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# San Diego Uptown News

Local author's debut thriller

SEE P. 5



Old Town • Mission Hills • Bankers Hill • Hillcrest • University Heights • Normal Heights • North Park • South Park • Golden Hill • Kensington • Talmadge

NEWS BRIEFS P. 3



Cancer Center breaks ground

BEST OF UPTOWN P. 5



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THEATER P. 9



Review: 'Bright New Boise'

FOOD AND DRINK P. 11



Alligator cheesecake stuns



## Can a Hillcrest furniture store heir and queer midwife beat Chris Ward?

Sarah Davis said she did not plan on going back to work at her family's furniture store but when her toddler daughter was mobile enough to start running away, she could no longer do midwifery at the level she was doing. Now, she is back working at Al Davis Furniture while campaigning. (Photo courtesy Chris Wojdak Photography)

## Sarah Davis' revolutionary campaign for health care

KENDRA SITTON | UPTOWN NEWS

In the 2018 midterms, women and nontraditional candidates won many upset elections, upending long held views of who can and cannot win. Seeking to capitalize on that momentum, a midwife from Hillcrest is running for California Assembly District 78. The seat is open now that Todd Gloria is running for San Diego mayor. Sarah Davis is organizing a grassroots campaign for the seat that pits her against one of Uptown's most prominent politicians: Chris Ward. It is her very identity as a queer single mom outside the political establishment

see HEALTH CARE, pg 4

## Specialty Produce collaborates with An's Dry Cleaning for ingredient-driven gelato menu

KENDRA SITTON | UPTOWN NEWS

A year since its opening, An's Dry Cleaning tried a new venture: the small batch gelato shop let another company pick their flavors for a menu that debuted on Aug. 4. Each of the employees at Specialty Produce got to pick a list of ingredients for their own gelato creation. It was then up to An's Dry Cleaning chef David Aguilera to turn them into recipes that could be shared with the shop's loyal fanbase. He said he normally sits with headphones on and music playing for a weekend to develop the gelato that will be featured at the storefront on Adams Avenue for two weeks.

The Specialty Produce employees provided Aguilera a series of unusual ingredients inspired by the season's freshest ingredients and their own personal inspirations for each. A few highlights of the playful flavors include chocolate, popcorn and tatin; brown butter, whey, squash blossom and nectarines; vegan cucumber, melon and scorpion pepper salt; spruce tips, honey and oat



The Chris flavor is made with mead and triple berry jam (Photo courtesy An's Dry Cleaning)

see GELATO SHOP, pg 5

## Lunch at Fire Station No. 5

### Firefighters test their culinary skills in sleek kitchen

FRANK SABATINI JR. | UPTOWN NEWS

The clock inside the spacious kitchen of Fire Station No. 5 in Hillcrest was approaching noon. A couple of crew members were



The rebuilt station offers organized tours for groups and individuals.

chopping vegetables and sautéing ground beef for a taco salad they soon planned on eating.

Out on the patio, a fellow firefighter loaded the meat smoker with two racks of pork ribs sporting a vivid chili-lime rub plucked from a well-stocked condiment cabinet. Those would be for dinner later.

Then just as the team of four prepared to fill their lunch plates from a lineup of colorful salad fixings set atop the kitchen island, an electronic tone permeated the room.

see KITCHEN, pg 2

### Index

Opinion.....	6
Calendar.....	12
Puzzles.....	13
Classifieds.....	14

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An's Dry Cleaning exterior (Photo courtesy An's Dry Cleaning)

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FROM PAGE 1  
**KITCHEN**

It was a medical emergency. Someone in Balboa Park had fainted.

Within seconds, the quartet vanished from the room, leaving behind their esteemed battalion chief, Mike McBride, who ate solo at the station's large, communal dining table in the company of public information officer

Monica Munoz. The coconut-chocolate cookie bars Munoz brought on her visit sat waiting along with the rest of the food for the crew's eventual return.  
The interrupted meal is a common

occurrence at the year-old Fire Station No. 5, which includes updated cooking equipment from the station's aged predecessor.  
"It happens almost daily," said engineer-paramedic Stacey Nichols,



Engineer paramedic Stacey Nichols with a veggie-loaded salad.



Chief Mike McBride leaves most of the cooking to his crew. (Photos by Frank Sabatini Jr.)



Firefighter Robert Chacon prepares ground beef for taco salad.

referring to instances in which fire and rescue calls suddenly disrupt recipes in the making or meals in progress.

The rebuilt fire station at University and Ninth avenues stands in place of a much smaller facility that was razed a few years ago. Its graceful, modern design houses a kitchen that is almost eight times larger than the old one. The firefighters are afforded amenities such as a six-burner gas stove, a griddle, four jumbo stainless steel refrigerators, ample counter space, and an outdoor grill and smoker.

Crews of five, including the assigned chief, rotate through the station in 24-hour cycles. They collectively shop and cook for their lunches and dinners. For breakfast, they fend for themselves.

What is largely unknown to the public is that the crews pay for meals



Firefighter paramedic Jose Arciniega with ribs at the patio smoker

out of their own pockets. A daily \$10 contribution is standard, in addition to a \$4 fee for condiments and basic staples.

"We shop every day with the fire engine while all staying together in case of emergency calls," said Nichols, adding that frugality is key when combing the aisles for sales at Trader Joe's, Ralph's and Sprouts.

see KITCHEN, pg 13

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# \$59 million Prebys Cancer Center breaks ground in Hillcrest

A \$59 million state-of-the-art cancer center designed to serve patients throughout central and south San Diego County took a big step forward with a groundbreaking ceremony on the campus of Scripps Mercy Hospital San Diego on Aug. 9.

The outpatient facility, to be known as Prebys Cancer Center, will offer a comprehensive range of cancer treatment and support services. The 40,000-square-foot, four-story center is named for the late Conrad Prebys, who in 2016 pledged a \$20 million gift toward the facility and a \$5 million gift for an endowed medical director position at Scripps MD Anderson Cancer Center. The gifts and facility name were officially announced Aug. 9.

Prebys Cancer Center will be part of the Scripps MD Anderson partnership and will be located on Fifth Avenue on the campus

of the main hospital in Hillcrest. The facility represents the first new construction in Scripps Mercy's master redevelopment plan and is expected to be open for patient care in spring 2022.

**Services at new center**

Patients at Prebys Cancer Center will have access to leading-edge radiation therapy technology, including two TrueBeam linear accelerators, which deliver external beam radiation treatments with exceptional accuracy and speed.

Additionally, the facility will house a 20-chair infusion center, where chemotherapy, targeted therapy, immunotherapy and other treatments will be delivered. The new center also will include spaces for treatment planning conferences, patient exams and consultations, physician offices and patient support services. A new 140-space



A rendering of what the building will look like. (Photo courtesy Scripps)

parking garage, expected to open in 2022, will adjoin the facility.

**A healing environment**

Prebys Cancer Center will feature design elements to help comfort and support patients, families and friends. These include floor-to-ceiling windows, nature-inspired artwork, and a "tree of hope" in the main lobby to symbolize strength and healing.

Plans also call for the facility's second-floor infusion center to be surrounded by three rooftop terraces, which can be enjoyed from indoors through windows, or from

various seating areas outdoors.

The general contractor for the new facility is Kitchell, and the architect is Mascari Warner Dinh Architects.

Prebys Cancer Center will be funded through a combination of philanthropy, borrowing and operating income.

**Multidisciplinary approach**

"Prebys Cancer Center will complement our multidisciplinary team approach to cancer care, by bringing physicians, caregivers and services around the patient in a single

location," said Thomas Buchholz, MD, medical director of Scripps MD Anderson Cancer Center and a Scripps Clinic radiation oncologist. "Offering a comprehensive scope of services in a single setting provides convenience for patients and their families, while also fostering strong collaboration and communication among the entire care team." Dr. Buchholz also is the first recipient of a new endowed position, the Conrad Prebys Executive Medical Directorship, Scripps MD Anderson Cancer Center, made possible through an endowment provided by Conrad Prebys. ❖

## Save 30th Street Parking sues the City

**KENDRA SITTON | UPTOWN NEWS**

Businesses and residents opposed to taking out parking on 30th Street in order to install a bike lane officially filed a legal challenge to the plan on Tuesday, Aug. 13. Save 30th Street Parking claims in their lawsuit the City of San Diego did not do proper outreach ahead of the decision, a requirement under the California Environmental Quality Act (CEQA). Land use attorney Craig Sherman filed the lawsuit on behalf of the group, which formed earlier this summer in the wake of the decision.

"Based on what we now know, special interest groups were fully informed, and they got special

back-channel access to City officials to participate, promote, and be granted their special project. But there was no significant or meaningful information or outreach to the general public nor CEQA-mandated environmental review disclosures as required by law," Sherman said in a press release.

Proponents of the bike lane have called the lawsuit baseless. KPBS reporter Andrew Bowen described the suit as a longshot partially because CEQA was amended in 2013 to so slower traffic and parking loss could no longer be used to challenge a project's approval.

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FROM PAGE 1

## HEALTH CARE

that Davis is hoping will attract voters in the Democratic primary next year.

Unlike so many of the nontraditional national campaigners of last year — suburban moms, veterans, a now-famous waitress from the Bronx — Davis did not decide to run in the wake of Donald Trump's election. She has known she wanted to run since 2013.

