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# San Diego Uptown News



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San Diego Community News Network



Committee chair Erik Benson appreciating a Hillcrest mural (Photo by Jess Winans)

## Painting Hillcrest A new shade

By Jess Winans

Change is in the air this fall for the Hillcrest art scene, starting with Hillcrest Town Council's newly launched arts committee.

Committee chair Erik Benson said the group will focus on bringing more art to Hillcrest by way of painting murals, implementing 3D art installations or pop-ups, cleaning up the streets and welcoming new art

spaces — like The Studio Door, who just moved to the area from North Park — in addition to holding an art walk-style event in Hillcrest.

see Committee, pg 3

## 'Over. Above. Beyond.'

From Carnegie Hall to San Diego, local pianist brings her sound home on Dec. 9

By Joyell Nevins

"Welcome to my dream."  
That's what Hillcrest resident Dr. Jeeyoon Kim told the audience when she stepped out on the stage of Carnegie Hall in New York City for the first time. She thought, "If this is my last concert, it will be okay — I have no regrets, nothing to worry about, I just have to enjoy it."  
That was December 2017,

see Jeeyoon, pg 19



Hillcrest resident Jeeyoon Kim performs in Carnegie Hall (Photo courtesy Jeeyoon Kim)

## Uptown News BRIEFS

### Public input needed for future of El Cajon Boulevard

El Cajon Boulevard Business Improvement Association (BIA) has announced its second town hall meeting to discuss the Boulevard 20/20 plan, which aims to make the Uptown corridor along El Cajon Boulevard a model for transit-oriented neighborhoods around the city.

The public is invited to provide input and feedback at the meeting on Dec. 4 from 6-8 p.m. at the Rock Church in City Heights. Speakers will include Transit Center Foundation leader, Kirk Hovenkotter; Councilmember Chris Ward; and representatives from the Metropolitan Transit System (MTS).

"Our corridor has experienced tremendous progress since our famous Boulevard sign was installed in 1989," Tootie Thomas, president of the El Cajon Boulevard BIA, said in a press release. "We believe the best is yet to come and the Boulevard 20/20 plan will guide us forward as a model for smart living and working in San Diego's vibrant urban core. We value the diverse voices of our neighbors and community partners and hope they will take the opportunity to be part of this exciting process."

More information is available at [bit.ly/blvd2020](http://bit.ly/blvd2020).

### SOHO publishes 'Most Endangered List'

The Save Our Heritage Organisation (SOHO) San Diego, a group dedicated to preserving San Diego's architectural and historic landmarks, released its 2018 Most Endangered List (MEL) on Nov. 26.

MEL is intended to raise public awareness about

see News Briefs, pg 4

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– Connie M.



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FROM PAGE 1

## COMMITTEE

While some Uptown neighborhoods, such as North Park, have a longstanding arts community, Benson said Hillcrest could use a hand in establishing the same kind of support.

“Our biggest goal is to just make this town pop,” Benson said, juxtaposing Hillcrest with its North Park neighbor. Benson said he hopes to implement similar strategies to North Park, which he said “has so many more murals than us [in Hillcrest] and so many artistic and creative foundations.”

As the arts committee chair, Benson said he intends to “work hand-in-hand with every other committee, association or activist in Hillcrest to create an art walk-like festival” for artists in the neighborhood.

“We would allow LGBTQ+ artists and allies alike to present their artwork within multiple days,” he continued. “I want to incorporate every local bar and business here, too, so it’s not only the art strip on Normal Street. I want it to be an art pub crawl as well or just include everybody as a town so that it brings income, creativity and hope.”

Long road home

For the past six years, Benson has been an advocate for the arts in Hillcrest. In 2014, after living in California for an internship while he was in college, Benson decided to move to the area permanently

to be an event planner.

“I had a job at Stone Brewing where I interned as an event planner and did events, birthday parties, weddings, business dinners and stuff like that,” he said. “From there, I went to work in the nightlife scene here in Hillcrest.”

Benson — who referred to himself as “kind of a secret artist” at the time — hit the ground running in Hillcrest, hosting art nights at #1 Fifth Avenue, which he still does. His first show featured 25 of his own paintings; he sold all but three of them that night.

Benson continued trying to plan the art nights but was unable to keep them operating. He didn’t have the connections needed for the concept to thrive in the Hillcrest area and ended up moving to North County, where he worked as a wedding planner for nine months.

Benson said that after 126 weddings, he felt he had hit his glass ceiling of his wedding-planning career. His decreased passion combined with his yearning for Hillcrest prompted him to take a leap of faith and move back.

“I missed Hillcrest when I left — this is my home ... I love everything about this town, even the crosswalk sounds at night,” he said. “When I moved [back to Hillcrest], I didn’t know what I was going to do, but I came back with no apartment and no plan.”

Benson doesn’t remember much from the two weeks he spent homeless, mostly wandering around town from place to place on foot, but

also sleeping on the streets for four days. His experience with homelessness makes him sympathetic to the financial struggles of others, particularly artists. He provides materials to these individuals to sell their work for alongside his nonprofit B2 Creative Productions.

“I refuse to charge [artists] for their commissions for the art shows that [B2 Creative Productions] have because I’ve been there,” he said. “I’ve been in situations where money is tight. This [art show] may be the opportunity that changes someone’s life when they get recognized by a certain someone or realize that they have the potential. If I can put a smile on somebody’s face, I appreciate that smile that much more because I remember that feeling.”

Benson said he hopes to bring his expertise in wedding planning and experience in the Hillcrest arts community to help add more color to the streets of Hillcrest, alongside other artists and community members.

A door opens

Though the committee just launched this week, the arts community in Hillcrest is already starting to grow. Case in point: The Studio Door recently took over the vacant American Apparel retail space on Fourth Avenue.

The Studio Door, owned and operated by Patric Stillman, is an art center and studio space

see Committee, pg 5



(l to r) Kristen and Samantha Beck, Erika Orr, Eriel Carino and Stevan Dupus



(l to r) Erik Benson, Samantha Beck (Kristen Beck’s sister), Erika Orr, Eriel Carino and Zack Renfro meet at JoyBrewed Espresso for the first committee meeting. (Photos by Jess Winans)

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FROM PAGE 1

## NEWS BRIEFS

landmarks and to bolster the community to invest in historic preservation and restoration. This year's list includes three Uptown sites: Balboa Park, Presidio Park and Hillcrest Commercial Core. In total, there were nine significant spots countywide, including San Diego Stadium in Mission Valley and Big Stone Lodge in Poway.

Two sites on last year's list have been saved. With the passage of ballot measure YY in the Nov. 6 midterm election, Teachers Training Annex #1 in University Heights will be restored and rehabilitated. The once-threatened California

Theatre and Caliente Racetrack Mural also has pending restoration plans.

For details on the endangered sites, visit [bit.ly/soho-mel](http://bit.ly/soho-mel).

## Five Uptowners receive awards

Business for Good San Diego, a nonprofit organization whose mission is to provide local small business owners a platform to engage with their community leaders, will honor five individuals in the Uptown community at its annual celebration.

This year's awardees include Councilmember Chris Ward; Old Town business owner Lauren Grattan; City Heights resident and North Park business owner Juan Pablo Sanchez; Kensington business owner Mikey Knab and Golden Hill resident Sam

Mazzeo.

The cost is \$25 for nonmembers and includes food and two drinks. Tickets are \$25 for nonmembers and include food and two drinks. Visit [bit.ly/b4g-awards](http://bit.ly/b4g-awards) to purchase or for additional information.

## SoNo Fest to benefit North Park school

North Park's community-centric SoNo Fest returns this year to raise funds for the McKinley School Foundation. The eighth annual festival and chili cook-off will take place on Dec. 2 from 11 a.m.-5 p.m. at the intersection of Thorn and 32nd streets.

More than 20,000 guests are expected to attend the event, which will host 40 restaurants and 22 breweries. A holiday gift market, two music stages,

food trucks, a kids zone, beer garden, and a cocktail bar operated by Cutwater Spirits will also be offered this year. While attendance is free, guests must purchase a festival bowl or mug to enjoy the chili. Each restaurant in attendance will be offering a special chili made by their chefs. Past winners have included a Japanese curry chili from Underbelly, a smoked lamb leg and tri-tip chipotle chili from Toronado, and a shrimp and seafood chili with smoked jalapeño cream from South Park Brewing Company.

All proceeds from SoNo Festival benefit McKinley Elementary School, which will help to fund the school's international baccalaureate, arts and language programs.

For event details or to purchase tasting mugs and bowls, visit [bit.ly/SoNoFest2018](http://bit.ly/SoNoFest2018).

## Mayor appoints citizen advisors

On Nov. 20, Mayor Kevin Faulconer announced his intent to fill two citizen advisory positions related to public safety matters: executive director of Police-Community Relations, and executive director of the Commission on Gang Prevention and Intervention. The positions will be filled by Rev. Gerald Brown and Pastor Jesus Sandoval, respectively.

The executive director of Police-Community Relations promotes and encourages open communication and cooperation between the Police Department and residents of the city. Rev. Brown has served for more than two decades as the executive

director of the United African American Ministerial Action Council; program manager and chaplain at the San Diego Rescue Mission; and case manager at the Neighborhood House Association. He will work with the Citizens Advisory Board and officials throughout the city to promote dialogue between the Police Department and the community, as well as assist law enforcement in building trust within the city's neighborhoods.

The executive director of the Commission on Gang Prevention and Intervention oversees matters related to community policing and gang-related violence prevention, as well as collaborates with educational and faith institutions, law enforcement, community organizations, government officials and the public. Pastor Jesus Sandoval is a former gang member who has since committed to peace and violence prevention. He became a pastor in 2003 and used his role as a community leader to encourage change and advocate for reunification for reformed gang members and their families.

"The relationships that our police officers build with the communities they serve is critical to keeping our neighborhoods safe," Mayor Faulconer said in a press release. "We must strive every day to strengthen those bonds, and the appointments of Pastor Sandoval and Reverend Brown will ensure the community has a voice at City Hall."

—Compiled by Jules Shane and Sara Butler.✧

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Thousands of people gathered at Balboa Park for the 22nd annual Susan G. Komen San Diego Race for the Cure on Nov. 4. (Photo by Jules Shane)

## Race for the Cure

By Jules Shane

Balboa Park was awash in a sea of pink on Nov. 4 as more than 9,000 people came to support the cause of ending breast cancer. The 22nd annual Susan G. Komen San Diego Race for the Cure (KSDRC) brought the park along Sixth Avenue to life in the early morning, where hundreds of tents assembled alongside a full-sized stage.

This year's race raised more than \$800,000 to be put towards the organization's mission of helping those in need navigate the arduous process of beating breast cancer. The Komen San Diego 3-Day further expanded these funds on Nov. 16-18 as people walked 60 miles over the course of three days to raise awareness about breast cancer and in support of being the generation to discover

a cure for the disease. With hundreds of participants, this event raised more than \$6.3 million, bringing a total to date of \$126.3 million raised.

"We cannot thank our amazing 3-Day family enough for their time and dedication to this cause," Carrie Stovall, Susan G. Komen senior director of events, said in a press release. "Every step they take and every dollar they raise gets us closer to the day when we can finally say goodbye to breast cancer forever. Their passion is inspiring."

Read the full article on our website at [bit.ly/komensd](http://bit.ly/komensd).

