

NEWS P. 4



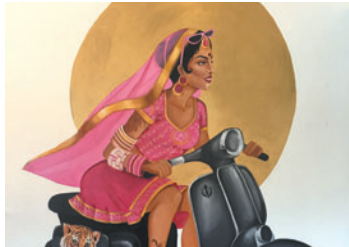
New signage to promote Little Saigon on Interstate-15

THEATER P. 11



'Familiar' graces The Old Globe stage in Balboa Park

FOOD AND DRINK P. 13



Rich curries and bold murals at South Park Indian restaurant

CALENDAR P. 19



What's happening in your neighborhood?

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(clockwise from left) Mayor Kevin Faulconer (center) speaks to community members, including a Girl Scout Troop in the front row; community volunteers participate in the "Book Pass" event before the grand opening; the library's old building promoting the new facility, now at 215 West Washington St. (Photos by Jules Shane)



Mission Hills/
Hillcrest library
debuts updated
location

By Jules Shane

More than 2,000 residents formed a six-block line along West Washington Street Jan. 26, as the community joined together to help move the final books from the Mission Hills Branch Library to its new location. Despite the heat, volunteers stood side-by-side for nearly an hour. Draped in yellow scarves, designed in the style of library borrowing cards, they transferred the books across streets and intersections.

see Library, pg 3

Noble undertaking
South Park landlord lends a hand
to Logan Heights community

Sara Butler | Editor

"Hey, Jeff, how you doing man? How's that roof holding up?"

As Noble Robinson greets his tenant at the gate, he seems less like a landlord and more like a friend. The two chat for a few minutes, catching up and checking in about a problem with a leak in Jeffrey's roof that Robinson recently repaired.

We're at Robinson's

property — and Jeffrey's home — in Logan Heights, located on the outskirts of Downtown. After a long career in real estate, the South Park resident — who owns apartment complexes in Bankers Hill and Downtown — decided to use his expertise and experience in the market to give back to others, specifically veterans and homeless individuals.

see Noble, pg 5



Noble Robinson (center) in front of the apartment complex with tenants and friends John (left) and Stuart (right) (Photo by Sara Butler)

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— Kr Co



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FROM PAGE 1

LIBRARY

Celebrating the culmination of a project years in the making, community members and public officials gathered to commemorate the opening of the recently completed library, officially known as Mission Hills-Hillcrest/Harley & Bessie Knox Library. It is nearly four times larger than the original facility.

State and city public officials from around San Diego attended the inauguration at the new location, named in honor of the city's previous mayor Harley Knox and his wife Bessie. Guests included Mayor Kevin Faulconer, Rep. Susan Davis, Assemblymember Todd Gloria, and City Council member Chris Ward. A local Girl Scout troop surrounded the podium as Faulconer began the ceremony.

"This is one of the things I remember from when I was a council member and we said we wanted to not just have a library, but we wanted to have a library that would be beautiful, that was going to make a statement and last in this community for generations to come," Faulconer said.

Built in a modern craftsman style, the new building offers a much-needed expansion of space and services for the Uptown library, previously called Mission Hills Library and located down the street at 925 West Washington Street since 1961. The project's



An exterior shot of the building (Photos by Brady Architectural Photography)

completion drew thousands of residents from the communities of Hillcrest, Bankers Hill, Old Town and Mission Hills, many of whom participated in the morning's book pass.

Since its initial design phase in 2013, the project faced a number of obstacles including funding issues and a lawsuit that caused delays. With a \$21 million total in construction costs, a mix of bonds and private donations funded the library.

Davis shared her commitment to supporting local public libraries by donating several books from the Library of Congress to the new branch.

"As the mom of a librarian, I always say that libraries are the most egalitarian of all our institutions because everyone can use them, and nobody has to," Davis said.

"As I look at all the children here, I know for you and for

those very young children who walk through these doors for the very first time knowing this space was built for them to enjoy, it means the first sense of membership that their library card represents," she continued.