"My daughter was a baby — she was about 6 months old — and I was working with a group of other licensed midwives in the state to make sure that we could change California's outdated laws about midwives. So I was going back and forth from San Diego to Sacramento with my little one. And the more I went to hearings and individual meetings with legislators and talking to lobbyists, the more I realized that that was a job that needed somebody who had some experience in maternal child health. There needed to be someone there. And I thought, 'OK, someday I'm going to do this,'" Davis said during an interview at the Glass Corner Cafe in Hillcrest.

Since then, she continued activist work including assisting Ammar Campa-Najjar's bid to unseat Representative Duncan Hunter, raised her daughter, and waited to make an Assembly run. When Gloria announced he would not be seeking reelection, Davis decided now was the time.

"There's not open seats all the time. I decided I was going to go ahead and take the opportunity to represent the community," she said.

Davis' family have been in San Diego for four generations. Her grandfather founded Al Davis Furniture on University Avenue which is now owned by her dad, Bob Davis. It has been in the same Hillcrest location since 1960. She remembers alphabetizing things, using a typewriter, and of course, jumping on the mattresses as a kid — something her daughter does now.

In between canvassing neighborhoods, going door to door, and

answering emails for her campaign, Davis is helping run the store as her dad heads toward retirement.

To help her reach voters, Angel Godinez is Davis' campaign manager. Godinez was integral in flipping National City blue but says this campaign is stretching her in new ways. The pair met at a Democrats for Equality fundraiser. Godinez liked Davis' ideas and found they shared the same values.

"[The campaign is] gonna push me [to] a degree that I've never really approached before. So I'm excited. I feel like I'm in a position to really give it 110%. I have all the time to take it on," Godinez said.

The central issue of Davis' campaign is health care. She supports universal health care, reproductive justice as well as other issues

state actually doesn't allow nurse midwives and nurse practitioners in all different parts of primary care to work to the full extent of their licenses, even though most states do allow this," Davis said. "California is really behind the curve on that and since California is not letting those providers do their job, we are lacking primary care providers in a way that we don't have to be."

Health care is also the lens through which she sees other issues, including climate change with deaths relating to pollution and as a cause for someone to experience homelessness.

"One of the major predisposing factors to people becoming homeless is major medical incidences and bills that they can't pay. If we can get to a point where we don't have anybody becoming home-



Davis often pauses before answering questions as she decides how to articulate her progressive platform.

in the industry, including updating laws surrounding midwives and nurses to address worker shortages.

"In California, we tend to think that reproductive justice and access to reproductive health care isn't such a big issue because we can contrast ourselves with somewhere like Georgia or Mississippi. But... we don't have abortion access in every county in the state. We don't have childbirth facilities in every county. We don't have midwives who are the evidence-based provider that provides the highest quality care for most people in most circumstances, in most areas of the state. The

less due to a medical bill, we will be stopping that upstream issue for homelessness right there," she continued. "The only people who are going to make universal single-payer health care happen in California are legislators who go there who have never taken money from any of the lobbies that are opposed to it like pharmaceutical industry, hospital industry and the health care insurance industry."

Davis is supportive of many other progressive proposals including decarbonizing the economy, abolishing prisons, and building more public housing. Unlike Ward, who is a homeowner, she



Davis opts for short-cropped hair to frame her friendly, freckled face over the polished hairstyles of so many female politicians. She hopes her identity as a nontraditional candidate will attract voters. (Photos courtesy Chris Wojdak Photography)

has promised to protect tenant's rights.

More recently, Micah Perlin has entered the primary on a platform of addressing the climate crisis. On the MTS board, Ward has worked to reduce carbon emissions by increasing the use of public transit and bikes instead of vehicles. However, some of his work has alienated people who fear he is either not going far enough or going too far in taking away parking.

On the other hand, Davis is uninterested in these piecemeal changes, like taking out parking to add a bike lane on 30th Street, because she says systemic change is needed first.

"California needs to completely stop removing fossil fuels from the ground and completely change our economy and make sure that all of the workers who are currently working in fossil fuel extraction have new jobs in new green infrastructure and new green industry. When we're doing that and we go about it that way, from a whole systemic change, we can plan out how to get people from point A to point B in a safe way that protects mobility for people who have accessibility issues," Davis said. "The only way we're gonna be able to redesign the whole big picture is if we go up to Sacramento and fight hard against fossil fuel interests and make the big, big changes."

It is these big changes Davis is proposing that explain why

she thinks she is best suited for Sacramento rather than starting in more local politics or even going national where so much progress is stymied by Republicans.

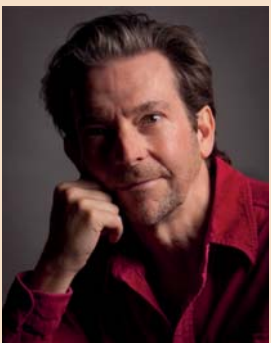
District 78 spans the coast until hitting Solana Beach and stretches east to cover much of Uptown. Under the current map, the district has been a significant stepping stone for San Diego's biggest politicians: Todd Gloria, mayoral candidate, held the seat for two two-year terms. Toni Atkins, California's current Senate leader, held it before him. Both have endorsed Ward.

The district is safely blue, meaning the Democrat that comes out on top in the primary will likely be headed to the capitol the following year.

In the first financial disclosure period, Ward outraised Davis by tenfold. He brought in \$284,393.27 while she raised \$25,534.80, much of which her campaign already spent. Still, Davis is confident she can win and is assured the donors sending her to Sacramento share her values.

"My fundraising is going up, but I don't expect to, at the last day of the cycle, necessarily have as much money [as Ward]. I'm OK with that," Davis said. "I'm planning to do a grassroots campaign and we know that campaigns like that can win nationwide and we know that they can win in San Diego."

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## Local book releases

KENDRA SITTON | UPTOWN NEWS

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## "Junkets &amp; Jaunts"

Longtime Downtown resident and former executive editor of San Diego Magazine Ron Donoho has published a travel anthology called "Junkets & Jaunts."



While Donoho has bylines in several national outlets, the stories that make up this book are from his personal blog, junketsandjaunts.com. Many of the places he visits are in Southern California, with a weekend spent on Catalina Island or a night in Carlsbad. Others stray further, including a trip to Arizona to find the best avorita after an avocado-infused margarita he tried in San Diego disappointed (his sense of adventure was undeterred by the poor experience).

The collection of travel stories is a fast and enjoyable read filled with pop culture references and funny diversions. Donoho's travel philosophy is based on car-share drivers, among others, offering the best regional insights. Thankfully he does not fall into the territory of relaying what a taxi driver said to him when he first entered a city wide-eyed — a cliché so overused by travel writers and journalists alike it garners only eye rolls. Instead, the interviews he includes are with award-winning bartenders haunted by searing loss and the founder of a worldwide scavenger hunt who was once dubbed the "World's Greatest Traveler" by National Geographic.

Donoho's stories are often lighthearted and spattered with clever callbacks to previous adventures. In one of his more introspective pieces of writing, said bartender tells him asking too many questions means he will not get to enjoy the details as much. Donoho concludes, "like a great craft cocktail or poignant barroom tales, attention to detail usually elevates the experience." In his own writing, Donoho details the characters of each place he visits yet does not get bogged down in being overly descriptive. Traveling, like writing, should be fun after all.

## "Murderabilia"

Pacific Beach author Carl Vonderau is taking the glorification of serial killers out of the true crime genre with his debut thriller "Murderabilia," published by Midnight Ink. The novel focuses on the son of a serial killer whose photos of his victims spurred the "murderabilia" market. While the son has changed his name and lives an idyllic life as a banker, a threatening phone call sends him back into the world of secrets, crime and guilt of his childhood.



"['Murderabilia'] takes the glory out of a serial killer because it's really from the perspective of what his crimes do to his children. And it's about growing up under the stigma of your father being a very famous serial killer," Vonderau said in a phone interview. "Having to live down what your father did is really at the heart of the book and trying to escape from it."

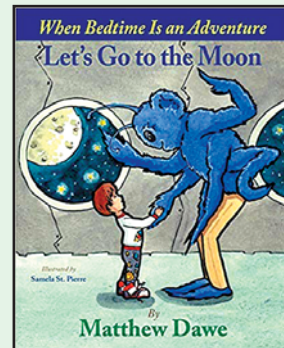
For Vonderau, the book is more than just a thrilling read: it is a cultural critique, a family drama, and a vessel for exploring his own past experiences. Like the protagonist, Vonderau worked in banking, a career that took him to North Africa, Latin America and Canada. Those places became the setting for the book as international hijinks ensue.

"There's a scene in Columbia, there's a scene in Algeria and these were places where I've worked. I've worked in a lot of sectors of banking, so I bring that to the novel," he said.

Vonderau has retired from banking and is now a full-time author with more true crime books on the way. In the meantime, he is also helping local nonprofits. On Aug. 10, he raised money for Traveling Stories with other local authors at the Book Catapult. Together, they donated \$1,500 worth of children's books for the organization to distribute to 2-10-year-olds learning to read.

## "Let's Go to the Moon"

Matthew Dawe's kicks off his "when bedtime is an adventure" children's book series with "Let's Go to the Moon," illustrated by Uptown-based artist Samela St. Pierre. The book turns the nighttime ritual of going to bed into a time when kids can imagine a daring enterprise. The whimsical book blends fantasy and reality as Timmy's mom reads him a book about space travel. He dreams that the family car transforms into a rocket ship and he and his dad head into outer space together. Once there, they find themselves in the middle of intergalactic war and retreat to the mothership, where they are greeted by aliens who take them to their home on the moon. The next morning, Timmy wakes up in his own bed wondering what is real and what is imagined.