—Jules Shane is the editorial intern at San Diego Community News Network, parent company of San Diego Uptown News. Reach him at [jshaneap@gmail.com](mailto:jshaneap@gmail.com).✧



FROM PAGE 3

COMMITTEE

that hosts art classes, business classes and special events.

Back in July of this year, the gallery had to shut its doors in North Park after its landlord raised its monthly rent from \$2,000 to \$9,000.

“I was looking all over from La Mesa to Imperial Valley to North County and I just wasn’t finding the right spot for the new location,” Stillman said. “I was starting to feel disappointed that I couldn’t get anything happening. My partner encouraged me to go out one more time to places like [the American Apparel shop] that had been vacant for a long time and try to make a clear negotiation. I found somebody who was arts-sympathetic. This is a family-owned building and they were excited to have me take over the space.”

The space will feature a gallery, museum store and will host classes for not only artists, but art patrons on how to acquire art and support artists in the community. Stillman and the other Studio Door artists are planning a soft opening this December and a grand opening in January 2019.

**First steps forward**

On Wednesday, Nov. 28, Hillcrest Town Council’s arts committee held its inaugural meeting.

The committee has nine members including Erika Orr, producer of the “Artist Unmasked” podcast; Zack

Renfro, member of the U.S. Navy and co-founder of B2 Creative Productions; Kristen Beck, a long time multimedia artist and co-founder of B2 Creative Productions; Eriel Carino, a graduate of music education from San Diego State University and co-founder of B2 Creative Productions and Stevan Dupus, an art teacher at California State Long Beach and artist, among others who were not in attendance for the first meeting.

Before the committee’s first meeting, Benson took to Facebook to ask Hillcrest residents what they wanted to see in their community.

Thirty-two individuals commented their visions. Some ideas voiced included adding a tribute mural of local LGBTQ icons and leaders, implementing an HIV monument or memorial, and painting crosswalks and the Georgia Street bridge in rainbow colors.

Community members also said that they want more lighting and cleaner streets. This brought up the question of whether the committee should focus on cleaning up Hillcrest streets first before implementing murals and beautifying the area.

“What I’m gathering from what everyone is talking about in Hillcrest is people are wanting to paint a mural, but we can start beautifying the town with just having clean streets,” Renfro said. “Walking down the street you see so much trash everywhere and making it beautiful can be just picking it [the trash] up.”

Carino piggybacked off of Renfro, suggesting the best way

to clean up the streets and help homeless individuals is to find meaningful activities for them to do.

“There’s a number of homeless individuals, I can almost tell you where they are at certain times of the day, who are sitting down and drawing and doing art,” he said. “Getting them to get off the streets and do activities or getting the center to give them a time and space to do their art is needed. It seems like they really want to share it.”

On top of providing homeless individuals spaces to make and showcase their art, the committee also aims to volunteer and complete community service.

“The arts committee can gain a lot of participation and interaction just for a good cause by doing three to four hours of community service on a weekend and getting a lot of people together to take care of the community,” Renfro said.

The committee is still in its early stages and will be focusing on crafting its mission statement, developing an online and social media presence, and setting up a survey for community members to share their concerns.

“The town is only a two-mile stretch but the whole world is open,” Benson said. “We can do anything we want to do and we have complete freedom. When people ask for a defined comment on what the committee is: It’s a whole bunch of colors trying to make a bigger and brighter picture. That’s all.”

—Reach Jess Winans at [jess@sdcdn.com](mailto:jess@sdcdn.com).



Patric Stillman celebrates the new home of The Studio Door (Photos by Jess Winans)

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Some of Benson’s art, which has been featured at #1 Fifth Avenue art nights

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## Guest Editorial

# Why the city must stay committed to solving our homelessness crisis

By Chris Ward

When I took office two years ago, San Diego's urban core neighborhoods were in the midst of a homelessness crisis with no clear strategy to tackle the issue. My top priority has been improving our response to this devastating crisis, but one council member can't do it alone. Building on successful approaches in other cities and national best practices, I outlined ideas and policies for a holistic response. My colleagues and I have made important progress to increase funding, expand life-saving supportive services and house our homeless.

In early 2017, the City Council created a Select Committee on Homelessness dedicated to reviewing and improving city approaches for reducing homelessness. The committee held its final meeting Thursday, Nov. 15, and our ongoing work now continues through standing committees. It's important to review our accomplishments, and identify what challenges and opportunities remain ahead to ensure all San Diegans have a safe, stable home.

Last year, the hepatitis A emergency demanded quick action. With the leadership of the council and Mayor Kevin Faulconer, we successfully implemented temporary safe camping and parking programs, additional public restrooms, hand-washing stations, targeted street sanitation, storage facilities, and bridge shelters providing safety and services for 700 homeless San Diegans.

Meanwhile, as chair of the Select Committee, I started with the basics. We updated the council's Policy on Homelessness for the first time since 1995, with a commitment to proven Housing First strategies. Collaborating with our state legislators, we streamlined housing development opportunities. The city also

officially declared a Shelter Crisis, unlocking millions of dollars in new state funding for housing and services.

With the county, we've doubled the Psychiatric Emergency Response Teams providing emergency assessment and referrals to help people with mental illness. At the Regional Task Force on the Homeless, we're improving the region's underlying data systems and coordination, while paving the way to receive millions more in state homeless dollars and private investment to scale up successful programs countywide.

As we identified gaps in our system, the Select Committee acted on new approaches to house our homeless. That has included a targeted rapid housing effort, emphasizing diversion programs, and tapping state funding to lay the groundwork for a new flexible housing spending pool to support innovative rental assistance strategies. We're currently moving forward a pilot program coupling intensive employment services with our rapid rehousing programs, and implementation of the Housing Commission's Housing 3.0 plan is providing \$79 million to boost affordable housing.

As success stories from other regions have demonstrated, real change takes years of sustained effort. We have a strong foundation — and Downtown's on-street homeless population is decreasing — but there's much more work ahead.

Last month, the council unanimously adopted my resolution setting a goal of building 140 permanent supportive housing units in each council district — enough to house every chronically homeless San Diego household. And city staff have now begun assessing city-owned properties to identify possible housing sites and ways to expedite projects.

Our committee also moved forward on creating a citywide outreach

protocol, improving our proactive work meeting homeless San Diegans where they are in order to resolve encampment issues as well as connect them with the specific services and housing they need. And now the Housing Commission is underway on my request to develop a comprehensive plan to help ensure our limited homelessness dollars go to our most acute needs.

In 2019, we need a regional solution to provide recuperative care beds allowing people to fully recover from acute health issues after leaving area hospitals, and revival of the Resource Access Program (RAP) to relieve pressure on our 911 emergency services. Additionally, we need a workable strategy to convert dilapidated motels into supportive housing, which brings new units online faster and cheaper.

We've made critical progress to develop services and outreach programs aligned with clearly-defined needs, and soon we'll have the analysis for a comprehensive homelessness strategy to guide future city investments.

Ultimately, we will be judged by the most important metric of all: making housing attainable for all San Diegans. I am confident we're finally on the right track, and we have identified opportunities that will bring us closer to resolving our homelessness crisis. I remain committed to prioritizing this work throughout San Diego until every homeless individual is housed.

— Councilmember Chris Ward serves the 13 communities in District 3, which include the Uptown neighborhoods of Old Town, Mission Hills, Hillcrest, University Heights, North Park, South Park, Normal Heights, Bankers Hill and others. He is also the chair of the City Select Committee on Homelessness and vice-chair of the Regional Task Force on the Homeless.





"Dr. Seuss's How the Grinch Stole Christmas" runs through Dec. 29. (Photos by Ken Howard)

## Stealing hearts

### Theater Review

Jean Lowerison



Uh-oh. It's November again. Time for His Grinchiness to reappear (in a moldy green costume that matches his disposition) to growl, grumble and glower about all those happy, smiling Whos down in Whoville.

But instead of just staying up there in his frigid digs on Mt. Crumpit and ignoring them, the Grinch (Ed Watts) wants to meddle and make everybody in Whoville as miserable as he is.

"Dr. Seuss's How the Grinch Stole Christmas!" is narrated by Old Max (Steve Gunderson), the Grinch's old dog who has retired and is about to move away. Old Max narrates the story as he looks around the old homestead one last time.

The thing that really gets the old grouchy goat is Christmas, that cheery time when everybody runs out to buy gifts for friends and family, sings happy holiday songs, and plans a big feast with roast beast. The Grinch can't stand all that cheer, and vows to put an end to it.

This year, he gets a wonderful, awful idea: he'll go down to Whoville and steal Christmas. Surely when everybody wakes



(l to r) The Grinch (Edward Wattswith) and Cindy-Lou Who (Sadie Tess Coleman)

up to no gifts, no stockings hung by the chimney with care and no dinner fixings, that'll do the trick.

His poor dog Young Max (Tommy Martinez) is forced to go along when the Grinch dresses Western style (complete with a 10-gallon hat) and goes down to Whoville to case the joint. They bump into several Whos, who think the Grinch weird but graciously invite him to dinner the next night.

You know what happens: the Grinch — and poor, unwilling Max — come to dinner and wait until everyone's in bed. Then the green menace grabs all the packages, stockings and even the Christmas tree and stuffs them all up the chimney.



(l to r) The Grinch grumbles about the Whos in Whoville with his dog, Young Max (Tommy Martinez)

### 'Dr. Seuss's How the Grinch Stole Christmas!'

Through Dec. 29  
The Old Globe's Donald and Darlene Shiley Stage  
1363 Old Globe Way  
Balboa Park

Tuesday–Friday: 7 p.m.  
Saturday and Sunday:  
11 a.m., 2 and 5 p.m.

Tickets: 619-234-5623  
or theoldglobe.org

Then they pack the "sleigh" (powered by poor Max) and whisk all the goodies away to Mt. Crumpit.

But what the Grinch doesn't count on is little Cindy-Lou Who (the irresistibly adorable Sadie Tess Coleman) and her ability to touch his two-sizes-too-small heart.

When Christmas Day arrives, the Grinch eagerly listens for weeping and wailing from Whoville. But he's shocked to hear them singing. It makes him wonder if maybe Christmas doesn't come from a store.

This is The Old Globe's 21st iteration of this Christmas tradition. By now there are regular cast members, some of whom have played more than one role over the years. But this whole cast — regulars and newbies — is excellent. And so is the fine orchestra led by Elan McMahan and the tech team that has been in place for some time.

James Vásquez directs and has restaged some of the choreography with great élan.

Every year the Grinch packs houses, and every year audience members leave the show with a smile, many humming the tunes. If you haven't seen it — or even if, like me, you've seen every single one — grab a kid and get down to the Globe. You won't regret it.

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

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Show our readers what you have to offer to make their holiday season even better!

