in the Park summer series. Bring picnic baskets, catch up with neighbors, and sing and dance to the music. Free. 6–8 p.m. at Pioneer Park, 1521 Washington Place. Visit [bit.ly/MHconcerts](http://bit.ly/MHconcerts).

**Afton at The Merrow**

Afton presents an extensive music lineup starts off with rock/indie musicians Thread the Lariat and Buddie Roots, followed by hip-hop/R&B artists Y-Dresta, Jru Cobian, Adrian Waltuo, han zullo, Kendallpg47 & Twin Dracos, OSYM (Old Souls Young Minds), King Netta, ibei, Pretty Kronic, YT West, Don Elway and The Product. \$12–\$15. 21 and up. 6:30 p.m. at The Merrow, 1271 University Ave. Visit [bit.ly/AftonMerrow](http://bit.ly/AftonMerrow).



**Tenshun at Soda Bar**

Beatmaker Tenshun performs with Azuresands, WORK, and Giveaway (Lora Mathis). Presented by Stay Strange. \$8. 21 and up. 8:30 p.m. at Soda Bar, 3615 El Cajon Blvd. Visit [bit.ly/TenshunSoda](http://bit.ly/TenshunSoda).



**Doggiepalooza!**

The Dojo Café and PowerPet Treats present a day of fun with residents' four legged friends. Event activities include a trainer talk from K9 Training by Tim, adoptable dogs onsite, donation-based competitions benefitting the San Diego Humane Society. Attendees receive complementary goodie bags with dog treats. Free. 9 a.m.–1 p.m. at Fair@44, 4350 El Cajon Blvd. Visit [bit.ly/doggiepalooza](http://bit.ly/doggiepalooza).



**Bay City Brewing  
Anniversary Celebration**

To commemorate three years in the U.S. craft beer capital,

Bay City Brewing Co. invites the community to its Point Loma tasting room for limited-edition beers, food trucks, live music and a kid-friendly art station. The brewery will pour its Anniversary IIPA, limited-edition beers on tap, and other surprises. Noon–10 p.m. at Bay City Brewing Co., 3760 Hancock St. Visit [baycitybrewingco.com](http://baycitybrewingco.com).

**'An afternoon of  
Language and Laughter'**

Richard Lederer, San Diego Union-Tribune language columnist and best-selling writer, visits the library to share a humorous presentation on the English language. 3 p.m. at Mission Hills Library, 925 West Washington St. Visit [bit.ly/LibraryMH](http://bit.ly/LibraryMH).

**Raena Jade at Lestat's**

Raena Jade performs at her farewell show, where she will release her album. All ages. 8–11 p.m. at Lestat's, 3343 Adams Ave. Visit [bit.ly/LestatsWest](http://bit.ly/LestatsWest).

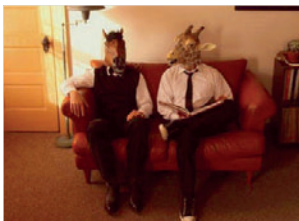


**Jessica Hernandez  
at Soda Bar**

Jessica Hernandez & the Del-tas perform with Kera. \$13–\$15. 21 and up. 9 p.m. at Soda Bar, 3615 El Cajon Blvd. Visit [bit.ly/JessicaSoda](http://bit.ly/JessicaSoda).

**Robin Roth and Vaughn  
Avakian at The Merrow**

Join Club Sabbath, a local gothic industrial club, for its monthly music event. Featuring DJs Robin Roth and Vaughn Avakian. \$5. 21 and up. 9 p.m. at The Merrow, 1271 University Ave. Visit [bit.ly/SabbatMerrow](http://bit.ly/SabbatMerrow).

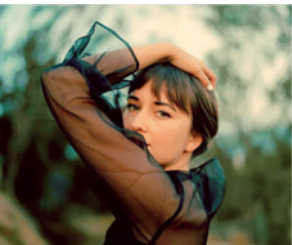


**Giraffes? Giraffes!  
at Soda Bar**

Rock/pop duo Giraffes? Giraffes! performs with Mylets, and Fistfights with Wolves. \$10. 21 and up. 8 p.m. at Soda Bar, 3615 El Cajon Blvd. Visit [bit.ly/GiraffesSoda](http://bit.ly/GiraffesSoda).

**Hillcrest CityFest**

Stretching nearly half a mile in size over five city blocks, San Diego's ultimate summer art and music festival takes over Fabulous Hillcrest during Hillcrest CityFest. The 35th annual celebration of community spirit features live bands, electric dance music DJs, arts, crafts, and food. Free. Pre-sale VIP tickets, which include complimentary drinks, private restaurant and more, are \$35. Donations encouraged. Noon–11 p.m. in Hillcrest, 3737 Fifth Ave. Visit [bit.ly/CityFest18](http://bit.ly/CityFest18)



**Jess Williamson  
at Soda Bar**

Folk musician and songwriter Jess Williamson performs. \$10. 21 and up. 8:30 p.m. at Soda Bar, 3615 El Cajon Blvd. Visit [bit.ly/JessSoda](http://bit.ly/JessSoda).