"The idea of 'when bedtime is an adventure' struck me because getting little ones to bed is sometimes difficult and if you can create an environment where you don't know what fun things might happen when you go to bed, hurry up and go to bed was an interesting thought," Dawe said in a phone interview.

While author Dawe is now based in Seattle and illustrator St. Pierre is now in San Diego, the pair actually met while they both lived in Massachusetts.

"My wife Karen googled local artists and [St. Pierre] came up and we got a chance to meet at a coffee shop. She showed me some of the things that she had done and I really liked the connection of having a local artist rather than just having a corporate office do the illustrations," Dawe said.

Dawe plans to carry the family featured in the book through eight or nine more stories in the series.

FROM PAGE 1

## GELATO SHOP

milk. The ingredient-driven flavors were named after the employees who thought of them, so for a few



Chef David Aguilera at a tasting at Specialty Produce (Photo by Kendra Sitton)

more days, customers can order a Christopher (mead and triple berry jam), Kelly (ube and tamarind) or Jake (Asian pear and vanilla). Normally, the flavors are named after fabrics.

Erick Dietz, who has worked at An's since the beginning, said the shop is able to introduce customers to ingredients they would never normally come across because gelato is approachable.

"Ice cream is available for everyone but you get to try these unique ingredients here," Dietz said.

The collaboration with Specialty Produce is far from the first experiment An's Dry Cleaning has undertaken. First, the founders refrained from naming it anything gelato related and decorated the interior with ironing boards for tables, hangers, and fabrics in a nod to the retail space's laundry roots. Sometimes,

confused people still come in with their laundry. Then, they have limited the menu to only gelato and gelato cakes — no water bottles, no other desserts, and definitely no paninis. Instead of getting to choose one or two flavors to sample, when a customer reaches the front of the line, they are given a spoonful of each flavor before making a selection.

The gelato selections at the specialty shop are made in-house from



Specialty Produce employee Joe pushed chef David Aguilera to use spruce tips in gelato. (Photo courtesy An's Dry Cleaning)



Some people commented that the Jake flavor, which is comprised of Asian pears and pieces of vanilla — not vanilla extract — tastes like Christmas. (Photo courtesy An's Dry Cleaning)

scratch. Unlike other places where all flavors have the same base, Aguilera makes a different base for each recipe. In this menu alone, oat milk, goat cheese, whey and brown butter are all used to create the creamy base.

At a tasting event for the new menu held at Specialty Produce's Hancock Street location, Aguilera gave attendees a special look at how he develops recipes. He shared the first recipe he created for Nick. While the flavor was good, he pointed out the gelato was too cold, causing a watery melt off the scoop. A huge chunk of nectarine distracted from the base and shredded squash blossoms created a stringy texture. At staff meetings, An's employees might give Aguilera similar notes on the upcoming flavors so the temperature, balance and texture are right before they are debuted to the world. He then passed out the perfected blend he made based on those notes, which was creamier, warmer and each ingredient was inseparable from the others.

see GELATO SHOP, pg 9



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## 200 days of progress for the people's House

### District 53 Dispatch

Susan A. Davis



It's been just over 200 days since a new and diverse majority stormed Washington and began passing a bold agenda for the people.

This new majority came with a mandate from the people. The overwhelming message we heard from them?

Lower health care costs.

Raise wages.

Clean up corruption in Washington.

We listened and have taken action.

Since January, the House has passed dozens of bills to uphold the promises made to the American people.

On day one, the House of Representatives voted to throw its full

legal weight against President Trump's lawsuit to strike down protections for people with pre-existing conditions.

I hear from so many constituents who fear losing their health insurance.

My constituent Abel Beltran says the Affordable Care Act (ACA) saved his life. As a cancer survivor, he doesn't know what he would do if the ACA was repealed.

As one of the 130 million Americans living with a pre-existing condition, Abel could also lose his health insurance if the Trump administration is successful at allowing health insurance providers to issue junk plans that don't cover pre-existing conditions.

The House has passed strong bills to crack down on junk health insurance plans that are not required to cover pre-existing conditions or provide essential health benefits. The plans could

result in higher premiums for those with pre-existing conditions.

The high cost of prescription drugs is also a major concern for Americans.

We passed a package of five bills that confront the pharmaceutical industry's unfair practices of keeping drug prices high and preventing lower-cost generic versions of drugs from getting to market.

While the House is working to bring down health care costs, we are also fighting to give the American people a raise.

It's been over a decade since the federal minimum wage was raised — the longest stretch of time between increases.

With the recent passage of the Raise the Wage Act, 33 million Americans will get a raise as the federal minimum

see HOUSE, pg 7

## Re: Plan for 30th Street bike lane stokes fears, hopes

### Letters to the editor

This is totally ridiculous! No one is talking about the RESIDENTS!! What are the people who already live in North Park supposed to do with their cars? They have jobs that are not realistic to bike to. This is not the suburbs where every house is a single-family house with a two-car garage. Almost every house on our street is multi-unit. Many of the houses don't have garages or driveways and if they do, the majority only fit one car. I don't understand taking away all that parking for the few people that want a bike lane.

Jannette Mueller, via Facebook

There is a large parking facility in central North Park, theoretically making parking easier. Yes, it's paid parking, but so are most places now because parking is obviously a valuable commodity. To me, this makes North Park's transit issues a bit different from other parts of town like Hillcrest.

Mary McKenzie, via the website

I am incredibly ecstatic about the approval for bike lanes on 30th Street in the North Park neighborhood and would like to encourage Chris Ward and Kevin Faulconer to continue their support.

I moved to San Diego seven years ago from Seattle — a city where public transportation and cycling are widely used by its residents for practical and environmental reasons. My sole form of transportation is by bike; I also bike regularly with my dog, so safety is of great concern to me.

San Diego has such a sprawling (and promising) infrastructure that the addition of bike lanes to our city will be a healthy and positive change for future generations. As an employee of the North Park neighborhood, I witness on a daily basis the advantages of last-mile transportation (biking/shared biking/scooters) and look forward to the changes the bike lanes will bring to this bustling, trendy neighborhood.

Lisa Y. Méndez and Olive the terrier mix, who live in Golden Hill and are employed in North Park



Lisa Y. Mendez and Olive (Photo courtesy Lisa Y. Mendez)

I just read your article about the parking/bike lanes on 30th Street and I take exception to your comment that North Park was ever a "slum."

I have lived in this beautiful neighborhood near Morley Field since 1976, at which time 30th and University was a vibrant area with dress shops, banks, restaurants and other businesses, such as J.C. Penney (later REI). With the rise of Mission Valley, some of these businesses moved to malls, leaving some buildings empty. However, the historic Craftsman homes made this an area that people loved and wanted to move into. North Park was never a slum and you should apologize to the community for this blatant mischaracterization!

Rachel Burnage, North Park

I take strong exception to your article where you say that North Park was once considered "a slum."

I have lived in North Park, Morley Field for almost 70 years. My family moved into NP in 1945. Back in the late '70s to early '80s, it got a bit run down due to aging homeowners, but it was never a slum! New families moved in then and re-gentrified the area. A resurgence of that is now occurring.

Perhaps in the future, before writing such an inflammatory comment, you should ask for many opinions, especially from those of us who've lived here apparently longer than you have. I'm assuming, of course, that you live in North Park. If not, all the more reason!

Sherrill Joseph, Morley Field

In response to a prior article concerning North Park, wherein it was stated that the area had previously been "a slum," I am hereby setting the record straight because that's not what it was.

I grew up in North Park and have lived in the same house here for 80 years. This is how North Park was in the 1940s, 1950s, and to a certain extent, beyond those years:

- Two movie theaters: the North Park Theatre and the Ramona Theatre.
- The Palisades Roller Rink.
- A J.C. Penneys store and a Woolworths.
- Lawsons Jewelers.
- Two banks.
- An Owl drugstore.
- Clothing stores.
- Corner grocery stores, as well as one large grocery store (the name now escapes me).
- A bowling alley.
- Other businesses, including dental/medical facilities, insurance companies, shoe repair businesses, etc.
- Restaurants, including one owned by my father on University Avenue (now called Lucha Libre). Also, the longtime Peking Restaurant which, unfortunately, just closed.
- Local schools to which most of the children walked.
- The same tennis courts, baseball diamonds, and swimming pool at Morley Field which still exist.

There may be many other things that I may have omitted. However, I simply wish to point out that there were many business and recreational facilities which created a very family-friendly neighborhood. We didn't have to travel to Mission Valley or elsewhere to do our shopping, to conduct business, or for entertainment.

Finally, most of the homes in the 1940s and 1950s were single-family homes, before the influx of apartment and condominium complexes. Also, there wasn't the proliferation of bars and breweries which we've seen over the last few years.

Nikki Nicholas, North Park

[In response to these readers writing in, [sduptownnews.com](http://sduptownnews.com) has been updated to say North Park experienced a downturn in the 1980s, and take out the word 'slum' which was offensive and inaccurate] ❖



# When is the best time to exercise?

## Fitness

Blake and  
Gwen Beckcom



There have been many debates about the effectiveness of exercise during certain parts of the day. While nighttime workouts have been thought to disrupt sleep, new research adds in a new factor of the body's circadian rhythm to determine the best time to exercise.