**Holiday Gift Guide Calendar**

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Dec. 14

**SD Uptown News:**  
Dec. 14

**Mission Valley News:** Dec. 21

**Gay San Diego:** Dec. 7, Dec. 21

**La Mesa Courier:** Dec. 21

**SD Downtown News:** Dec. 7

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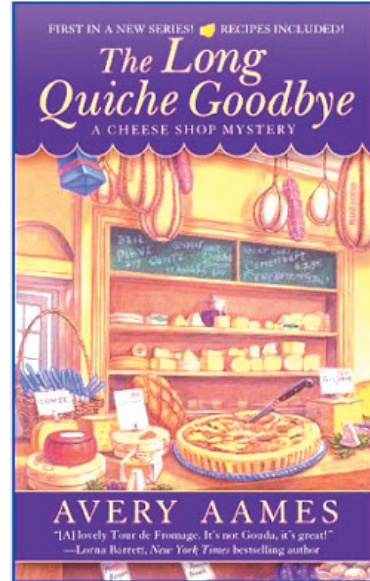



## Books to complement holiday meals

By Jake Sexton

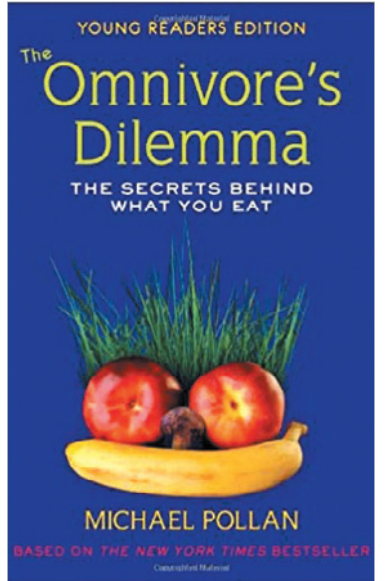
While the holidays are largely about religion, family, friends and gifts, we also tend to make food a centerpiece of our celebrations. But since reviewing cookbooks isn't that interesting, here are other books with a food theme to make your holiday eating more thoughtful and literary.

I was going to begin by talking about several mystery series in which the detective is involved with food or cooking, but after a little research, I have been stunned at the number of series in this vein. There are dozens of series: Amanda Flowers' "Amish Candy Shop Mysteries," JoAnna Carl's "Chocoholic Mysteries," Joanne Fluke's "Hannah Swensen Mysteries," Tina Kashian's "Kebab Kitchen Mysteries," the list goes on. And on. For pages. Each of these "culinary mysteries" features a protagonist with a passion for (and some-times career-creating) food, who regularly stumbles upon crime scenes, and uses their intellect and nosiness/curiosity to solve the case. These books also often have clever, punny titles like "Pies and Prejudice" or "The Long Quiche Goodbye." And after the villain is caught, you can



often complete the experience by trying out a sample recipe included in the book.

One of the most interesting books I've ever read about food was Michael Pollan's "The Omnivore's Dilemma: A Natural History of Four Meals." Pollan investigates how dinner gets from seed or feedlot, to industrial processing plant, to cross-country trucker to grocery store to microwave or McDonald's restaurant or dinner plate. It is a much more complicated voyage than we'd expect, in interesting, terrifying, and troubling ways. Many readers came away from the book concerned about health dangers caused by this food



system, causing Pollan to write a follow-up book called "In Defense of Food: An Eater's Manifesto." This title tried to lay out a strategy for people to navigate our complicated food system, and summarized it as: "Eat (real) food. Not too much. Mostly plants."

[Editor's note: Read the rest of this article on our website at [bit.ly/UTNbooks](http://bit.ly/UTNbooks).]

—Jake Sexton is librarian at the La Mesa branch of the San Diego County Library. Call the library at 619-469-2151, visit in person at 8074 Allison Ave., or online at [sdcl.org](http://sdcl.org).

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### CHEER FROM FATHER JOE'S

This year, 30 school-age homeless children will have the opportunity to tour holiday lights on a ride on the Old Town Trolley. The Dec. 6 ride departs at 4:15 p.m. from Old Town Market at 4010 Twiggs St., taking the kids on an hour tour through the city's holiday lights. After the ride, they will gather for a holiday party with pizzas and piñatas.

Earlier that day, 150 children under age five at Father Joe's Villages, including in the Therapeutic Childcare Center, will also receive personalized gifts from Santa and Mrs. Claus. The event will be held at 10 a.m. at Joan Kroc Center, 1501 Imperial Ave.



### LIGHT UP THE TREE

Many neighborhood tree lighting events are happening this month, including in South Park and Hillcrest. Mama's Kitchen and Village Hillcrest will host its 27th annual Tree of Life Candlelight Vigil and Tree Lighting Ceremony. Sponsored by AIDS Healthcare Foundation, it commemorates World AIDS Day. Then before South Park's last quarterly walkabout, a

community tree lighting will be held at 5:30 p.m. around Grape Street Square. Both events are free and open to the public.

### ACT AND BE MERRY

T3 Triple Threat Youth Mentors, a nonprofit arts education program in North Park, will present a festive production of "Winnie the Pooh: A Christmas Tail" from Dec. 19-21 at North Park Recreational Center. Directed by Morie Williams and Nick Hessling, with music direction by Jason Chase, the show features a talented cast of up-and-coming performers in the area.

Many other holiday productions are playing throughout the month in Uptown neighborhoods, including "A Christmas Carol" at Cygnet Theatre, and "Dr. Seuss's How the Grinch Stole Christmas!" and "Clint Black's Looking for Christmas" at The Old Globe.







Bodhi Veterinarian Hospital



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# San Diego Uptown News

## BEST OF

## 2018 UPTOWN

## SAN DIEGO

### Congratulations to the Uptown News Best of 2018 winners!

These days, Uptown is both old and new — a description that fits the people, homes, and businesses we frequent. We celebrate all of the ribbon cuttings and anniversaries, appreciating both historic mainstays and new additions to our beloved neighborhoods.

With successful happenings like Small Business Saturday and “Taste Of” events, we stand by our slogans like “shop small” and “shop local.” And often the larger companies who take residency in our neighborhoods understand the community-centric aspect of our Uptown identity, hosting or sponsoring events to bring the area together.

We recently asked the readers of San Diego Uptown News to tell us their favorite local retail shops and businesses found throughout and nearby our Uptown neighborhoods. Our ballot offered nearly 40 voting categories and honored a swath of businesses — both storefronts, services and individuals. We featured categories to best reflect the feel of our distinctive community.

San Diego Uptown News covers nearly a dozen neighborhoods, including Old Town, Mission Hills, Bankers Hill, Hillcrest, University Heights, Normal Heights, North Park, South Park, Golden Hill, Kensington and Talmadge, as well as nearby regions of City Heights, Little Italy, Mission Valley and more. The range

of winners reflect our diverse neighborhoods, offering a glimpse of the Uptown experience.

In this month’s “Best of Uptown” special section, we feature a robust collection of these top establishments, including advertisements, photographs, contact information and descriptions outlining their missions to serve local customers.

As you look through these pages, we hope you find familiar names along with new faces. Swing by these spots for a glimpse of Uptown, whether you need a spa day after the holidays, want to try out a new fitness center to reach your 2019 health goals, or are looking to buy a bouquet of flowers for a special someone this Valentine’s Day.

From all of us at San Diego Uptown News, congratulations to 2018’s Best of Uptown winners! See you around the neighborhood.

*[Editor’s note: This year, we split the ballot into two sections: dining/entertainment and business/retail. This issue exclusively features the best business and retail establishments. To view the best dining and entertainment venues, see Vol. 10, Issue 8 or [bit.ly/UTNBESTOf2018](http://bit.ly/UTNBESTOf2018).]*

— The staff at San Diego Community News Network ([sdenn.com](http://sdenn.com))



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**SILVER: Sustain Community Acupuncture**  
2537 University Ave.  
bit.ly/sustain-acupuncture  
619-358-950

### ANTIQUES

**GOLD: Mission Gallery**  
320 West Washington St.  
bit.ly/mission-gallery | 619-692-3566



**SILVER: Zac's Attic**  
2922 Adams Ave.  
619-284-0400

### ART GALLERY

**GOLD: Art Produce Gallery**  
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artproduce.org | 619-500-2787



**SILVER: Art on 30th**  
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arton30th.com  
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### ATTORNEY

**GOLD: Rachel Young**  
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see Best of Uptown, pg 11



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FROM PAGE 10

**BEST OF UPTOWN**

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619-682-5160



**BARBER**

**GOLD: Bear Hair By Chuck**  
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bearhairbychuck.com | 619-694-8482



see Barber, pg 12



Dr. Jeffrey Keeny



Mission Hills Florist



Goodfellas North Park

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Uptown News

BEST OF

2018 UPTOWN

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Zac's Attic



Eden Tattoo Gallery

FROM PAGE 11

**BARBER**

**SILVER: Goodfellas Barbershop Shave Parlor**  
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bit.ly/goodfellas-parlor  
619-230-5301



We are humbled and thankful to be voted Silver for Best Barbershop of Uptown 2018! Special thank you to the Uptown community, our clients from then and now, our friends and family for your continued support. Thank you Ernesto G., Alan Mendoza, Jeremy Francis, Marc Canon and John Canon for doing what you y'all do day in and day out. Thank you North Park/Hillcrest for the last four years and counting!

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FROM PAGE 12

**BEST OF UPTOWN**

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bit.ly/sandiegorc | 619-906-5546



**SILVER: Point Loma Co-op**  
3452 Hancock St.  
bit.ly/plpcc215 | 619-268-8035

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**GOLD: Consignment Classics**  
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consignmentclassics.net  
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**SILVER: Karen's Consignment**  
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bit.ly/karens-sd | 619-225-8585



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**GOLD: Hillcrest Advanced Aesthetic Dermatology**  
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drheimer.com | 619-299-0700



**SILVER: B Medical Spa**  
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**SILVER: California Coast Credit Union**  
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see Best of Uptown, pg 14



Gallery West Hair Salon



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FROM PAGE 13

BEST OF UPTOWN

DAY SPA

GOLD: Bodhi Massage & Wellness Center

3678 Fourth Ave. bit.ly/bodhi-massage 619-274-2744

SILVER: Happy Head Foot Reflexology and Massage

534 University Ave. happyheadmassage.com 619-333-8422

DENTIST

GOLD: Dr. Jeffrey Keeny

1807 Robinson Ave. Suite #101 drkeeney.com 619-295-1512

SILVER: Dentistry of Old Town

3659 India St. Suite #100 dentistryofoldtown.com 619-297-7722



DOCTOR

GOLD: Dr. David Shamblaw

2970 Fifth Ave. Suite #140 bit.ly/shamblaw 619-260-3456

SILVER: Dr. Kenneth Griffiths

330 Lewis St. 619-471-9260

FINANCIAL PLANNER

GOLD: Rowling & Associates

8889 Rio San Diego Drive Suite #202 rowling.com | 619-295-0200

SILVER: Mary Stockton, Stockton Financial

4365 Executive Drive Suite #800 marystockton.com | 858-623-8945



Mary Stockton has been a successful financial planner for nearly 20 years. In 2009 and 2012, she earned the Agent of the Year award for her local office. She has also been awarded Top Producer, Mutual Fund Leader, Annuity Elite Champion and the Life Star Award, among others.

San Diego Pride also acknowledged her in 2011 with the Pride Community Service Award and the Tom Homann Law Association gave her the Outstanding Service to the Award in 2012.

In 2009, she was awarded the Mind Masters Entrepreneur of the Year Award. Prior to moving to San Diego, she owned a woman's bookstore — Crones' Harvest — in Boston. Her business became a valuable cultural center and she was honored with the Helen Diner Community Leadership Award.

Here in San Diego, Mary has served on the boards of Stepping Stone, The Center and Diversionary Theatre. She currently serves as treasurer for the board of the San Diego Human Dignity Foundation. Mary is married to Alison McManus, a doctor in nursing practice and an activist in her own right. They live in North Park.