The new branch location features amenities that aim to help the space create a lasting impact on the community. An expanded teen section, updated computers, quiet work/study rooms, a courtyard garden, and a J.R. Tolkien-inspired children's reading and play area are all included in the 15,000-square-foot location.

Additional space and facilities give the library the opportunity to expand its program offerings. Events and programs for all ages such as reading groups, LEGO building, story-time sessions for kids, and community gatherings will all be included in the branch's

event calendar. Gloria praised the Friends of the Library and others who helped make the project possible, touching on the importance for libraries to meet the needs of the community.

"This is a really special place that will transform people's lives. Folks will come here to learn, to learn to read, to find a job, use a computer, and to connect with the community, that is why this is hallowed ground," Gloria said. "I think that every neighborhood deserves a functional and accessible public library like this one."

After the speeches, officials gathered at the entrance to officiate the grand opening of the library by cutting the ribbon and welcoming the public into the new community

gathering space. Once the ribbon was cut, the crowd flooded through the gates to get a look at the building's interior. Officials mingled with guests, taking pictures and sharing details about the project. They also discussed future plans, such as the ongoing San Ysidro library expansion which is set to wrap construction this year.

The Mission Hills-Hillcrest/Knox Library, located at 215 West Washington St., is open Monday-Saturday. For hours and programs, visit bit.ly/LibraryMH.

—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.



Books line the walls at the expanded, updated facility.

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Uptown Briefs



(Twitter)

New signs for Little Saigon district

New cultural landmark signs along Interstate-15 — which will promote the growing Little Saigon cultural hub — were installed on Friday, Feb. 1. The installation came just before of the Vietnamese lunar new year, Têt, on Feb. 5.

State Assembly members Todd Gloria, Lorena Gonzalez Fletcher and Shirley Weber co-authored the resolution which established the cultural landmark signage process.

“Little Saigon is a vibrant cultural hub in the City of San Diego. It’s a place we should take pride in and increase its visibility. These wayfinding signs along I-15 will properly recognize Little Saigon and encourage more folks to visit and support the

District,” Gloria said.

Recognized by the city in 2013, the six-block district along the border of City Heights and Talmadge has seen an increase in public interest in recent years. Residents hope the addition of the new signs will continue the upward trend.

“The cultural landmark freeway signs for the Little Saigon District are an exciting opportunity to bring even more visibility to this vibrant area,” Council President Georgette Gomez said. “This is an example of strong local and state partnerships to strengthen our communities.”



(Courtesy photo)

Women’s Symposium returns to Normal Heights

The Academy of Our Lady of Peace (OLP), San Diego’s oldest high school and only

all-girls school, will hold its fifth annual women’s symposium on March 15 at its Normal Heights campus. The conference brings together female leaders from around San Diego to speak and share their experiences.

This year, San Diego District Attorney Summer Stephan will serve as this year’s keynote speaker. Other speakers include Sue Saarnio, Rana Sampson and Ashley Nell Tipton.

“For 136 years, the Academy of Our Lady of Peace has empowered young women to become academic scholars and community leaders. Our annual Women’s Symposium highlights that legacy by connecting attendees with incredible women leaders,” Head of School Dr. Lauren Lek said.

“This year, we are blessed with truly exceptional panels of women leaders from various backgrounds,” she continued. “Their professions span from doctors to television celebrities, CEOs, inventors and everything in-between.”

OLP invites the public to take part in the conversations. Topics to be discussed include overcoming adversity, the power of one’s voice, and tackling workplace issues faced by women. Tickets are \$50 for general

admission and \$15 for alumni, college students, and young professionals. Visit aolp.org/olpws for tickets, a full list of speakers and more information about the event.



(Photo courtesy of J. Walcher communications)

Nonprofits offer tax services to county

In the midst of tax season, United Way and 2-1-1 of San Diego have partnered to expand local access to tax preparation services for middle- and low-income families. Using funds granted by the Department of Community Services Development, they advertise more than 60 volunteer income tax assistance (VITA) locations within the county, as well as the state and federal earned income tax credits (EITC).