The human body has a circadian rhythm that corresponds with the cycles of the sun and the moon. Research has shown that muscles also follow this cycle, and therefore function better during the day. Oxygen works with our circadian rhythms inside muscle cells to create energy, which corresponds with the time of day.

### Your muscles' daily cycles control your response to exercise

Muscles can most efficiently use oxygen for energy during the day, or during their waking period. Researchers have genetically mutated the circadian clock in certain muscle fibers, leading to abnormalities while the muscles are at rest. Muscles vary throughout the day when it comes to their proteins, their effect on metabolism, and their production of lactic acid, which



Blake Beckcom, a trainer and gym owner, monitors a client's workout. (Courtesy of Fitness Together)

is why it is important to time your exercise right in order for it to be the most effective.

Several studies have been done to discover how to find one's unique circadian rhythm. Because exercise releases biochemicals in the brain and body, exercise has been shown to almost certainly affect the body's internal clock and circadian rhythm. Exercise makes the body be able to judge the amount of movement it needs, and when it should be resting.

### When is it best to exercise?

Exercising during the night is not the most effective method

for your muscles or circadian rhythm. However, you must find out what time of day is most effective for your body to exercise. This may largely depend on your schedule.

If your schedule is flexible and you can choose when to exercise, there are some benefits to certain times of day. If you are going by your circadian rhythm, the best time to exercise is in the afternoon.

Body temperatures are typically a bit warmer in the afternoon than they are in the morning. This results in both better muscle performance as well as a decreased risk of injury.

### Benefits of morning exercise

Some research also creates an argument for the effectiveness of a morning workout. Research has shown that 45 minutes of exercise right after you wake up may reduce food cravings throughout the day. Morning exercise has also been shown to result in an increase in overall daily physical activity.

It is also best to exercise in the morning while fasting. Exercising on an empty stomach can help prevent weight gain and a resistance to insulin. When fasting and exercising together, the impact of cellular factors is maximized, which forces fat to breakdown to create energy. If working out on a completely empty stomach is troublesome, you can drink a high-quality protein shake prior to your workout.

### Evening exercise isn't necessarily bad

While it may not be ideal to exercise in the evenings, if you must do so, you may not need to change your habits. A recent study found that people who vigorously exercised for 35 minutes just prior to going to sleep, slept equally well as they did on nights when they did not exercise. Some polls have even reported people saying they sleep

better after an evening workout. This has led the National Sleep Foundation to conclude that exercise is beneficial for sleep, no matter what time of day it is done.

If you are unsure when to exercise, you can do some trial and error to see what feels right. Try doing 30 days of morning exercise, followed by 30 days of afternoon exercise, or whatever your daily schedule allows you to do. With increasing research on the importance of circadian rhythms on our health, it may be best to exercise in the afternoon over any other time.

In the end, however, just pay attention to how you feel and let your body guide you to when it is best for you to exercise. It may even be that the best time to exercise could vary from day to day with varying schedules. Overall, any exercise is good exercise.

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

## FROM PAGE 6 HOUSE

wage is gradually increased to \$15 an hour.

According to the Congressional Budget Office's analysis, this increase will lift 1.3 million Americans out of poverty, including 600,000 children.

Giving nearly 20 million working women a raise will also help secure fairness and equality for women.

While women still only earn 80 cents for every dollar earned by a man, raising the federal minimum wage will narrow the gender pay gap that disproportionately impacts women of color.

The Paycheck Fairness Act will build on the Raise the Wage Act to further close the gender pay gap. Because of loopholes, the Equal Pay Act of 1963 has not provided the tools to truly combat unequal pay. The Paycheck Fairness Act modernizes the Equal Pay Act and closes those loopholes.

While kitchen table concerns like health care and wages are a top priority for the American people, so is restoring faith in our government and democracy.

People feel their voices are not being heard and that special interests have too much influence

in Washington.

With the passage of the For the People Act, the House voted to end the dominance of big money in our politics. This transformative bill brings more transparency to our campaign finance system to prevent big-moneyed interests from continuing to hide their political spending.

It ensures that our public servants serve the public, not themselves. Conflict of interest laws and divestment requirements are strengthened and the revolving door is slowed by preventing members of Congress from serving on corporate boards.

While the House passed these bills — and many others — to improve the lives of the American people, we are still waiting and demanding that the Senate act on them.

But the House is not going to let Senate dereliction deter us from doing the people's work. There is much more to do and we're just getting started.

— Congresswoman Davis represents central San Diego, including the communities of Old Town, Kensington, Mission Hills, University Heights, Hillcrest Bankers Hill, North Park, South Park, Talmadge, Normal Heights, as well as La Mesa, Lemon Grove, Spring Valley and parts of El Cajon and Chula Vista. ❖



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# North Park Car Show rides into the sunset

**PastMatters**  
KATHERINE HON

The North Park Historical Society (NPHS) will hold their 10th annual, and final, North Park Car Show on Saturday, Sept. 7, from 10 a.m. to 1 p.m. The Balboa Tennis Club is once again hosting the event in their parking lot at Morley Field. This free, family-friendly event celebrating the automobile always delights attendees. It will be the last car show held by NPHS so the organization can spend more time developing and conducting walking tours and arranging other educational events.

If you have a fine classic car or vintage motorcycle to show (pre-1990 preferred), the exhibition fee is \$10 for one vehicle and \$20 for two or three. Visit NorthParkHistory.org for a registration form and car show information or contact NPHS at

619-294-8990 or [info@northparkhistory.org](mailto:info@northparkhistory.org).

Johnathan Harrison volunteered to design the car show poster for a third year. An exceptional graphic designer and professional photographer, he is the owner of Rison Studios, a full-service creative company specializing in graphic design, brand development, and lifestyle, portrait, and commercial photography. He can be contacted at [risoncreative@gmail.com](mailto:risoncreative@gmail.com).

The 2019 poster commemorates a decade of North Park car shows with a theme of riding into the sunset in a sharp white 1966 Chevrolet Corvette Stingray. This car was bought new by Barbara Vallero, who has shown it at all of the North Park shows since 2012. This is how she remembers acquiring the car:

"We bought the car almost immediately after we were married in July 1966. We were living in

Phoenix and needed an additional car so we decided to purchase a nice used vehicle. My husband was looking for one and he ended up at a Chevrolet dealership on the showroom floor. No used cars there! He came by my work at noon and told me he had put a \$20 deposit on it — funny now. When I saw it, it was the whitest car I had ever seen! Couldn't say no. It became my daily driver until 1981. It was repainted in 1998 with some interior work and became my show car! It has been a lot of fun and I have met a lot of great people as a result!"

NPHS also has met a lot of great people by organizing the car show. All of the show's sponsors are appreciated, including A7D Creative Group, who has printed the car show posters from the beginning.

Another steadfast local sponsor is North Park Trophy & Award, who has generously donated fabulous trophies for the top three

People's Choice cars since the second show in 2011. They opened their business in April 1984 at 3813 30th St. in the building where True North is today, and they have operated the business at 3612 30th St. since April 1987. The classic Craftsman home that is now their store was built in 1911, when the streetcar first rumbled north from Downtown along 30th Street to University Avenue. The first owner of the house was William Bertrum Caughey, a butter maker and creamery man who was born on a farm in Pennsylvania. He lived in the house until about 1920. Robert L. Shaw, a meat cutter from Nebraska, bought the house in 1924 and lived there for nearly 60 years. Shaw died in 1983 — imagine all the changes he witnessed in North Park from 1924 to then.

NPHS thanks all the sponsors, exhibitors and attendees of the car shows through the years, as well



The 2019 car show poster was designed by Johnathan Harrison, owner of Rison Studios. (Poster courtesy North Park Historical Society)

as board members and others who have helped make it a smoothly run event. The last show is sure to be the best ever.

—Katherine Hon is the secretary of the North Park Historical Society. Reach her at [info@northparkhistory.org](mailto:info@northparkhistory.org) or 619-294-8990. ♦

## Nature play is back! Column: Art on the Land

DELLE WILLETT | UPTOWN NEWS

When I was growing up, we played outdoors all day long. Luring crabs into our nets with a chicken neck on a string; collecting wagons full of chestnuts to throw at each other as friendly fire; playing hide-and-seek under huge pine trees, sharing the secret space with an escapee chicken.

Today, kids mostly play inside in front of their computers, televisions, cell phones and iPads. And when they do go to a playground, there's the same old stuff: plastic slides, fake rock-climbing walls and concrete

animals with hot rubber surfacing below. (The exception being the playground at Waterfront Park that every adult probably wishes they could play in.)

Recently the city of San Diego opened a Nature Exploration Area (NEA), one of the first of its kind in a municipal park in San Diego County. Above Florida Canyon, south of the tennis courts at Morley Field in Balboa Park, this new type of play area was designed with nature in mind.

Said landscape architect Shamli Tarbell, park designer, "This is a place where kids can explore, build and play



Fallen tree and boulders to climb (Photo by Shamli Tarbell)

in a safe, natural environment." It features a fort-building area with natural building materials such as branches, reeds, pinecones and tree cookies (1-inch thick log rounds), along with a large log and boulder-climbing area.

Unfortunately, these types of natural spaces, where you can build a fort, make a mess or scramble on rocks and logs are getting harder to come by, said Tarbell.