FLORIST

GOLD: Dave's Flower Box

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GOLD: Fitness Together

4019 Goldfinch St. bit.ly/fitness-together 619-794-0014



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see Gym/Health Club, pg 15

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FROM PAGE 14

GYM/HEALTH CLUB

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3965 Fifth Ave.  
Suite #100  
24hourfitness.com  
619-683-2424



**HAIR SALON**  
**GOLD: joseph anthony: on fifth ave.**  
2802 Fifth Ave.  
josephanthony.biz  
619-795-4646



**SILVER: Gallery West Hair Salon**  
3318 Fifth Ave.  
gallerywesthairsalon.com  
619-230-5772



**HOSPITAL**  
**GOLD: UC San Diego Medical Center Hillcrest**  
200 West Arbor Drive  
health.ucsd.edu  
858-657-7000

**SILVER: Scripps Mercy Hospital**  
4077 Fifth Ave.  
scripps.org  
619-294-8111



**HOTEL**  
**GOLD: Hillcrest House Bed & Breakfast**  
3845 Front St.  
hillcresthouse.net  
619-990-2441

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**SILVER: Carole's Bed & Breakfast Inn**  
3227 Grim Ave.  
carolesbnb.com  
619-280-5258

**INSURANCE BROKER**  
**GOLD: Ryan Hartwigsen, Allstate Insurance**  
1433 University Ave.  
bit.ly/hartwigsen  
619-278-0081



**SILVER: Jeff Kiesau, American National Insurance**  
9625 Black Mountain Road  
Suite #206  
bit.ly/jeff-kiesau  
858-566-8555

**MASSAGE**  
**GOLD: Bodhi Massage & Wellness Center**  
3678 Fourth Ave.  
bit.ly/bodhi-massage  
619-274-2744



**SILVER: The Knot Stop**  
1080 University Ave.  
theknotstop.com  
619-296-5668



**NAIL SALON**  
**GOLD: Beauty Lounge**  
3745 Fifth Ave.  
hillcrestbeautylounge.com  
619-255-2591



**SILVER: Mission Nails and Spa**  
928 Fort Stockton Drive  
Suite #115  
bit.ly/mission-nails  
858-539-3888

**NEW BUSINESS**  
**GOLD: Inspire Wellness**  
535 University Ave.  
inspiresd.com  
858-524-5770



see New Business, pg 16



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Mission Gallery



Bear Hair By Chuck

FROM PAGE 15

NEW BUSINESS

**SILVER: Inside Out**  
1642 University Ave.  
Suite #100  
insideoutsd.com  
619-888-8623

**OPTOMETRIST**  
**GOLD: Urban Optiks Optometry**  
3788 Park Blvd.  
Suite #5  
urbanoptiks.net  
619-683-2020

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3434 Fourth Ave.  
invisioncare.com  
619-222-2020



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3748 Sixth Ave.  
hillcrestpawn.com  
619-297-1224



**SILVER: Royal Loan**  
3033 El Cajon Blvd.  
royalloan.net  
619-284-2274



**PERSONAL TRAINER**  
**GOLD: Chris Keith**  
3969 Fourth Ave.  
Suite #209  
sdpersonaltrainer.com  
619-869-1205

**SILVER: Roger Rojas, Incinerate**  
5402 Ruffin Road  
Suite #104  
incineratefitness.com  
760-595-5012

**PET BOARDING/DAY CARE**  
**GOLD: Camp Run-A-Mutt**  
3265 India St.  
camprunamutt.com  
619-795-6421



**SILVER: Little Buddies Pet Care**  
lovelittlebuddies.com  
619-481-8202



**PET GROOMING**  
**GOLD: South Bark Dog Wash**  
2037 30th St.  
southbark.com  
619-232-7387



**SILVER: Yuko's Pet Grooming**  
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bit.ly/yukos-dog  
619-280-6040

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FROM PAGE 16

**BEST OF UPTOWN**

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missionhillsnursery.com  
619-295-2808



**SILVER: Armstrong Garden Centers**  
1364 Morena Blvd.  
armstronggarden.com  
619-276-9970



**REAL ESTATE AGENT**

**GOLD: Tony Azar**  
3930 Idaho St.  
tonyazar.com  
619-944-6901

Buying or selling a property can be a bewildering and stressful ordeal. But with the help of an expert, this potentially perplexing experience can be made trouble-free. One such qualified individual is Tony Azar.

As a long-time resident of San Diego and an active member of the San Diego Association of realtors, Tony is more than just a realtor. Tony is dedicated to the needs of his clients, whether in residential, income or commercial real estate. He strives to make each client's buying or selling experience one that is truly positive and carefree. If you or someone you know is thinking of buying or selling a home, income or commercial property, call Tony Azar for guidance and advice on any and all of your real estate needs. He will also provide you with a complimentary "Home Buyers/Sellers Guide" or a market analysis of your property.

**SILVER: Richard Woods**  
930 West Washington St.  
Suite #1  
woodsrealestateservices.com  
619-347-9866



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**GOLD: Ascent Real Estate**  
2900 North Park Way  
ascentrealestate.net  
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**SILVER: The Metropolitan Group**  
3930 Idaho St.  
sdmetrogroup.com  
619-260-1977



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stpaulseniors.org | 619-239-2097



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**SILVER: Merrill Gardens**  
2567 Second Ave.  
merrillgardens.com | 619-752-1099



see Best of Uptown, pg 18



Uptown Bicycles



Mission Nails & Spa

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Mary Stockton, Stockton Financial

FROM PAGE 17

## BEST OF UPTOWN

## TANNING SALON

**GOLD: iTAN Hillcrest**  
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**SILVER: Glow Up**  
4026 Hawk St.  
Suite G  
glowupsd.com  
619-792-4200



## TATTOO/PIERCING

**GOLD: Church of Steel**  
1433 University Ave.  
Suite A  
churchofsteel.com  
619-232-5752



**SILVER: Eden Tattoo Gallery**  
3001 Madison Ave.  
edentattoo.com  
619-955-7237



## VETERINARIAN

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bodhisd.com  
619-225-5838



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**SILVER: Kensington Veterinary Hospital**  
3817 Adams Ave.  
kensingtonvet.com  
619-584-8418



## YOGA STUDIO

**GOLD: Pilgrimage of the Heart**  
4081 30th St.  
pilgrimageyoga.com  
619-677-2022



**SILVER: Ginseng Yoga Studio**  
2985 Beech St.  
ginsengsandiego.com  
619-338-9642



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## CLIENT SUCCESS STORY Kimberly

My favorite thing about **MISSION HILLS FITNESS TOGETHER** is the PEOPLE. The FT trainers really care about their clients and make you feel so welcome, regardless of your fitness level (or lack thereof!). There was never a hard sell to buy a package and although at the time, I was probably one of their least fit clients, I was given a sense of hope for success from the moment I walked in the door. No one ever made me feel bad about my current fitness status or dismissed me as someone who couldn't achieve my goals.



It is clear that the trainers love helping people reach their goals. The workouts are fun and challenging-just hard enough to know you've pushed yourself, but not so much that you don't feel accomplished at the end. I also really appreciate the privacy afforded by the individual workout bays. I'm much more comfortable working out in a small space where it truly is one-on-one with my trainer. My progress is charted out so my trainer can refer to my previous workouts and plan a new, interesting session each time. I consider joining FT as an investment in my well being (you really can't put a price on your health) and it is one of the best decisions I've ever made! As a Golf Professional with a family history of heart disease, I knew I was at a place where I had to make some serious changes

Now that I am both lighter and fitter, walking the course is much easier as my stamina and strength are way up. I played in a golf tournament recently and I'm happy to report that I scored pretty well (T-Sth) but more impressively, I was BOMBING my drives and keeping up with the 25-30-year-old gals, something I definitely attribute to my workouts! I am still having a great time at the Fitness Together and I even did a workout at home last week when I had a few days between appointments ... wait, what?!? You guys have changed my life!!! Working out has now become such a part of my weekly routine ... ! look forward to each session and I can hardly believe how much I love it.



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Rachel Young



FROM PAGE 1  
JEEYOON

and Kim did enjoy it. She called herself “a cup for the music” and felt that both she and her audience were filled. But it turned out it wasn’t Kim’s last concert; instead, the Carnegie Hall show became a kick-off for her latest album adventure, “Over. Above. Beyond.” Locals can experience the full album at a special release concert at 3 p.m. on Sunday, Dec. 9, at the Scripps Research Institute auditorium.

The new album is meant to capture the joy and lightness of the music Kim plays. It includes pieces by composers such as Trolldhaugen, Chopin, Debussy and Mozart. She wants to connect modern audiences with the emotion and passion of classical music.

“Let’s hope, let’s dream, let’s soar together!” Kim said.

This album also features a brand-new project between Kim and South Korean illustrator Moonsub Shin, a collaboration which started with that Carnegie performance. Shin sat in the audience, sketching as he listened. He had received an invitation to the concert via Instagram from Kim herself, for the possibility of a future collaboration.

Shin studied advertising, publicity and visual arts in under- and post-grad at Keimyung University. He now works as a freelance illustrator with groups in New York City and South Korea. Shin’s latest project was a collection of more than 100 paper coffee cups, sketched at individual cafes and displayed at the Seoul International Café Show.

His black and white sketches of Kim at Carnegie Hall are sprinkled throughout her new album’s booklet, cover and promotional material.

“His pen was flying,” Kim recalled. “His [sketches] captured more than any photo could.”

While the sketches are easily viewed, Shin’s paintings that corroborate with Kim’s playing of “Philosophical Variations” by Johannes Brahms are not. They will be first revealed at her release concert.

“It’s like opening a present for the first time,” Kim enthused.

Shin, who will be coming to San Diego for the concert, agreed.

“I’m so excited to see how the illustrations will work with her playing,” he said. “It will be a great experience.”

A slideshow of each of the 12

paintings will be shown on a screen behind Kim as she plays each variation of the theme. Just as the music does, the paintings exhibit a wide range of colors and emotions, of simplicity and complexity.

“I couldn’t match it with pre-existing drawings,” Kim said. “Shin’s pictures bring the message without talking about it.”

Kim flew to New York to perform for Shin, who sketched while she played. For both of them, it was a first of that kind of collaboration. They agreed that Shin couldn’t do justice from a recording — the music needed to be performed live. So in a private studio, Kim touched the keys and Shin sketched scenery images that came to his head.

“When I play piano, I’m alone, but it felt like a duet,” she said.

“She is great partner to collaborate [with],” Shin said. “Her playing contains full emotion and it really helped when I made the scene images. Also she understood what I wanted to draw and read steps for the best result.”

Kim wants that duet to extend to the audience. In the “user’s manual” that accompanies her CD, listeners are encouraged to find images in nature that are the “perfect expression” of what they thought or felt during the audio playback. Photos can be posted and shared with the hashtag #OverAboveBeyondProject.

#### Humble beginnings

One of the reasons Kim was first drawn to Shin was their home country connection. Kim grew up in South Korea with parents that loved to sing and encouraged her musical abilities. Her name comes from two words meaning knowledge and brightness.

“That is my parent’s wish, for me to be someone who is knowledgeable and to be a bright light to the world,” Kim said.

She started taking piano lessons at 4 years old and hasn’t wanted to do anything else since.

“I thought it was always so much fun to play piano, and I still think it is,” she said. “For me, piano is the queen of instruments.”

Kim received the first prize in the Korean Music Teachers’ Association Competition at age 18 and made her debut as a concert artist that same year in Busan, Korea. She received a full scholarship to study at Busan National University and graduated in 2002.

Kim came to the United

States to continue her musical training, earning a Master of Music and doctorate of musical arts in piano performance at the Jacobs School of Music in the University of Indiana, as well as a Master of Music in piano pedagogy from Butler University.