**Imagery Machine  
at Soda Bar**

Imagery Machine performs with The Mondegreens, and The Lazulis. \$7. 21 and up. 8:30 p.m. at Soda Bar, 3615 El Cajon Blvd. Visit [bit.ly/ImagerySoda](http://bit.ly/ImagerySoda).



**Knox Hamilton  
at Soda Bar**

Knox Hamilton performs with Brother Sundance, and Alex Di Leo. \$12–\$14. 21 and up. 9:15 p.m. at Soda Bar, 3615 El Cajon Blvd. Visit [bit.ly/KnoxSoda](http://bit.ly/KnoxSoda).



**'Living in Colour'  
at The Merrow**

Join The Merrow in dedicating an evening to the late Scott Hutchison, frontman of the Scottish band Frightened Rabbit, and help raise money for the AFSP-American Foundation for Suicide Prevention. Featuring music from Frightened Rabbit, Owl John, and Mastersystem. There will also be karaoke, live performances, drink specials and a raffle to win prizes. Donations \$5–\$20, collected at the door. 21 and up. 7–10 p.m. at

The Merrow, 1271 University Ave. Visit [bit.ly/ColourMerrow](http://bit.ly/ColourMerrow).

**Mission Hills Library  
Crafts for Grown-Ups**

Adults are encouraged to access their artistic side and create an art project. Free; sign up required. 6:30 p.m. at North Park Library, 3795 31st St. Call 533-3972 or visit [bit.ly/LibraryNP](http://bit.ly/LibraryNP).



**Sneaks at Soda Bar**

Sneaks performs with Blac Rabbit. \$8–\$10. 21 and up. 8:30 p.m. at Soda Bar, 3615 El Cajon Blvd. Visit [bit.ly/SneaksSoda](http://bit.ly/SneaksSoda).

**Poetry at Lestat's**

New Alchemy Poetry Series presents poets, followed by an open mic. All ages. 7–9 p.m. at Lestat's West, 3343 Adams Ave. Visit [bit.ly/LestatsWest](http://bit.ly/LestatsWest).



**Set It Off at Soda Bar**

American rock band Set It Off performs with Chapel, DeWayne Jackson, and His Dream of Lions. Presented by Soda Bar. \$16–\$18. 21 and up. 7 p.m. at The Irenic, 3090 Polk Ave. Visit [bit.ly/SetSoda](http://bit.ly/SetSoda).

**Concert in the Park:  
The Highwayman Show**

Tony Surai — The Highwayman — will perform in the annual Concerts in the Park summer series. Bring picnic baskets, catch up with neighbors, and sing and dance to the music. Free. 6–8 p.m. at Pioneer Park, 1521 Washington Place. Visit [bit.ly/MHconcerts](http://bit.ly/MHconcerts).



**'Fairy Tales in the Park'**

Celebrate San Diego Civic Youth Ballet (SDCYB)'s 70-year anniversary as the

resident classical ballet school in Balboa Park. Enjoy performances of the classic stories of "Hansel & Gretel," "The Sleeping Beauty" and "A Midsummer Night's Dream." Before or after the show, visit the "Fairy Tale Village" outside on the Casa del Prado patio — sustainability-themed this year — for fun activities such as face painting, crafts, play and more. Visit [sdcyb.org](http://sdcyb.org).



**Blank Cassette  
at Soda Bar**

Blank Cassette performs with Ashe. \$15. 21 and up. 8:30 p.m. at Soda Bar, 3615 El Cajon Blvd. Visit [bit.ly/CassetteSoda](http://bit.ly/CassetteSoda).

**The Gregory  
Page Show**

Singer-songwriter and guitarist Gregory Page performs. All ages. 8–11 p.m. at Lestat's West, 3343 Adams Ave. Visit [bit.ly/LestatsWest](http://bit.ly/LestatsWest).

**Bird Park Concert:  
Dani Bell & the Tarantist**

Dani Bell & the Tarantist performs with The Bassics at North Park Community Association's third show of the annual series, "Bird Park Summer Concerts." This week's concert is presented by The Observatory North Park. Free. 5 p.m. at Bird Park, at the intersection of Upas Street and Pershing Drive. Visit [bit.ly/bird-park-concert](http://bit.ly/bird-park-concert).

**Mission Hills Library  
Book Sale**

The Friends of the Mission Hills Library will hold a book sale. 9 a.m.–noon at Mission Hills Library, 925 West Washington St. Visit [bit.ly/LibraryMH](http://bit.ly/LibraryMH).