To start the process of developing this NEA, in the fall of 2015, the city of San Diego's Parks and Recreation Department created an internal group called the Committee of Change. Under former Director

Herman Parker, the committee was tasked with finding out how the city of San Diego could create more natural spaces for exploration within our city parks.

The outcome was the Nature Play Initiative — envisioned to provide opportunities for youth to play and explore in natural settings within our city parks; to help kids reconnect with nature, promoting fitness and creativity through play in natural dynamic environments.

"Past generations grew up with a lot more access to nature and were allowed more freedom to explore independently," said Parker. "Kids



A child plays. (Photo by Shamli Tarbell)

today are generally more 'plugged-in' with limited access or connection to nature."

There are numerous studies supporting the benefits of kids spending time in nature including higher test scores, improved health (prevents obesity and alleviates ADD) and care and respect for nature.

The average cost of a new playground is upwards of \$300,000. Parker tasked the committee with the daunting challenge of creating the pilot NEA for less than \$15,000.

Significantly less expensive than traditional playgrounds, NEAs can be almost anywhere. From existing parks and open space to vacant lots, nature playgrounds can be implemented throughout San Diego

The park uses materials the Parks and Rec Department can easily, and cheaply, procure. Large logs were salvaged from city parks when a huge windstorm knocked down over 300 trees. Massive boulders were repurposed from a local decommissioned beach project. Sand from an old playground was salvaged to create a new sandbox digging area instead of sending it to the landfill.

Native and drought-tolerant trees and shrubs from the city's Balboa Park Nursery were added to create shade and interest. Other than engineered wood chips for safety surfacing and decomposed granite for access to the site, all materials were free and

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# Review: 'A Bright New Boise'

JEAN LOWERISON | UPTOWN NEWS

The players outshine the play in Samuel D. Hunter's "A Bright New Boise," onstage through Sept. 1 at Chula Vista's OnStage Playhouse.

Now in its local premiere, "Boise" (which won an Obie in 2011) brings us five indelibly etched characters, all employees of Hobby Lobby in that Idaho city where big-box stores and occasional religious zealotry proliferate.

In the first scene, a hopeful Will (Salomon Maya) comes to interview with foul-mouthed, no-nonsense store manager Pauline (Holly Stephenson). Will is from the northern reaches



(l to r) Salomon Maya and Devin Wade at the OnStage Playhouse (Photos by Daren Scott)

of the state, where he was a member of a cultish evangelical church that recently disbanded



(l to r) The father-son relationship between Salomon Maya and Devin Wade is central to the play's plot.

FROM PAGE 5

## GELATO SHOP

Aguilera is one of four longtime friends that founded the gelato shop together. He had worked in Europe for 10 years making gelato before coming to the U.S. to help start the North Park phenomenon. He still splits his time between Spain and San Diego.

Aguilera shared that the collaboration with Specialty Produce made him try new ingredients he did not know existed and brought him back to other ingredients he discarded because they were too hard to work with. For instance, he learned spruce tips, which look like the pine needles on Christmas trees, can be frozen and made in-



Order a Janet to eat a creamy blend of blueberry, goat cheese and jalapeno. (Photo courtesy An's Dry Cleaning)

to a paste. He was also forced to use tamarind, the pod-like fruit grown on trees native to Africa with a sticky pulp inside. It is so tart he had given up on it in another recipe last year, but he



Chef David Aguilera used the Nick flavor at a tasting event to demonstrate how he builds gelato recipes. (Photo courtesy An's Dry Cleaning)

found it blended with the bland, sweet taste of ube, or purple yams, perfectly.

The contrast between tart and sweet in the Kelly is not the only contradictory flavor Specialty Produce had Aguilera bring together. One grain of scorpion pepper salt in an entire batch of ice cream packed a through-burning kick only mellowed out by cucumber and cantaloupe. Of the specialty offerings, Jalapeno spices up a blueberry and goat cheese gelato that was a personal favorite.

Since the menu changes every two weeks, there are only a few days to try the ingredient-driven menu. Still, customers can always request that their favorite flavors are brought back by emailing fabrics@adcgelato.com.

An's Dry Cleaning is located at 3017 Adams Ave. and is open until 11 p.m. every day.

— Kendra Sitton can be reached at [kendra@sdnews.com](mailto:kendra@sdnews.com). ❖

as a result of a controversy.

Boise itself is pretty laid-back religiously (unlike the owners of Hobby Lobby), but Pauline has no truck with extremes of any sort and warns Will to keep any such notions to himself.

Will agrees and gets the job without mentioning his real goal: an attempt to connect with 17-year-old biological son Alex (Devin Wade), given up for adoption shortly after birth and now a Hobby Lobby employee himself.

Angry and suspicious, Alex insists on a blood test, but finding out that Will isn't lying doesn't make him any more willing to connect with this absent father, whom he blames for a life he considers inadequate.

Interested in music but given to panic attacks, Alex finds refuge in fellow employee (and adoptive brother) Leroy (Markuz Rodriguez), a free-wheeler who admits that his "art" is in making everyone uncomfortable by forcing them to confront words and images they normally avoid (his T-shirt with the F-word printed in giant letters is an example). Only Leroy can calm Alex's panic.

Completing the cast is Anna (Carla Navarro), a cute, overly self-conscious young woman who finds her refuge in books. Feeling a sort of kinship with Will (who writes an online blog) gives us a chance to watch their charming pas de deux about personal space as the two of them,

### The details

"A Bright New Boise" plays through Sept. 1, 2019 at OnStage Playhouse, 291 Third Ave. (near F Street), Chula Vista. Thursday through Saturday at 8 p.m.; Sunday at 2 p.m. Tickets: 619-422-7787 or [onstageplayhouse.org](http://onstageplayhouse.org)

both homeless, spend nights in the break room.

The bleakness of this room, with its often-malfunctioning TV that even on good days plays either Hobby Lobby ads or bloody operations underway in an unidentified operating room — may or may not be indicative of the lives these characters lead. But Hunter has given us an interesting group to watch.

Unfortunately, the payoff we're waiting for at the end doesn't quite come, and we're left with five people still in search of an elusive escape hatch from their own personal hell. Or maybe for the rapture.

Director James P. Darvas has found the right cast for this strange little play about faith, family and second chances, and directs them with a sure hand. My personal favorite is Stephenson's boisterous Pauline, just trying to get the job done (and keep those profits up).

Maya's Will tugs at the heartstrings with his hope for a new beginning. Rodriguez's Leroy pushes people away with his "art" while dedicating himself to his brother's care when necessary.

But special kudos to Wade, a wonder as Alex, who manages to



Salomon Maya as Will

achieve the impossible: talking at warp speed while all those words remain intelligible, and giving us a touching portrait of a damaged soul.

"A Bright New Boise" is an odd little piece, brilliantly executed even if the wind-up is ultimately unsatisfying.

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



(l to r) Salomon Maya and Devin Wade give emotional performances.

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The acclaimed **Babycakes** is returning “home” to Hillcrest this fall as it resettles into a prime address previously occupied by **Pinkberry**, at the corner of Fourth and Robinson avenues. The structure sits one block away from where Babycakes originally operated for several years.

This time around, according to co-owner Christopher Stavros, the bakeshop won’t feature a bar-restaurant component, although it will eventually



Babycakes will move into this permanent, modern space in Hillcrest this year. (Courtesy photo)

serve Champagne, beer, coffee and frozen yogurt.

“That decision came during our restructuring of the business

in 2017. We just want to focus on one thing and do it well,” he said in reference to the company’s toothsome selection of cupcakes and other baked goods, which also includes customized wedding and birthday cakes.

He added the recent pop-up of Babycakes inside **Fiji Yogurt** at the **HUB Hillcrest Market** will likely discontinue once the new, permanent space opens.

The inventory will feature about 25 flavors of cupcakes, plus crème brulee cheesecake, brownies, cookies, muffins and more. The location will serve as a pickup spot for customized orders as well.

Babycakes also operates a bakery and coffeehouse in Imperial Beach. The Hillcrest space will be nearly equal in size and feature a sleeker, more modern design. 3795 Fourth Ave., 619-990-2282, [babycakes-sandiego.com](http://babycakes-sandiego.com).



A patio wine tasting from a San Marcos producer is on the calendar at The Wine Lover. (By Frank Sabatini Jr.)

**The Wine Lover** in Hillcrest will hold its first-ever tasting by a winery based in San Diego County, from 5 to 7 p.m., Aug. 31. Two whites and three reds from **Twin Oaks Valley Winery** in San Marcos will be poured and discussed by vintner/owner Malcolm Gray, who sources his grapes exclusively from local growers.

The event will be held on the patio and is limited to 25 people. It is the sixth of eight Saturday tastings scheduled for 2019. The cost is \$45, which includes wines and a cheese bar. Reservations are recommended by calling The Wine Lover or visiting its website. 3968 Fifth Ave., 619-294-9200, [thewineloversd.com](http://thewineloversd.com).

Baja specialties served in a charmingly decorated environment have arrived to **El Capricho**, which soft-opened recently on a high-traffic block of University Avenue, between Fifth and Sixth avenues. The restaurant serves breakfast, lunch and dinner, and goes beyond the usual Mexican-food offerings in the area. “Capricho” translates to “whim,” which means customers can expect daily specials



that come and go often. Currently, look for dishes such as steak with cactus, chicken mole, grilled octopus and more. 540 University Ave., 619-269-2996.