Currently, she teaches in Hillcrest at her own studio, Dr. Kim Piano Academy. Kim does both in-person and Skype lessons, and works with all ages. Whether it’s working with students or traversing the world in piano performance, Kim feels she is living her purpose and “being used well.”

“This place [when she’s playing] is full of love, there’s no negativity. It works; it’s magical,” Kim said. “I want to contribute a drop of beauty to this world one concert at a time.”

“I see each student and their own character as if they are an already beautiful bonsai tree,” she continued. “Finding unique ways for each student to accept instructions to grow healthy in music is an art in itself.”

For more information about Jeeyoon Kim and her music, or to purchase tickets for the upcoming performance, visit OverAboveBeyondProject.com. You can also like or follow Jeeyoon Kim on Facebook, Twitter and Instagram.

—Freelance writer Joyell Nevins can be reached at joyelle@gmail.com. You can also follow her blog Small World, Big God at subgblog.wordpress.com.✧



(l to r) Moonsub Shin sketches Jeeyoon Kim as she plays the piano for him in New York (Photos courtesy Jeeyoon Kim)



Kim takes a bow after her Carnegie Hall performance. Her local show at Scripps Research Institute auditorium is slated for Dec. 9.

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**BUSINESS SPOTLIGHT**

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For example, Jill was homeless on the streets of San Diego for over 10 years. After losing her husband, Jill spiraled into depression and addiction. After Father Joe's Villages offered her housing support, addiction treatment, mental health services and more, she was able to get back up on her feet and start again.

"I truly believe that St. Vincent de Paul Village saved my life. Today I am a permanent, full-time employee... I have my own apartment and I am truly enjoying taking care of myself for the first time in a very long time," Jill said.

Gifts of Hope brings us back to the original meaning of Christmas — hope, light and renewal. It brings new meaning to gift-giving, providing a second chance to those experiencing homelessness. Visit [Neighbor.org/GiftsofHope](http://Neighbor.org/GiftsofHope) to start giving gifts that give back

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# Georgette Gomez has nearly locked down the Council presidency

VOICE of SAN DIEGO

Andrew Keatts

[Editor's note: This article first appeared in the Voice of San Diego on Nov. 26. View the original article at [bit.ly/gomez-vosd](http://bit.ly/gomez-vosd).]

Everything is lining up for Councilwoman Georgette Gomez to be San Diego's next Council president.

If that happens, she would suddenly find herself as one of the region's most powerful elected officials.

Gomez, who represents the Council district covering City Heights, Kensington and the College Area, has not been shy about indicating she wanted the Council presidency, where she'll control committee appointments and the Council's docket, but also have the chance to set a progressive agenda for a Council with a newfound Democratic supermajority.

Last week, she confirmed she was angling for the job and said she already had an idea of where she wanted to go with it.

"The opportunity that has been given, I think the voters have given something that I think if done correctly, we can truly change the narrative in San Diego and make an agenda that is community-based, that is equity-based, this is the beginning of that," she said at a Voice of San Diego event this month in Barrio Logan.

She now appears to have secured four votes, leaving her one shy of confirmation. Comments by her and other Council members suggest she could already have the votes locked up.

The other veteran Democrats on the Council — Barbary Bry and Chris Ward — were expected to make runs of their own, and had already won some potential support. Jeff Powell, communications director for Republican Councilman Scott Sherman, said he thought the Council's three Republicans could support Ward, who he said had demonstrated an independent streak.

Ward, however, told VOSD he's throwing his support behind Gomez.

"Councilmember Gomez and I share a commitment to pursuing a meaningful, community-driven agenda this next year and building a strong progressive council to champion it," Ward said in a statement. "I'm confident that Georgette is prepared to lead this incoming council with purpose, and I'm proud to support her as our next Council president."

Unlike Ward, Bry would not say outright that she was not running and would support Gomez, but indicated she'd vote along with the rest of her colleagues and was ready to support someone besides herself.

"Councilmember Bry will join her Council colleagues in supporting the Council president who will continue to move San Diego forward,

District 9 City Councilmember Georgette Gomez (Courtesy photo)

and who will docket a robust agenda in order to tackle some of the region's most pressing issues," Bry spokeswoman Lora Fleming said.

Republican Councilman Chris Cate appears ready to support Gomez too, despite their ideological differences.

"My team and I have a good rapport with Councilmember Gomez and her office," he said. "She has always been forthright and honest. I believe those qualities are important for our next Council president."

Councilwoman-elect Vivian Moreno — who is still hesitant to declare victory, though the rest of City Hall has already done so — said she would support Gomez, who "pounded the pavement" for her in her district.

"She's a natural leader, and I appreciate her attention and honesty to the residents," Moreno said.

That gives Gomez four votes, counting her vote for herself. And Gomez seems to think she's got a good chance of winning support from Councilwoman-elect Monica Montgomery, who knocked off outgoing Council President Myrtle Cole in the city's south-eastern district. At the VOSD event Gomez drew a connection between herself, Moreno and Montgomery as leaders who won with community support, rather than institutional backing from organized labor or the county's Democratic Party — and who represent the city's underfunded, minority communities.

Montgomery wouldn't say who she was supporting but described her ideal candidate.

"I am looking for a Council president who will move a progressive agenda that will focus on the needs of underfunded communities," she said. "I'm looking for someone who will be independent — who will stand up to the mayor, or stand with the mayor, if need be."

The Council presidency selection is the first taste for Republicans of life under a Democratic supermajority.

Despite being in the minority, Republicans managed to select the last two Council presidents by promising their four votes to a Democrat who, by voting for themselves, could buck the Democratic majority. In the end, other Democrats voted with the majority once it seemed inevitable, providing cover to the Democrat who made the deal, but there was never any secret that Republicans and the mayor had orchestrated the selection process.

Given their current position, Republicans are having a harder time pulling off a deal.

"When we had four votes, people came and talked to us," Powell said. "Now, to have a Democrat going to another Democrat to say, 'I have three Republican votes, are you with me?' is a pretty hard sell."

Any path for Bry would need to follow Powell's scenario. She'd have to win three Republican votes and one other Democrat, plus her own vote. Councilwoman-elect Jen Campbell, the Council's sixth Democrat, did not respond to a request for comment.

Faulconer himself, though, has said he has a good relationship with Gomez. Earlier this year, he made a rare appearance at a Metropolitan Transit System meeting to support her becoming MTS's board chair. County Supervisor Ron Roberts, a fellow Republican, had to abandon his bid once Faulconer did so.

"I like working with her," Faulconer told VOSD at the time. "I probably shouldn't say too many nice things, because you know then I'll ruin her cred with the progressive community. But, look, she's a fair, determined, direct individual."

see Gomez, pg 25





Say goodbye to **Urban Solace**'s long-established favorites such as chicken and dumplings, duckaroni, and braised beef cheeks. The 11-year-old restaurant, which brought comfort food to North Park before the concept was trendy, is redirecting its culinary approach.

Starting shortly after New Year's Day, chef-owner Matt Gordon will thoroughly revise the menu with a variety of small plates and share dishes. They'll complement an enhanced wine and cocktail program.

Gordon says the incarnation will be called **Bar Solace** to "reflect a more casual style of evening dining." The menu will feature dishes that are more internationally inspired.

In the meantime, Gordon recently added breakfast and



Urban Solace in North Park is changing its culinary direction. (Photo by Frank Sabatini Jr.)

lunch, which runs from 8 a.m. to 2 p.m., daily. Dishes include skillet pecan sticky buns, orange mascarpone French toast, various egg scrambles, warm spinach salad, and more. And for those who have come to savor the restaurant's bluegrass brunch over the years (10 a.m. to 2 p.m. on Sundays), that will remain intact. 3823 30th St., 619-295-6464, [urbansolace.net](http://urbansolace.net).



Chicken and waffles have landed in a popular chain. (Photo courtesy of KFC)

Fast food alert: **KFC** is trying its hands on a dish that never falls out of vogue — chicken and waffles. The company launched the famous pairing on Nov. 12 at all locations nationally, but for only a limited time. According to an employee at the North Park location (2829 University Ave.), the promotion will stick around until Dec. 31, or

possibly a little later. The waffles are made with pearl sugar imported from Belgium. They're paired with a choice of two crispy bone-in pieces of chicken (thigh and drum stick), or three chicken tenders or one bone-in breast piece. The cost for any option is \$5.49, which includes a side of Mrs. Butterworth's syrup. [kfc.com](http://kfc.com).



Chef Quintnton Austin from New Orleans will dish up Louisiana fare at an upcoming North Park restaurant. (Photo courtesy of Alternative Strategies)

A slice of The Big Easy is rolling into North Park with the early-2019 arrival of

**Louisiana Purchase** by San Diego's **Grind & Prosper Hospitality** restaurant group (Miss B's Coconut Club and Park 101). As part of a modern residential loft building called The Louisiana, the courtyard-style venue will offer NOLA-inspired dishes by Chef Quintnton Austin, a New Orleans transplant who will raise the momentum with dishes like alligator cheesecake in crawfish cream sauce, Southern barbecue shrimp, sweet potato cornbread, and more. 2035 University Ave., [louisianapurchasesd.com](http://louisianapurchasesd.com).

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

Faux clouds hovering over the central seating area and an apothecary stocked with exotic herbs and tonics are among the intriguing elements defining a speakeasy that's due to launch in the Convoy district in early December.

Known as **Realm of the 52 Remedies**, its obscure entrance is located inside **Common Theory Public House**, a popular restaurant and craft beer bar that opened a couple years ago.

Cris Liang, who co-owns both businesses, brought in renowned, local designer Michael Soriano to create the 1920s-style speakeasy, which is punctuated by Asian elements such as flickering lanterns and a

back-lit jade bar. Soriano has created eye-catching environments for a number of eating and drinking establishment that include **Dunedin New Zealand Eats** in North Park, **Uptown Tavern** in Hillcrest, and **Vin de Syrah** in the Gaslamp Quarter.

"The environment and menu selections will keep guests mystified with surprises and new discoveries no matter how many times they visit," Liang said in a press release.

The offerings will include small plates and cocktails inspired by flavors and ingredients of the Far East. 4805 Convoy St., 619-535-0118, [52remedies.com](http://52remedies.com).



The aja cocktail made with French rum at a new San Diego speakeasy (Photo courtesy of Michael Ellis Public Relations)

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# A drinking ‘zone’ reinvigorated

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Dr. Ink

The last time I moseyed into what is now the End Zone Sports Bar & Grill, it was under different ownership and named Endzone Pub & Grill. The suggestion of a “pub” back then was quite misleading in the face of a weak beer list, scant football memorabilia and multiple flat screens airing whatever sporting matches were in season.

Those jock elements still exist. But a few positive changes have been made.

Outside of live major-league games, the flat screens are muted as to allow for tunes to be played from an illuminated wall-mounted juke system that cranks out the likes of Melissa Etheridge, The Pretenders, and Sly & The Family Stone. For this non-jock who prefers music over scoreboards, such vintage groups heard loudly through fine, crisp speakers kept me happily planted on my bar stool.

Since the establishment was taken over more than a year ago by the owners of the adjacent liquor store, the sidewalk patio has been filled in with reasonably comfortable furniture, and the interior feels warmer thanks to a little bit of added décor.



Welcome to North Park’s sportiest beer bar. (Photos Dr. Ink)

Also, the beer list better fits North Park’s criteria for quality and quantity. There are now more than two dozen craft beers to choose from, most of them from esteemed local breweries. Better yet, the average cost for a pint is \$6, minus \$1 during happy hour.