**Coffee with the Catapult**

In the spirit of discoverability, The Book Catapult hosts an informal discussion about what's new in the world of literature. Led by the Catapult's book buyer and co-owner, Seth. Complimentary coffee from Communal Coffee, plus a 20 percent discount off all books discussed. Free. 11:30 a.m. at The Book Catapult, 3010-B Juniper St. Visit [bit.ly/CatapultCoffeeAug](http://bit.ly/CatapultCoffeeAug).



**Paul Cherry  
at Soda Bar**

Paul Cherry performs. \$8–\$10. 21 and up. 8 p.m. at Soda Bar, 3615 El Cajon Blvd. Visit [bit.ly/PaulSoda](http://bit.ly/PaulSoda).

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/LestatsWest](http://bit.ly/LestatsWest).

**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/BrewTrivia](http://bit.ly/BrewTrivia).

**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/LestatsWest](http://bit.ly/LestatsWest).

**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/ThursMarket](http://bit.ly/ThursMarket)

**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/ThursKen](http://bit.ly/ThursKen).

**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/GHMarket](http://bit.ly/GHMarket).

**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 [bit.ly/OTMarket](http://bit.ly/OTMarket).

**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/HillcrestMarket](http://bit.ly/HillcrestMarket).

—Compiled by Sara Butler. Email calendar items to [sara@sdcdn.com](mailto:sara@sdcdn.com). ❖

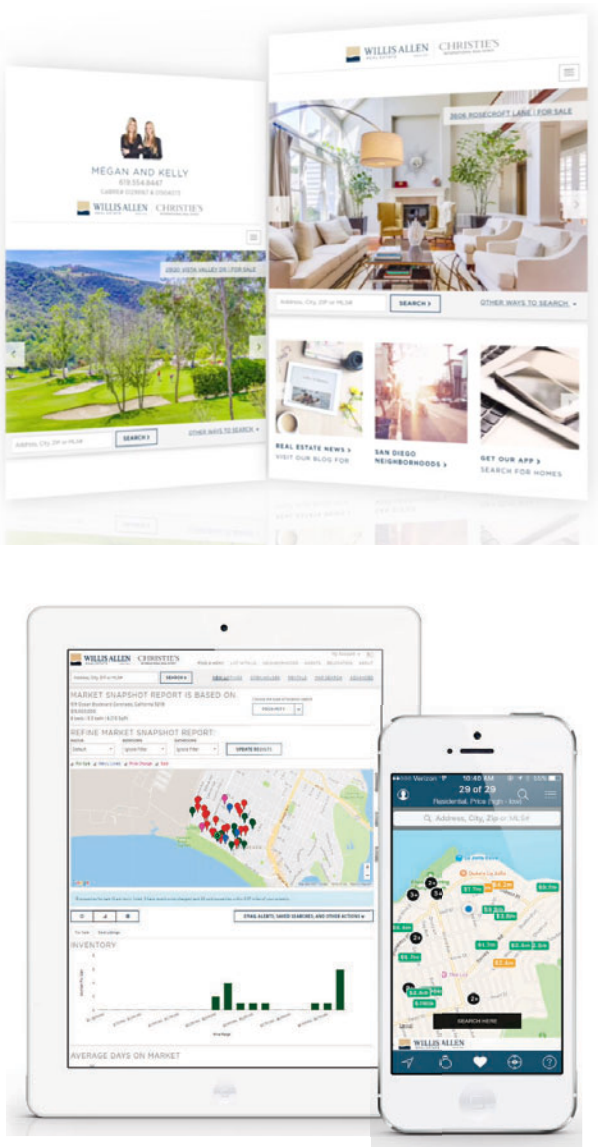
Uptown News

To view a comprehensive calendar of events happening throughout San Diego, visit our online calendar at [bit.ly/UTNCal](http://bit.ly/UTNCal).



# WILLIS ALLEN CONNECT

NEXT GENERATION TECHNOLOGY TO  
ADVANCE YOUR REAL ESTATE CAREER  
OFFERED EXCLUSIVELY AT WILLIS ALLEN REAL ESTATE



ANYWHERE YOU GO, YOUR REAL ESTATE  
SOLUTIONS, ALL SYNCING TOGETHER.

CALL OR VISIT [WWW.WILLISALLEN.COM/JOIN-OUR-TEAM](http://WWW.WILLISALLEN.COM/JOIN-OUR-TEAM)  
TO REQUEST A TOUR OF OUR PROPRIETARY PLATFORM



**WILLIS ALLEN**  
REAL ESTATE SINCE 1914.

CALL FOR MORE INFO 877.515.7443  
ANDREW E. NELSON, PRESIDENT & OWNER