As we reported in May about **Project Pie’s** acquisition by the Los Angeles-based Elite Restaurant Group (**Slater’s 50/50** and **Daphne’s** restaurants), the company has decided to convert its remaining San Diego locations of Project Pie to **Patxi’s Pizza** shops, which was still in question at the time of the takeover.

Those outlets are in Hillcrest, Chula Vista and Eastlake. They’re due for re-branding by late summer.

The new Patxi’s Pizza concept will beckon to those throughout California and Colorado with a variety of deep-dish and thin-crust pizzas. The menu extends



Deep-dish pies by Patxi’s Pizza are coming to Hillcrest. (Facebook)

also to hearty sandwiches, meatballs served in bread bowls, and to the unexpected non-Italian offering of chicken tikka masala. The Hillcrest location is at 3888 Fourth Ave., 619-501-8000, [patxispizza.com](http://patxispizza.com).

Just when you thought the menu at **Classic Rock Sandwich Shoppe** in North Park couldn’t get any lengthier, it did.

Owner Cheryl Dagostaro recently hit her goal of offering 100 different sandwich choices in what is a shrine to musicians of the 1960s and the Woodstock Music Festival from 50 years ago. She opened the eatery in 2011 with 20 sandwiches on the menu. Three years later, the number rose to 50, and in January of this year it had grown to 77.

“I just added the last 23 and I’m finally going to take a nap,” she quipped before naming off some of the newcomers such as Leon’s Love, Manfred Mannwich, Frampton Fire and Elton’s Everything —named after Leon Russell, Manfred Mann, Peter Frampton and Elton John,



The double-decker roast beef and turkey “Manfred Mannwich” is one of nearly two dozen new creations at Classic Rock Sandwich Shoppe. (By Cheryl Dagostaro)

respectively.

Dagostaro’s creations feature various meats, cheeses, garnishments, condiments and house-made sauces. There are 33 vegetarian choices in the lineup. More than a dozen salads are also available.

In celebration of the shop’s eighth anniversary on Aug. 17, all sandwiches will be 20% off, and with a slice of cake included. 3042 North Park Way, 619-692-1969, [sandwichessandiego.com](http://sandwichessandiego.com).



Walrus pops and other desserts that beckon to ice cream trucks are new at Trust. (Haley Hill Photography)

Childhood nostalgia plays into the latest dessert menu at **Trust** restaurant.

Executive pastry chef Jeremy Harville has taken inspiration from treats many of us purchased from ice cream trucks as kids. Thus his “Mr. Trustee” lineup includes walrus pops; banana splits; vanilla-bean drumsticks with chocolate and peanuts; orange Bavarian creamicle profiteroles; and more. They’ll be available through October. 3752 Park Blvd., 619-795-6901, [trustrestaurantsd.com](http://trustrestaurantsd.com).

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Photo by Jim Cox.



# There's reptile in my cheesecake!

## Restaurant Review

Frank Sabatini Jr.



If dishes such as sweet-glazed lamb chops and scallops paired with grilled peaches don't sound like typical Cajun-Creole cuisine, they shouldn't.



Alligator cheesecake topped with crawfish (Photo by Frank Sabatini Jr.)

Chef Quinton "Q" Austin of Louisiana insists the menu he created for The Louisiana Purchase in North Park doesn't reflect "touristy French Quarter food." Yet to New Orleans locals who dine off the city's beaten track, the dishes are largely familiar.

Most unique is Austin's alligator cheesecake, a savory appetizer that plays off the longstanding version served in NOLA's Jacques-Imo restaurant.



Crab "fingers" in spicy butter sauce (Photo by Frank Sabatini Jr.)

There, it's constructed with alligator sausage and shrimp — and served in wedges. Here, it's a shockingly rich puck of straight-up alligator meat and sausage folded into a velvety filling of cream cheese, smoked Gouda and Parmesan. The mixture is baked into a butter-crumble crust and then daringly crowned with chunky crawfish sauce — the

traditional Mardi Gras recipe that shows up also on pasta and seared ribeye.

It's become one of Austin's star creations since he was recruited to San Diego by Grind & Prosper Hospitality, which also runs Whiphand in the East Village and Miss B's Coconut Club in Mission Beach.

However, like his equally flavorful "crab fingers," the dish begged for loads of crackers or crostini. The cheesecake is heavy and spreadable, but your fork is the only vessel. And the dainty crab legs — with the meat conveniently poking out from their shells — sit in a spicy lime-butter sauce deserving of a full mopping. Two small pieces of bread didn't cut it.



Fried chicken wings with collard greens (Photo by Frank Sabatini Jr.)

Nonetheless, both dishes were excellent come-ons to the booze on our table — a complex "urban sombrero" made with tequila, pureed carrot, turmeric, vanilla and agave for my companion, and a "purple haze" raspberry lager from Louisiana's Abita Brewing Co. for me.

It quickly struck us that nearly everything on the menu is anti-California food. In other words, it overflows with saturated fats. And salads don't reside here. But just as well because most people arrive knowing fully aware of the decadent French influences inherent to Cajun-Creole cuisine.

"We're used to eating heavy foods where I come from," Austin said with a provocative chuckle.

Indeed, his fried chicken skins dusted in Parmesan and blanketed with melted cheddar attest to that. We found them refreshingly sinful, which

## The Louisiana Purchase

2305 University Ave.  
(North Park)  
619-255-8278,  
louisianapurchasesd.com

Prices:  
Small plates, \$8 to \$26;  
"biggie" plates, \$15 to \$42;  
sides, \$6

explained why we couldn't stop picking at them.

Had it not been for the draping of crawfish cream sauce on the alligator cheesecake, I would've opted for the "pasta Jenny," which involves the luxurious sauce tossed with linguine. I instead chose the "North Park gumbo yaya" featuring a bouquet of proteins in a fragrant dark-roux base.

The bowl brimmed with shrimp, crab, andouille sausage, and blackened red fish. The bonus was a meatball made from delectably spicy beef imported from Louisiana. I craved one or two more. Though by the time I hit the layer of jasmine rice at the bottom, my stomach screamed "stop!"



The protein-packed "gumbo yaya" (Photo by Frank Sabatini Jr.)

Another entree, "the dokey chase," yields three fried chicken wings, a decent serving of collard greens strewn with sausage, and house-made cheddar biscuits. The whole, jointed wings carried the crispy goodness of Southern fried chicken, a fitting complement to the fat-laced greens and biscuits.

Austin worked in kitchens "all around New Orleans" before landing here. He breaks the copycat mold of San Diego cuisine, and in an environment that greets guests with a mostly outdoor design occupying the base of a spanking-new residential structure.

No doubt, if you're looking to shake up your dining routine (and diet), you've come to the right place.

— 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. You can reach him at fsabatini@san.rr.com. ♦

## A dream musical born in a dentist chair



(l to r) "33 1/3 - House of Dreams" cast members: Sky Frank as Johnny Ramone, Nicholas Mongiardo-Cooper as Stan Ross, Jacob Caltrider as Dave Gold, Paul Chairez as Ritchie Valens and Kiara Geolina as Regina Spector (Photo by Peggy Ryan)

By JOYELL NEVINS | MISSION TIMES COURIER

Lyceum Stage Theatre.

It started as an interview project in a late father's memory, sidestepped as a jukebox musical revue, and emerged as a celebration of both a man and the musical era his studio helped usher in.

Meet "33 1/3 - House of Dreams," the world premiere musical performed by the San Diego Repertory Theatre, in partnership with the San Diego School of Creative and Performing Arts and R&R Productions, LLC. The show runs from Aug. 1-25 at the

"33 1/3 - House of Dreams" tells the story of Hollywood's Gold Star Recording Studios: both the hit-making musicians in front of the mic and the crew behind it, including co-founder and lead engineer Stan Ross. The story is told to a tonal backdrop that samples from the more than 120 Top 40 hits and iconic songs the studio produced. The playlist includes such classics as "Summertime Blues," "La Bamba," "Be My

see MUSICAL, pg 13

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VS. NEVADA

NOV. 15 | 6:30 PM



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The restaurant features an open design by local architect Jeff Svitak. (Photo courtesy of Alternative Strategies)



# UPTOWN CALENDAR



## Saturday, Aug. 17

### A history of the Balboa Park Carousel

Local nonprofit Friends of Balboa Park will be hosting a historical lecture about the historical significance of the iconic Balboa Park Carousel and Friends' plans for its future. The event will feature prominent local historical architect David Marshall, president of Heritage Architecture & Planning and board chairman of Friends of Balboa Park, who will be highlighting the landmark, one of the oldest of its kind in the nation, for its architectural and historical significance for San Diego. 6-7:30 p.m. at the Balboa Park Carousel. \$20 includes carousel ride. RSVP at [bit.ly/2Zln3ZF](http://bit.ly/2Zln3ZF) or [events@friendsofbalboapark.org](mailto:events@friendsofbalboapark.org)

### TwainFest

TwainFest, now a tradition for many San Diego families, is an all-day free festival celebrating Mark Twain and the literature and culture of 19th-century America. There is something for everyone at this festive old-fashioned gathering at the park. Presentations occur at a variety of park venues throughout the day. 11 a.m.-5 p.m. at Old Town San Diego State Historic Park.