In addition, “mocktails,” wines by the glass, and appetizers are \$2 off its regular prices. The latter run between \$8 to \$14 a plate. The options include everything from steak bites and fish-n-chips to avocado eggs rolls, nachos and loaded French fries.

The low-alcohol cocktails are made with various rice wines that are supposed to mimic different liquors. I tried a mojito, which appeared like ice water in a mug. The mock rum lacked mojo, and the requisite mint was muddled and strained into the concoction. I could taste it but couldn’t see it.

As far as mock cocktails go, I’ve had better and certainly worse.

Visiting on a Tuesday meant that pairs of tacos (chicken, shrimp, fish or steak) are half off. Herein lies End Zone’s best grub deal considering

## End Zone Sports Bar & Grill

2859 University Ave.  
(North Park)  
619-677-2928  
[endzonesports-barngill.com](http://endzonesports-barngill.com)

Happy hour: 2 to 6 p.m.  
Monday through Friday

the taco duos regularly cost between \$6 and \$8.

I ordered a pair filled generously with cubed chicken breast. They set me back only \$3. The meat was slightly under-seasoned, but creamy white sauce and pico de gallo perked it up, along with purple cabbage and shredded cheddar.

If raucous Sunday crowds during football season isn’t your thing, End Zone’s weekday happy hour is less intense and offers some of the best deals on local suds within a 10-block radius.❖



Pairs of tacos are half-price on Tuesdays.

## RATINGS

### Drinks: ★★★

In the absence of a full liquor license, the low-alcohol mojito made with rice wine in lieu of rum didn’t come close to the real deal. The wine selection is unremarkable, although the craft beer options are plentiful.

### Food: ★★★★★

A pair of chicken tacos proved substantial and featured such fixings as purple cabbage, fresh cilantro, pico de gallo and white sauce. There is also a decent selection of reduced-price appetizers such as avocado egg rolls, chicken-bacon skewers and corn dog “lollypups.”

### Value: ★★★★★

Beer prices are attractively inexpensive and prove to be a better bargain than the discounted appetizers.

### Service: ★★★★★

The bartender was attentive to everyone’s needs, a proactive “thinker” who politely followed up with customers after serving them drinks and food.

### Atmosphere: ★★★

Though less barren compared to when it operated under previous owners, the sports-theme décor is minimal, and the L-shaped bar remains central.



# Eggs with a Second Amendment afterthought

## Restaurant Review

Frank Sabatini Jr.



“Beware of the salsas. Especially the green one,” I said to my out-of-town visitors after settling into a corner booth at the wildly colorful, gringo-owned Jimmy Carter’s Mexican Cafe.

The eatery’s namesake proprietor — no relation to the former U.S. president — began introducing commendable takes on Mexican food in 2002, when he briefly operated an offshoot eatery in Mission Hills. A steep rent hike drove him out. So he took the Mexican concept to his original corner lot location in Bankers Hill, which he launched in 1991 as a place for all-American comfort grub.

“It was my midlife crisis,” said 76-year-old Carter in reference to starting the business nearly three decades ago.

The revised concept ushered in vivid Mexican colors and design elements, which begin at the building’s exterior and run straight through the dining room and into the rear cantina/bar area. In addition, nearly 99 percent of the menu offerings became Mexican-inspired.

All of my guests who roll into San Diego from taco-deprived lands dig the atmosphere and food at Jimmy Carter’s. Over the years, I’ve steered them to many of my favorite dishes such as the carnitas egg scramble, huevos rancheros, house-made tamals, and the deeply flavored chili Colorado made with a choice of chicken or pork.

For my culinary companions, who were visitors from Germany, both the red and green salsas that accompany

complimentary table chips were in fact too hot for their untrained palates. They’re made with generous measures of serrano and jalapeno peppers respectively. I dab them onto everything — eggs, refried beans, burritos and even toast at times.

While placing our orders, a decorative feature stood out. Overlooking the dining room is a life-size mustached bracer holding a placard that reads: “The Second Amendment was written when Arms were Muskets.” We unanimously chuckled in full agreement.

In a subsequent phone interview, Carter said the eye-catching display went up earlier this year, and that a handful of customers have since declared they’d never return to the cafe because of it.

“To the people who complain, I say it’s just a fact. I’m not making an argument. And I don’t plan on taking it down,” he added.

The food that hit our table carried the same level of backbone as Carter’s astute Second Amendment observation.

For two vegetarians in the group, the soyrizo scramble tasted so much like real meat was strewn throughout the eggs, that we double-checked with our waiter to confirm it wasn’t the case. The faux meat, he pointed out, is made in-house. Indeed, it’s more convincing than popular commercial brands.

### Jimmy Carter's Mexican Cafe

3172 Fifth Ave.  
(Bankers Hill)  
619-295-2070  
jimmycarter's-mexicancafe.com

**Breakfast:**  
Omelets and scrambles, \$8 to \$10.50  
combo plates, \$5.50 to \$9  
specialty plates, \$8.50 to \$13

**Lunch and dinner:**  
Appetizers and soups, \$2.50 to \$9  
tacos, burritos and other Mexican fare, \$6 to \$14.50

Another vegetarian dish, “Shelly’s veggie medley,” featured a tasty, eggless mix of sauteed spinach, artichokes, mushrooms, tomatoes, green onions and potatoes. Soft, warm cubes of queso fresco served as the protein element. Miraculously, the dish wasn’t watery, given all of its high-moisture ingredients. My visitor loved it.

Well-seasoned pieces of carnitas gave rise to a second scramble on our table.

The meat is consistently flavorful, tender and a little sweet.

Chicken chili Colorado



House-made corned beef hash with eggs



A short stack of buttermilk pancakes



Jimmy Carter’s has been around since 1991. (Photos by Frank Sabatini Jr.)

Whether you order it in tacos, burritos, quesadillas or on top of nachos, even the sternest of Mexican food snobs won’t be disappointed.

My never-ending lust for corned beef hash was sated with this classic homemade recipe, which is minced to a desirable consistency, unlike chunkier versions that really can’t be called “hash.” As requested, the two eggs on top were cooked over-medium, and the buttery sourdough toast I chose received a few long dunks in the salsa bowls.

We shared a short stack of buttermilk pancakes, served two to an order. One person in the group said they had no flavor. Another blurted, “I’ve had better.” Only one person actually liked them. I was ambivalent until overloading my share with butter and syrup, at which point I also finished off what had been cast aside. Though fluffy, they carried a slight bitter flavor I suspect originated from residual grease on the griddle.

In a previous visit I made during dinnertime, I caved in to one of my standbys — the chili Colorado. Depending who you ask, the dish is claimed by Mexico, Spain and Texas. Ironically, it has no connection to Colorado, but rather jives to an accepted meaning of the word “red” in Spanish — that being “colorado.” Jimmy Carter’s uses a


choice of pork or chicken in the dish while adhering to the classic draping of deep-red adobo sauce. If you order it, prepare your palate for a stampede of pasilla and dried ancho peppers as well as copious herbs and garlic.

Robust house-made sauces prevail throughout a number of dishes, enough to justify a “sauce guide” that lists their ingredients. Tlaquepaque, for example, is a creamy blend of cilantro and roasted jalapenos. Nortena combines serrano chilies, tomatoes and cilantro, while the mild tomato-based ranchera puts onions and bell peppers in the forefront. There’s also chocolate-kissed mole and a fabulous red guajillo sauce I’ve requested on the side for taquitos and tacos.

New to the menu are dishes such as pork shank served over Peruvian-style beans and leg of lamb. They rotate through the weekend specials board.

Carter also recently added a small outdoor seating area with four tables, despite a roomy interior that feels no less vibrant than any spirited restaurant you’d find south of the border. Only now it comes with a tinge of political logic over an issue that we can’t ignore.

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



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# Five-star Swiss luxury journey from Bern to Geneva

## Global Gumshoe

Ron Stern



For travelers seeking the ultimate luxurious European getaway, look no further than Switzerland. Follow a circular train route from Bern to Geneva for an effortless journey, sure to please the most discriminating traveler.

Swiss International Airlines offers several flights from the U.S. to Geneva and is voted the best in Europe by travel professionals. After arriving in Geneva Airport, you will want to head downstairs to the train station to purchase The Swiss Travel Pass Flex, which includes benefits such as free travel by bus and boat, access to around 500 museums throughout the country, and free use of public transportation in certain urban areas.

### Geneva to Bern

Taking the train from Geneva to the five-star Swiss Deluxe property, the Schweizerhof Hotel & Spa in Bern, only takes a couple of hours. The hotel is located within walking distance of the late-Gothic Münster St. Vinzenz Cathedral, the Zeitglockenturm historic clock tower, and the Bear Pit.

The old town also offers unique shopping and restaurants. Inside the Hotel Schweizerhof is Jack's Brasserie — the perfect place for an evening meal of French, market-fresh cuisine or their

local specialty, Wienerschnitzel.

### Bern to Pontresina

The next leg to Pontresina will involve several train connections. You will be met on arrival by the staff of your next Swiss Deluxe property, the five-star superior Grand Hotel Kronenhof. The Kronenhof won multiple awards and has breathtaking views of the Upper Engadin Valley; rooms facing the south or southwest can also see the distant Roseg Glacier. After breakfast, take time to walk around the lovely village with boutiques, clothing shops, and a confectionary called Gianottis.

With the entire Engadin Valley as your playground, you could spend weeks here hiking, biking, skiing and golfing. If you just have a couple of days, make sure to visit St. Moritz, a town about five miles from Pontresina. Take a bike to the Alpine dairy of Morteratsch and ride the funicular (circa 1907) from Punt Muragi in Samedan to the summit of Muottas Muragl.

### Pontresina to Zermatt

Hotel staff will take you to the St. Moritz railway station for your segment to Zermatt on the legendary Glacier Express. Referred to as "the slowest, fast train in the world," this is no ordinary Swiss train. You will travel 180 miles across 291 bridges and through approximately 91 tunnels, ascending to a height of 6,706 feet at Oberalp Pass to a low of 2,067 feet in the Rhine Gorge.

Staff from the fabulous



Zermatt has a "storybook village" feel with timbered houses, flower-laden window sills, small retail shops and more. (Photos by Ron Stern)

Mont Cervin Palace will pick you up in either a little electric vehicle or by what they call a "two-horsepower Ferrari" in this mostly car-free, pedestrian-friendly town. With a motto of "Hospitality by Heart," the hotel was opened in 1852 and has a history and longstanding tradition in Zermatt.

The village is like something out of a storybook with timbered houses, flower-laden window sills, a Matterhorn museum, retail shops, and more than 100 restaurants. If you like chocolate, Lindt is here, as well as a local Swiss favorite Läderach.

However, the mountains are the main attraction. There are 38 of them — reaching 13,000 feet — and 250 miles of hiking trails. The Matterhorn Express cable car can take you up to various points on the mountain, including Schwarzsee, where you will have grand views of the Matterhorn. Follow one of the trails back down by foot from Furi to the restaurant for lunch in a traditional Swiss mountain eatery.

A recent mammoth construction project — 3S Cable Car — has also just been completed, which transports 2,000 passengers per hour to the Matterhorn Glacier Paradise.

### Zermatt to Geneva

The train to Geneva will take you past some of the most beautiful sections of the Lake Geneva region. Miles of terraced hills with vineyards line one side, while the other showcases Lake Geneva — a moving postcard of beauty.