### Drag Bingo Fundraiser

Join host Remington Scott Kienbusch (Mariam T) as we play bingo for a good cause. We will be raising money for the 2019 San Diego Sparks. MO's Bar & Grill, 308 University Ave. [bit.ly/2yLZ5ee](http://bit.ly/2yLZ5ee)

### Back to School Backpack Drive

The New Maxims Chinese Food Restaurant is donating 10% of your bill to the Imperial Court de San Diego's annual backpack drive. Noon to 10 p.m. 2810 El Cajon Blvd. For more information, contact Mark: 619-665-5587.

## Sunday, Aug. 18

### G4G San Diego + Frontrunner AFC Half

Join Gay For Good San Diego and the Frontrunners for our annual project to serve water to runners during the AFC Half Marathon! G4G San Diego events are open to people of all ages, abilities, identities, and expressions. We ask that you sign both a G4G waiver and a Frontrunners waiver before you begin your volunteer shift. Just arrive at the tables along Balboa Park by 6:30 a.m. to sign your volunteer waivers and grab supplies. Frontrunners will provide coffee, bagels, and water for volunteers. If you are under 18 years of age, please bring a parent/guardian with you. We will take a group photo with our banner

before we begin our volunteer work. Please bring your family and friends to join too! The event will be held outdoors so we suggest wearing a hat and/or sunscreen. 6:30-9:30 a.m. Sixth Avenue and Elm Street. [bit.ly/33iqCSV](http://bit.ly/33iqCSV)

## Tuesday, Aug. 20

### Book signing

Local author and debut novelist Patrick Coleman returns to The Book Catapult on Tuesday, Aug. 20 at 7:30 p.m. to discuss and sign his new book, "The Churchgoer." Set in the early 2000s, "The Churchgoer" is a gripping noir, a quiet subversion of the genre, and a powerful meditation on belief, morality, and the nature of evil in contemporary life. 3010-B Juniper St.

### Wine, Chocolate & Cheese Adventure

Adventures by the Book is pleased to announce our upcoming Wine, Chocolate & Cheese Adventure with New York Times bestselling author, Hallie Ephron, at 6:30 p.m., at Eclipse Chocolate Bar, 2145 Fern St. Her suspense novel, "Careful What You Wish For," was inspired by the Marie Kondo life-changing decluttering tips. It explores the relationships built by professional organizers and their clients—showing just how easily the lines between professional and personal can be blurred. The event is ticketed (\$45 per person) and is open to the public.

## Wednesday, Aug. 21

### Flexible Fleets Webinar

SANDAG will host a series of five, 45-minute webinars to discuss its "5 Big Moves." These strategies set the framework for a bold new transportation vision for San Diego Forward: The 2021 Regional Plan, which will enhance connectivity, increase safety and sustainability, and improve quality of life. Join us to learn about the Next Operating System (OS), a digital platform that functions as the brain of the entire transportation system to connect smart infrastructure and different modes of transportation — passenger vehicles, buses, ride-sharing, delivery trucks, autonomous vehicles, bikes and scooters, and more. The Next OS will turn data into real-time actionable information for transportation operators and travelers. The webinar begins at noon. Register at [SDForward.com/webinars](http://SDForward.com/webinars).

## Thursday, Aug. 22

### Town Hall at The Center

As part of The Center's plan to get input

for our strategic plan in order to better serve our community, we'd like to specially invite you to an upcoming Town Hall for the black LGBTQ community. This event is aimed at centering black LGBTQ voices within our community as an opportunity for The Center's leadership and strategic planning committee to listen to the community and collect feedback on how we can better serve the black LGBTQ community. This special evening is co-sponsored by The Gender Phluid Collective: PoC LGBTQ+Support, San Diego Black LGBTQ Coalition and Unity Fellowship Church Movement. While all are invited to attend, black LGBTQ voices and their families' will be centered! We're looking forward to listening to open and honest feedback from members of San Diego's black LGBTQ community. Please join. Dinner and refreshments will be provided. 6-7:30 p.m. 3909 Centre St. [bit.ly/2ZL3pX3](http://bit.ly/2ZL3pX3)

## Saturday, Aug. 24



### Community Clean Up

Supplies will be provided, meet at Golden Hill Park from 9-11:30 a.m. to help clean up the community.

## Wednesday, Aug. 28

### Uncorked and Movie Under the Stars

Join us in San Diego's only urban oasis for movie night at InsideOUT featuring "Pretty Woman." Get comfortable in our elevated lounge next to our fire pits or bring your own pillows and blankets and feel right at home on our ramp. Wine bottles are half-off from our selected menu and complimentary popcorn for our viewing guests. This event is free, but an RSVP is encouraged. Space is limited, seats will be on a first-come, first-served basis. 7:30-10 p.m. 1642 University Ave., Suite 100. [bit.ly/2YQ2d3r](http://bit.ly/2YQ2d3r)

### Live podcast

The Women's Museum of California

is pleased to bring you the first "live" podcast being held at the Museum of Photographic Arts (MOPA). The podcast will be moderated by Women's Museum of California Executive Director Jenni Prisk with audience participation. We are pleased to welcome actress, producer and director Joanne Romero from Hollywood celebrating the 30th anniversary of "Powwow Highway." She will be discussing the role of Native American women in entertainment and the importance of bringing national attention to the issues that divide us as a nation. This will create an evening of enlightening and informative conversation. 6:30 p.m. Tickets are \$25 at [womensmuseumca.org](http://womensmuseumca.org) of 619-233-7963.

### Stand-up comedy

The hilarious Adam Friedland from "The Cumtown Podcast" is headlining the Whistle Stop Bar. Additional talent includes Jamel Johnson, Armando Torres, Pablo Pantaleon, Josh Nelson, Daniel Delgado, Myles Magallanes, and Beau Hufford. Show starts at 8 p.m. and it's only a \$5 cover. 2236 Fern St.

### AIDS Walk & Run

Teams are now forming for the 30th annual AIDS Walk & Run San Diego set for Sat., Sept. 28. Each year, AIDS Walk & Run San Diego teams play an extra special role in the overall success of this event. By forming a team, and simply saying "Walk with me," our team leaders help send the message that we all have a role to play in the fight to end HIV in San Diego. If you're thinking about forming a team, or you are a current team leader, please attend one of our upcoming Team Leader Workshops. The workshops provide team leaders with the most current organizing information and resources and give you the chance to meet your fellow team leaders. Upcoming workshops will take place at The Center, 3909 Centre St., on the following dates: Aug. 24, 10-11 a.m., Aug. 28, 8-9 a.m., and Aug. 29, 6-7 p.m. To register for the workshops, or get more information about forming a team, please contact Leo Cartier, team's coordinator, at 619-692-2077, ext. 144 or email [teams@thecentersd.org](mailto:teams@thecentersd.org).

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

### Tuesdays

#### Introduction to Buddhism & Meditation

Join an all-ages introductory class to learn the basic Buddhist concepts as well as participate in a discussion and silent meditation. Weekly event led by Jeff Zlotnik. Free. 7-8 p.m. at Dharma Bum Temple 4144 Campus Ave. Also held on Saturdays at 11 a.m.-noon [bit.ly/dharmabum](http://bit.ly/dharmabum)

### Thursdays

#### North Park Thursday Market

Shop at more than 90 tents for locally grown produce, seasonal grocery items, fresh food and hand-crafted arts and crafts. 3-7:30 p.m. at 3000 North Park Way, stretching from 31st to Utah streets in North Park. [bit.ly/ThursMarket](http://bit.ly/ThursMarket)

#### Thursdays at the Ken

San Diego's late-night jazz jam convenes every Thursday night at the Kensington Club. Hosted by musicians Ian Buss, Robert Dove and Hugo Suarez. \$5. 10 p.m.-1:30 a.m. 4079 Adams Ave. [bit.ly/ThursKen](http://bit.ly/ThursKen)

### Fridays

#### Family Friday Nights at the Fleet

Enjoy extended evening hours at the Fleet on Friday nights this summer and save! Peruse Pause|Play late into the evening, light up the night at It's Electric and reconnect with all your favorite hands-on exhibits in Retro-Active Science. Friday nights will also feature live musical entertainment on the Fleet patio. Family Friday Nights are from May 31 through Aug. 30, with discounted admission starting at 6 p.m. This event is part of "The Art of Summer," Balboa Park's summer celebration.

#### Free Friend Friday

Looking for a co-working space with value-aligned social entrepreneurs, artists, nonprofit professionals and local startups? 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 #cicfreefriendfriday for free Wi-Fi. 9 a.m.-5 p.m. at Collective Impact Center, 3295 Meade Ave. [bit.ly/free-Fridays](http://bit.ly/free-Fridays)

### Saturdays

#### Old Town Saturday Market

This street market features original works 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 in Old Town. [bit.ly/OTMarket](http://bit.ly/OTMarket)

### Sundays

#### Hillcrest Farmers Market

About 175 vendors offer a variety of locally grown produce, hand-made arts and crafts, and fresh-cut florals at one of the city's largest open-air markets. 9 a.m.-2 p.m. on Normal Street between University and Lincoln avenues. [bit.ly/HillcrestMarket](http://bit.ly/HillcrestMarket) ❖





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6				9		3	4	
7				1			9	
	1				4	7	6	
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		1						2
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			4					

9/6

**Sudoku Puzzle**

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

©2009 CNS/websudoku.com

Puzzle answers on page 14

**Uptown Crossword**

Classics

1	2	3	4		5	6	7	8	9	10		11	12	13
14					15							16		
17				18								19		
20					21							22		
23					24			25			26			
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49	50							51			52	53	54	
55					56		57	58	59	60				
61					62				63					
64					65						66			
67					68						69			

- CLUES ACROSS**

  - Scottish tax
  - Filled with horror
  - Type of music
  - Variety act
  - Half-conscious state
  - Discontinued European money
  - Formal declaration
  - Shaft horsepower (abbr.)
  - A way to express concentration
  - Airline
  - Goes well with a carrot
  - Length of pant leg
  - Mark with a cut
  - One who destroys completely
  - Greek sophist
  - Thomas Hobbes's "De \_\_\_"
  - Copyreads
  - Talk
  - Endangered
- Snag
  - Comedienne Tyler
  - Castrate a male animal
  - Taj Mahal site
  - Tending to concede
  - One who accepts
  - Albanian capital
  - Takes kids to school
  - About Moon
  - Seamounts: underwater volcanoes
  - Lilly, drug company
  - Not working
  - Alaska nursing board
  - Howl
  - Muslim ruler title
  - Famed arena
  - Back again for more food
  - Cheek

- CLUES DOWN**

  - Raccoonlike animal
  - Small
  - Separates
  - Parties
  - Automated teller machine
  - One who earned his degree
  - Dislike
  - Flowering plant
  - Nova \_\_, province
  - Inhabited
  - Breathing
  - Partner to pains
  - Immature insects
  - The back
  - Heavy club
  - Edible fish
  - Lament for the dead
  - Woody climbing plants
  - Small rooms for prisoners
  - Ottoman military commander
- "The Crow" actress Ling
  - A way of lopping off
  - Cigarette (slang)
  - Helps little firms
  - Member of small discussion group
  - Copyread
  - V-shaped open trough
  - Pokes holes in
  - Beloved "Captain"
  - Resume
  - On a line at right angles
  - Light up lamps
  - Part of the psyche
  - Leeward Island
  - 1960s counterculture activist
  - Edible seaweed
  - Imitator
  - Look at and comprehend
  - Root mean square (abbr.)

Puzzle answers on page 14

FROM PAGE 2  
**KITCHEN**

The notion of a perpetual pot of chili simmering on the stove, however, is a myth among today's generation of firefighters, according to McBride.

"We have a much healthier program. As a whole department, we've been trendsetters for wellness," he added. "Sometimes that includes dietitians coming to the stations to discuss nutrition and give cooking demos to steer us away from quick, easy meals that are bad for us."

Although there are exceptions. Firefighter-paramedic Jose Arciniega points out: "We make chili when it rains—or grilled cheese sandwiches with tomato soup."

A team's culinary abilities can range from amateur to experienced. McBride, for example, says his strength is in the "shopping and the chopping," noting with a chuckle that "some chiefs cook, but my crew won't let me."

Arciniega once tried making his

mother's pozole soup.

"It came out good, but it wasn't what I was shooting for because I was in the middle of running emergency calls when making it," he said.

Firefighter Robert Chacon counts himself as the taco-salad specialist in the group, something he picked up while working at a different station. "I've helped make some good carnitas too," he noted.

Of the more ambitious dishes, Nichols recalls making sushi. "It was challenging, but there were no complaints," she said.

Conversely, McBride cited one of the most disastrous dishes he encountered in the 22 years he's been with the San Diego Fire-Rescue Department.

"It was chicken sashimi, made by someone from another station. It went right into the can."

Things like grilled salmon, steaks, and crab boils are special treats because of cost. Yet the crew eagerly kicks in extra cash for such meals, which are held when fellow firefighters get promoted or move off their

initial probationary periods.

The same applies to holidays, when turkeys, prime ribs and hams roll out of the ovens for lively dinners that make room for family and friends of crew members.

When asked what some of the most common cooking mishaps are, the crew's response was ironic. They almost unanimously answered, "burning the food."

Yet through all of their culinary adventures, the firefighters emphasize they didn't sign up for the job to learn about sautéing, roasting and grilling. All of that takes a back seat on the engine when it comes to honorably protecting the public.

Fire Station No. 5 is located at 3902 Ninth Ave. Tours for groups and individuals are available throughout the year. They be arranged through the web site, [sandiego.gov/fire](http://sandiego.gov/fire).

— 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. You can reach him at [fsabatini@san.rr.com](mailto:fsabatini@san.rr.com). ❖

FROM PAGE 11  
**MUSICAL**

Baby," "Unchained Melody," and "Wouldn't It Be Nice."

In its 33 1/3-year run — the title references both the number of years the studio was open and the RPMs on a record — Gold Star worked with just about every musical genre you can imagine. From Iron Butterfly to Ritchie Valens and The Beach Boys to Ike and Tina Turner, Gold Star produced it all. Legends like The Rolling Stones, Bruce Springsteen, Bob Dylan, and The Beatles all made trips to Gold Star to experience its magic.

"Gold Star was the *mecca* — the place to go to in the '60s," said co-writer Dr. Brad Ross. In later decades, even after it lost its commercial standing, the studio would still be a musical pilgrimage (The Ramones referred to it as "hallowed ground" — their own Abbey Road).

But this rock 'n' roll show didn't start (or end) as a compilation of some of the best-loved songs of the last century. It started as a way



(l to r) Dr. Brad Ross and Jonathan Rosenberg (Photo courtesy R&R Productions, LLC)

for a son to discover more about his father.

**Family ties**

Brad Ross is the son of Stan and Vera Ross. Even though Brad grew up while Stan was still working in the recording studio, he was less starstruck and more just doing his own thing (although Brad admitted that having Sonny and Cher at his brother's bat mitzvah was quite the coup!). Although Brad played the drums and was part of a cover band, his main career had

always been dentistry.

"My father said, listen, the music business is really tough," Brad recalled, referencing some of the great drummers his dad saw and what they had to go through. "I

Continue reading at [bit.ly/2Ml7v5s](http://bit.ly/2Ml7v5s)

— Freelance writer Joyell Nevins can be reached at [joyellnc@gmail.com](mailto:joyellnc@gmail.com). You can also follow her blog *Small World, Big God* at [swbgblog.wordpress.com](http://swbgblog.wordpress.com). ❖

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## PUZZLE ANSWERS

### Sudoku

Puzzle from page 13

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

### Classics

Crossword from page 13

C	E	S	S	A	G	H	A	S	T	R	A	P
O	L	I	O	T	R	A	N	C	E	E	C	U
A	F	F	I	R	M	A	T	I	O	N	S	H
T	I	T	R	E	D	E	L	T	A	P	E	A
I	N	S	E	A	M	I	N	C	I	S	E	
E	R	A	D	I	C	A	T	O	R			
A	B	A	S	C	I	V	E	E	D	I	T	S
G	A	B	P	E	R	I	L	E	D	N	A	B
A	I	S	H	A	G	E	L	D	A	G	R	A
C	O	N	C	E	S	S	I	V	E			
A	B	I	D	E	R	T	I	R	A	N	A	
B	U	S	L	U	N	A	R	T	A	N	E	Y
E	L	I	N	O	P	E	R	A	T	I	V	E
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FROM PAGE 8  
**PLAYGROUND**

creatively repurposed for nature play. The NEA is intended to whet a kid's appetite for more adventure in nature and the adjacent trail system facilitates the opportunity for miles of hiking and exploration. Morley Field is also located within a highly urban area and the committee wanted to ensure the play area would be within reach of kids who may not have a lot of experience outside in nature. "I often see families here constructing forts or whipping up kitchen-play 'foods' with the natural loose

materials we provided at the site," said Tarbell. "There are a few constructed elements to serve as a rough framework, but the site is really designed to encourage creativity and imaginative play." Vertical branches set in the ground create the frame for weaving in branches and reeds to create a log cabin-like fort. Tree cookies often serve as plates while sand, cobble, wild berries and pinecones serve as pretend "foods." Upright boulders with natural notches support branches for a small lean-to-style fort. "One thing can be expected in this area," explained Tarbell. "Every time you visit, you will find different forts

and structures created in different ways and places. Come and make your own!" What especially interests Tarbell is the programming that can be developed to go along with the design of the nature parks at Morley Field and another at Golden Hill Park. "As a public agency, we have the opportunity to connect programming with design that you can't do in the private sector, where I often found myself wanting to design things to be programmed but that was never part of our scope." Explained Tarbell, "here at Parks and Rec we can talk to the kids and parents and develop nature-based

programs with them to dynamically activate the space. In addition to free play, at the Rec Center at Golden Hills, kids can take part in nature play activities like crafts and mud play." Landscape Architect Ilisa Goldman of Rooted in Place Landscape Architecture + Consulting, and a temporary expert professional with the County of San Diego's Live Well San Diego vision, donated her time and considerable expertise to this project, providing technical assistance to the city in the creation of this first NEA area. A champion of nature-based experiences, Goldman has been an advocate for

more NEAs in San Diego. The Nature Exploration Area is in the Morley Field area of Balboa Park (2221 Morley Field Drive, San Diego, CA 92104), directly south of the Balboa Park Tennis Club and about 1/2 mile east of the San Diego Zoo. The other is at Golden Hills Park and Tarbell is currently working with Parks and Rec crews on the Jennifer Jones Memorial NEA at Gershwin Neighborhood Park in Clairemont. —Delle Willett has been a marketing and public relations professional for over 30 years, with an emphasis on conservation of the environment. She can be reached at [dellewillett@gmail.com](mailto:dellewillett@gmail.com). ❖



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