A driver from the Beau-Rivage will bring you to this iconic property on the promenade of Lake Geneva with grand views of the Jet d'Eau and the French Alps. Founded in 1865, the property boasts 11 generations of hoteliers.

Epitomizing refinement, elegance and service, the Beau-Rivage has been host to notable celebrities and politicians over the years.

Geneva is the world's smallest metropolis. This capital city is the birthplace of the International Red Cross as well as the home to many

With an impressive height of 131 feet, Jet d'Eau fountain is one focal point of Lake Geneva. At night, colored lights illuminate this water feature, making it a convenient landmark for finding your way around the city.

As in most Swiss cities, trams are everywhere and will transport you anywhere you need to go. Schedules are printed at the stops, and many people speak English. The Swiss people are friendly and willing to help travelers needing directions.

Culminate your circular tour of Switzerland with a fine dining experience in one of the hotel's restaurants. The Michelin-starred Le Chat-Botté offers Mediterranean cuisine



An outdoor cafe in the old town of Bern

United Nations offices. The International Red Cross and Crescent Museum is particularly impressive, featuring moving displays of humanity in the face of decades of world wars.

Geneva also played a pivotal role in the Reformation when John Calvin preached at the Cathédrale Saint-Pierre. The International Museum of the Reformation is a modern addition to the city and traces the history of this movement and its influence on modern civilization.

The Rhône River flows through Lake Geneva, creating scenic opportunities for a walk along the waterfront. At dusk, the city takes on a new look as the sky turns dark blue and the lights of the many shops reflect off of the water.

using locally sourced ingredients while still respecting classical Swiss traditions.

While Switzerland is a fairly small country — approximately the combined size of Vermont and New Hampshire — its natural beauty and cultural traditions are timeless and undeniable. The Swiss excel at providing the world's best luxury accommodations, hospitality services and international cuisine. If you're looking for the ultimate in an indulgent vacation or holiday, Switzerland is calling.

—Contact Ron Stern at [travelwriter01@comcast.net](mailto:travelwriter01@comcast.net) or visit his blog at [globalgumshoe.com](http://globalgumshoe.com). This was a sponsored visit; however, all opinions herein are the author's. ♦



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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.

9/6

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Puzzle answers on page 26

Uptown Crossword

Classics

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| 69 |    |    |    |    | 70 |    |    |    |    | 71 |    |    |    |    |

CREATOR'S NEWS SERVICE

By Charles Preston

ACROSS

1 Blue-\_\_\_ special

6 Term of address

10 Cook

14 Pertaining to the Franks

15 Variation: prefix

16 Verdi heroine

17 Leave

19 Recipe directive

20 Reddish-yellow dye

21 After Brooklyn or Israel

22 Dove shelter

23 *The Way We \_\_\_*

24 \_\_\_ State

27 Sora

29 Airport runway

32 Morse code dash

35 Cubic meter

38 Without guile

39 Actor Wallach

40 Hammet yarn, with *The*

42 Err

43 Please, to a Prussian

45 Ruth's in-law

46 Kennedy sight

47 Part of the Golden Horde

49 *Cantina* offering

DOWN

1 Exclamation of disgust

2 Cleo or Frankie

3 Chantry

4 Giggle

5 Genuine: Ger.

6 Deface

7 Aloe derivative

8 Winged

9 Demure

10 Buckthorn

11 Haphazard

12 Redact

13 Food

18 Stone-Age tool

25 Liquid glyceride

26 \_\_\_ acid

51 Jagers

54 Tabula \_\_\_

58 Adolescent

60 Cereal grass

61 Maiden

63 Dismounted

64 Single

66 Elmer or Donna

67 Quantity

68 Dunne or Cara

69 Look

70 Idyllic locale

71 TV's Mr. Grant

28 Abaft

30 Rara \_\_\_

31 Copper

32 IOU, for one

33 *Inter* \_\_\_

34 1943 Abbott and Costello movie

36 Cell material, for short

37 Ham it up

41 Actress Blake

44 Gibber

48 Walked

50 Abalones

52 Council

53 Reagan Cabinet member

55 Pallid

56 Trawl

57 Transform

58 Painter's cover-up, briefly

59 Nobelist Wiesel

62 Sikkim's continent

65 Artist Shahn

Puzzle answers on page 26

FROM PAGE 20

GOMEZ

If Gomez indeed wins the Council presidency, she'll be suddenly find herself second only to the mayor in her ability to affect local policy.

The position would give her the ability to direct the City Council's legislative agenda. Before he was ousted from the Council presidency by Republicans in 2014, now-Assemblyman Todd Gloria led a Council that raised the minimum wage, increased a development fee for low-income housing and passed new development regulations in

Barrio Logan — though two of those measures were later repealed or scaled back when business groups collected signatures to overturn them.

Gomez also remains MTS's board chair. That could also be an influential regional position, because the agency is pursuing a measure for the 2020 ballot that would increase taxes to pay for transit improvements countywide.

And thanks to recent state legislation, the Council president is automatically one of the city's representatives on the San Diego Association of Governments. That agency is likewise at a critical juncture, as it prepares to adopt a new, multi-decade outline of the region's transportation

system in early 2020. Thanks to that same state legislation, San Diego is the most powerful city within that agency, since all votes are now weighted by each city's population.

The City Council is scheduled to choose its new leader on Dec. 10, right after the newly elected Council members are inaugurated. Gomez has the inside track, and would begin 2019 in a powerful position to shape local public affairs.

—Andrew Keatts is assistant editor and senior investigative reporter for Voice of San Diego. He can be reached directly at [andrew.keatts@voiceofsandiego.org](mailto:andrew.keatts@voiceofsandiego.org) or 619-325-0529.\*

Target your glutes with these muscle workouts

Fitness

Blake and Gwen Beckcom



With the holidays in full swing, sometimes fitness can get put on the backburner. If you want to keep the momentum going, consider changing up your workout — starting with your glute muscles.

You probably are already familiar with doing a squat, as they are an effective way to sculpt your legs and easy enough to complete in the correct form. However, adding weights to this move can intensify it, which helps your muscles become more defined and leaner to get a sculpted body.

If you want to get the most out of your squats, have you considered doing variations such as the goblet sumo squat or the dumbbell squat thrust? These two moves add a little extra effort to the traditional squat, but make an incredible difference in the outcome. They add weight and an increased amount of motion, which will force your body to work a bit harder, but it will also produce greater results.

These moves are superior because they cause you to move up and down, creating tension on your muscles until you are finished with your entire set. Your muscles are then working constantly throughout the duration of the exercise so they remain activated and engaged. This helps build size and strength, keeping you moving through the entire exercise so your muscles don't get a break until all of your reps are complete. It is best to do this until your muscles are fatigued.

The dumbbell squat thrust is great at putting stress on your glutes during the squat exercise, but it lets that tension go as you jump out of your plank position. This means it is a bit less powerful for your legs than the goblet sumo squat. However, this phase of the exercise is powerful for the upper body and abdomen, which are both important muscle groups to pay attention to when you are doing weightlifting.

(Photo courtesy canstockphoto / ClickImages)

Both of these moves are very helpful to do in your exercise regimen, but if you really want to focus on your backside, the goblet squat jump is the best. Try adding these moves to your exercise routine at least three times a week (but no more than four) to increase the strength in your muscles.

**Goblet squat jump**

Hold onto the head of a heavy dumbbell directly in front of your chest. Stand with your feet a bit wider than your shoulders with your toes slightly facing outwards. Bend your knees and push your hips back to lower your body. Stop here for a minute to feel the tension in your muscles before slowly straightening your legs back up to the position where you started.

**Dumbbell squat thrust**

Stand with your feet directly below your hips while holding a dumbbell in each hand. Bend your knees and push your hips back to get into a squatting position. Put the weights down on the floor and hop back up into a push-up position. Stay in this position for a moment to feel the tension, then do the movement in reverse and return to standing.

If your priority goal is your glutes, you need to do exercises that work all three of the gluteus muscles: the minimus, the medius and the maximus. A lot of glute exercises will also work your quads and hamstrings, but adding two more specific moves will help keep your emphasis on your glutes.

**Supine bench glute bridge**

Sit on the floor in front of a bench with your upper back resting on the bench. Bend your knees and put your feet flat on the floor. Raise your hips up, forming a straight line from your chest to your knees while resting your upper back on the bench. Stay here for five seconds before returning to your original position.

**Dumbbell dead lift**

Hold two dumbbells with an overhand grip while standing, and bend at your hips and knees. Brace your abs and keep a slight arch in your lower back. Pull back your torso and move your hips forward while you stand up with the dumbbells. Do this move while squeezing your glutes. Lower the dumbbells to the floor.

After doing these exercises, make sure to give your muscles time to relax and recover. Stretch them out a bit and stay hydrated so they don't become tense or tight. After doing these exercises for a few weeks, you will start to notice a change in the shape of your body and in the amount of strength you are able to put forth. Whatever your reason is, it is important to create a strategy for your glute workout because doing squats all day can get boring — and it won't necessarily give you the sculpted muscles that you are looking for.

—Blake and Gwen Beckcom run *Fitness Together Mission Hills*. Contact them at [fitness.together.com/missionhills](http://fitness.together.com/missionhills) or call 619-794-0014.\*







# UPTOWN CALENDAR

## FEATURED EVENTS



### WAV 2018

WAV returns to North Park this year, hosted by ESSNCE Movement. Come out and support gifted talent across music, art, and dance. Lineup TBA. Tickets \$10 at the door. 18 and up. 8 p.m. at Queen Bee's Art and Cultural Center, 3925 Ohio St. Visit [bit.ly/WAV2018](http://bit.ly/WAV2018).



### Read to a Therapy Dog

Children invited to read books aloud to therapy dogs. All ages. Free. 10:30-11:30 a.m. at Mission Hills Library, 925 W. Washington St. Visit [bit.ly/mh-lib](http://bit.ly/mh-lib) or call 619-692-4910.



### Uptown Democratic Club Holiday Party

Hear from Howard Waye, Esq. about the encouraging blue wave election results. Uptown Democratic Club's new officers will be sworn in as well. The club will be providing tamales and beverages. Please bring a side dish. \$5 if bringing a dish or \$10 without. 5-7 p.m. at Joyce Beers Community Center, 3900 Vermont St. Visit [bit.ly/dem-party](http://bit.ly/dem-party).

### 'Home for the Holidays'

The acclaimed San Diego Women's Chorus (SDWC) presents "Home for the Holidays," a winter concert featuring diverse songs of the season. Enjoy familiar music, both traditional and contemporary, as well as new favorites that summon our most cherished memories of holidays past. Song selections include "What Are You Doing New Year's Eve," "In Dulce Jubilo," selections from "Elf: The Musical," and "White Winter Hymnal." \$18-\$30. 7-9 p.m. at University Christian Church, 3900 Cleveland Ave. A second performance will be held on Sunday, Dec. 2 at 4 p.m. Visit [bit.ly/holidays-sd](http://bit.ly/holidays-sd).



### Talmadge Art Show

Enjoy the biggest Talmadge Art Show of the year and find unique gifts for the holiday. The event features 75 artists and two food trucks. In celebration of the 25th anniversary, there will be a drawing for four \$25 certificates. Free; complimentary parking. 10 a.m.-4 p.m. at the Liberty Station Conference Center, 2600 Laning Road. Visit [sandiegoartshow.com](http://sandiegoartshow.com).

### SoNo Fest & Chili Cook-Off

San Diego Ceramic Connection hosts an annual chili cook-off to kick off the holiday season. The event features 40 restaurants competing in the ultimate chili cook-off, beer/beverage garden with 22 local craft brewers, live music on two stages, holiday shopping with 30 local maker booths and a kid-friendly zone with entertainment. This is an all-volunteer event and all proceeds benefit local schools. All ages. Free entry. \$20 for five chili samples with a ceramic bowl or festival mug; \$7 for drink tastings. 11 a.m.-5 p.m. at the intersection of 32nd and Thorn streets in North Park. Visit [bit.ly/sono-fest](http://bit.ly/sono-fest).



### Jingle and Mingle Holiday Breakfast

Join the Public Relations Society of America (PRSA) San Diego/Imperial Counties Chapter to ring in the holiday season at its annual Member & Volunteer Appreciation Holiday Breakfast. Mix and mingle, network, and celebrate all that's to come in the new year. Volunteers will be recognized for their dedication to the chapter. All attendees will receive a special gift. Free for members; \$25 for nonmembers. 8-10 a.m. at Great Maple, 1451 Washington St. Visit [bit.ly/prsa-party](http://bit.ly/prsa-party).



### The Buttermilktones at The Irenic

Rock band The Buttermilktones will perform with Tracy Bryant. All ages. \$15. 8 p.m. at The Irenic, 3090 Polk Ave. Visit [bit.ly/irenicDec6](http://bit.ly/irenicDec6).



### Magic Sword at Soda Bar

Electronic trio Magic Sword will perform with Crystal Ghost. \$16-\$18. 21 and up. 9 p.m. at Soda Bar, 3615 El Cajon Blvd. Visit [bit.ly/SB-Cal](http://bit.ly/SB-Cal).



### Golden Hill Clean Up Party

Team up to clean up with the Golden Hill Community Development Corporation's Beautification Committee as a volunteer for the quarterly clean-up party. Gloves, buckets, trash grabbers, bags provided; complimentary coffee served. RSVP by texting "volunteer" to 619-786-2759.

### Neko Case at Observatory

Indie rock/Americana singer-songwriter Neko Case will perform with Destroyer. The artist has partnered with PLUS1 so that \$1 from every ticket will go to Peer Solutions and support their positive youth leadership and development program. All ages; guests under 18 must be accompanied by a guardian. 8 p.m. at The Observatory North Park, 2891 University Ave. Visit [bit.ly/observatorynov](http://bit.ly/observatorynov).



### 'Over. Above. Beyond' Piano Concert

Hillcrest resident and pianist Jeeyoon Kim will celebrate the national release of her newest album "Over. Above. Beyond" with a local concert. All ages. \$30. 3 p.m. at the Auditorium at The Scripps Research Institute (TSRI), 10620 John J. Hopkins Drive. Visit [bit.ly/over-beyond](http://bit.ly/over-beyond).

### 'Jingle' with SDGMC

The San Diego Gay Men's Chorus presents their holiday annual holiday show, "Jingle." The show promises a range of holiday favorites from "White Christmas," "Happy Holidays," and "O Holy Night," to modern classics like "Have a Holly Jolly Christmas," "Suzy Snowflake," and the recent "I Want a Hippopotamus for Christmas." \$19-\$29. 6 p.m. at the Sycuan Casino's Live and Up-Close Stage, 5469 Casino Way. Visit [bit.ly/jingle-sd](http://bit.ly/jingle-sd).



### Amine at Observatory

Rapper Amine will perform with Buddy, and Kayo Genesis. \$25. Amine Early Entry Merch Package available for \$75 which includes a ticket, exclusive merch pack, VIP laminate and early entry to the venue. All ages. 8 p.m. at The Observatory North Park, 2891 University Ave. Visit [bit.ly/observatorynov](http://bit.ly/observatorynov).



### Valley Maker at Soda Bar

Alternative/indie band Valley Maker will perform. \$10-\$12. 21 and up. 8:30 p.m. at Soda Bar, 3615 El Cajon Blvd. Visit [bit.ly/SB-Cal](http://bit.ly/SB-Cal).



### Gingerbread House Decorating

Kids can decorate gingerbread houses for the holidays with provided supplies. All ages. Free but space is limited so sign up online in advance. 3 p.m. at Mission Hills Library, 925 W. Washington St. Visit [bit.ly/mh-lib](http://bit.ly/mh-lib) or call 619-692-4910.



### Buddha for You's Anniversary Party

Buddha for You Gift Shop invites the community to an open house to celebrate its 20-year anniversary. There will meditation, food, art, movies, a ribbon cutting ceremony and more. All ages. Free. 11 a.m.-7 p.m. at Dharma Bum Temple, 1531 Tyler Ave. Visit [buddha-for-you.com](http://buddha-for-you.com)

## ONGOING EVENTS

### 'This Beautiful City' Through Dec. 16

The Diversionary Theatre presents its rendition of "This Beautiful City," a musical exploring faith and the organized resistance against gay rights. \$15-\$30 at Diversionary Theatre, 4545 Park Blvd. Visit [bit.ly/beautiful-city](http://bit.ly/beautiful-city).

### 'Rococo Rivals and Revival' Through Dec. 30

The Timken Museum of Art has announced its upcoming exhibition, "Rococo Rivals and Revivals," which explores the distinctive style that flourished in the 18th century. The exhibition includes loans from the National Gallery of Art in Washington D.C., the Wallraf-Richartz Museum, University of San Diego's Print Collection, and several private individuals, as well as objects from the Timken's own permanent collection. Free. 1500 El Prado, The Timken Museum. Visit [timkenmuseum.org](http://timkenmuseum.org).



### 'Dr. Otic's Miraculous Old Town Showdown' Through February 2019

Dr. Otic's Miraculous & Audience-Powered Old Town Showdown — similar to "Who's Line is it Anyway?" — is a fun and interactive show based entirely on audience suggestions. Showdown performances are every Friday and Saturday night, but each show is a unique experience created on the spot by our talented ensemble of improvisors. Reservations recommended. \$14-\$17. All ages; family-friendly. 7-9 p.m. at Old Town Improv Co., 2415 San Diego Ave. #103. Visit [bit.ly/dr-otic](http://bit.ly/dr-otic).

### 'Stories of Struggles & Triumphs' Through January 2020

The San Diego History Center, in partnership with the Lambda Archives of San Diego, brings the first-ever exhibition in Balboa Park focused on the history of San Diego's LGBTQ+ community. Visitors will experience and learn about the community's struggles to overcome persecution, the battle with AIDS, bullying and intolerance, the power of the community, and the tremendous strides taken in the fight for equal rights. The exhibit curator is noted author and historian Lillian Faderman. Times vary. 1649 El Prado, Suite #3. Visit [bit.ly/struggles-triumphs](http://bit.ly/struggles-triumphs).

Looking to get involved in your neighborhood? A full list of community planning meetings, town councils and the like can be found on our website at [bit.ly/uptown-meetings](http://bit.ly/uptown-meetings).

## 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/LestatWest](http://bit.ly/LestatWest).

### 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).

### 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).

### Fridays

#### Free Friend Fridays

Looking for a co-working space with value-aligned social entrepreneurs, artists, nonprofit professionals and local start-ups? Collective Impact Center offers a complimentary day pass to use shared desks and office space. Bring your laptop and check in on social media with hashtag #cicfreefriday for free Wi-Fi. 9 a.m.-5 p.m. at Collective Impact Center, 3295 Meade Ave. Visit [bit.ly/free-Fridays](http://bit.ly/free-Fridays).

### 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).

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

—Compiled by Sara Butler. Email calendar item requests to [sara@sdenn.com](mailto:sara@sdenn.com).

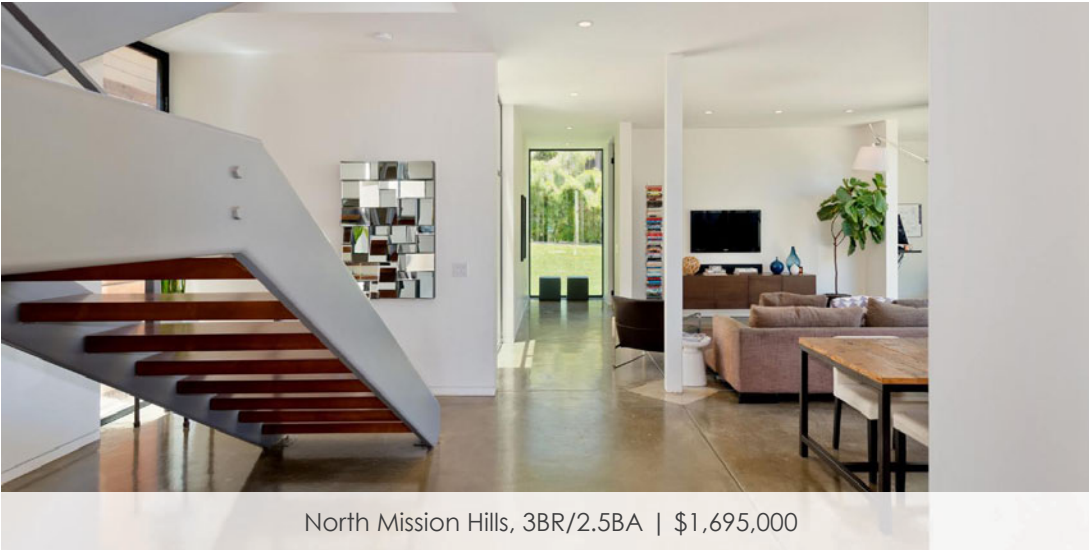




Bankers Hill, 3BR/3.5BA | \$2,750,000



Bankers Hill, 3BR/3BA | \$970,000



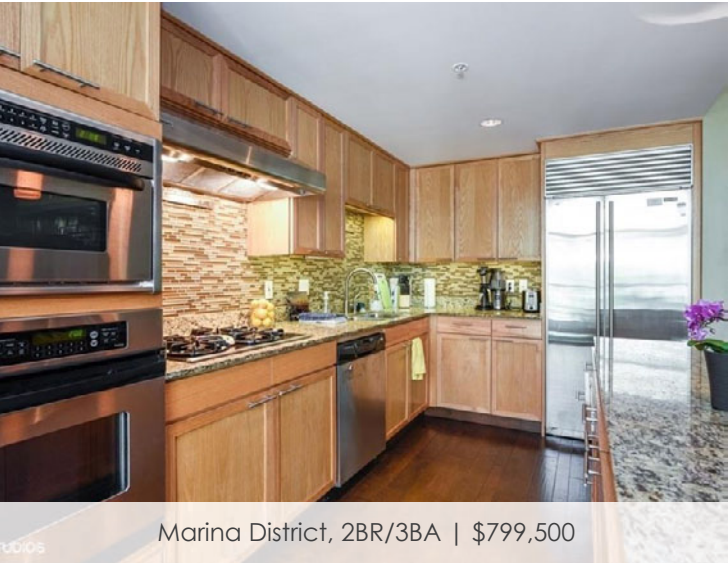
North Mission Hills, 3BR/2.5BA | \$1,695,000



Marina District, 2BR/2BA | \$1,149,900



Little Italy, Loft/1.5BA | \$555,000



Marina District, 2BR/3BA | \$799,500

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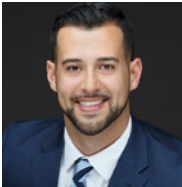
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