“Each year, too many hard-working San Diegans are missing out on hundreds or even thousands of dollars in tax refunds that they’ve earned,” said Nancy Sasaki,

president and CEO of United Way. “These grants will help us connect with more local residents and share vital information about one of the nation’s most successful anti-poverty measures — the Earned Income Tax Credit.”

In addition to tax preparation, VITA centers provide benefit screening for individuals and families looking to gain access to eligible public benefits. Last year, 1,480 families used these free services to grow their benefits. Make an appointment by calling 2-1-1 or visit myfreetaxes.org.

Iconic California tower to be retrofitted

The Museum of Man announced in a recent press release that the California tower overlooking Balboa park will receive a seismic retrofit in February. The popular attraction will be closed beginning Feb. 18 but will continue to offer regularly scheduled tours up until that date.

Built between 1915 and 1916 in honor of the Panama-California Exposition after the completion of the Panama Canal, the tower has long stood as the architectural crown jewel of Balboa Park. The project, which has been funded by FEMA, will increase the tower’s ability to withstand earthquake damage using the latest building codes. In total, the city predicts the project to last between seven and ten months.

San Diego candidates announce plans for 2020 election

San Diego Councilmember Chris Ward from District 3 announced he will be campaigning to represent the state’s 78th state Assembly district. His decision comes after Assembly member Todd Gloria announced his decision to run for San Diego mayor, leaving the house spot open.

“I am deeply committed to responding to the immediate threats of climate change, housing affordability, and economic security,” Ward said in a press release. “I’ve built my life and my family in this community, and I see the challenges we face to make sure everyone has the chance to contribute and thrive here.

“I know that means enough housing at every income level, access to quality education, affordable health care, a healthy environment, and sustainable jobs that allow everyone to achieve everything they’re capable of right here in San Diego,” he added.

Ward has served on the City Council since 2016, having previously served eight years as chief of staff in the state legislature. His announcement comes early into the 2020 election cycle and the field is still open for candidates to announce their bid for the spot.

Following the announcement that Ward would be vacating his council position, former executive director of San Diego Pride, Stephen



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FROM PAGE 4

NEWS BRIEFS

Whitburn, announced his intention to run for the 3rd District.

A longtime nonprofit leader within San Diego, Whitburn has advocated for LGBTQ protections and equality. He has also volunteered with several municipal committees including advisory panels for the city, the San Diego Business Association, and as vice chair of the North Park Planning Committee.

Both candidates are registered as Democrats, though the positions they are running for are officially nonpartisan.

Bill introduced in response to hepatitis A outbreak

Following a state audit which found the City of San Diego's response to the recent hepatitis A outbreak inadequate, Assembly member Todd Gloria announced he had drafted new legislation targeting future potential outbreaks.

"The recent state audit confirmed many of our worst fears: people fell ill and died that didn't have to. We want to make sure an outbreak like this never happens again," Gloria said.

"The public should feel confident that its officials know what to do and how to handle public health emergencies. That's why I introduced AB 262 — legislation that makes very clear the responsibility of local government and public

health officers to protect the public against future communicable disease outbreaks," he continued.

The new bill, titled AB 262, would establish specified duties for local governments in the event of outbreak of a communicable disease. It would require public health officials to inform cities in their jurisdiction about outbreaks, as well as make relevant information about outbreaks available within affected jurisdictions.

The state audit revealed multiple areas lacking in county's response following the declaration of a public health emergency in August 2017. County officials failed to communicate location data concerning the concentration of outbreak cases to the city. As well, state auditors found that despite talks between the county and city taking place in August, sanitary measures were not implemented until later in September. By April of 2018, the county had reported a total of 587 related cases, with 402 hospitalizations and 20 deaths caused by the outbreak.

AB 262 was joint-authored by local Assembly members Lorena Gonzalez and Tasha Boeren-Hovath. The bill is pending its referral to the state assembly committee for review.

—Compiled by Jules Shane.❖

FROM PAGE 1

NOBLE

Three years ago, he received a mass mailer about the "Housing Our Heroes" program, an initiative of the San Diego Housing Commission's (SDHC) "Housing First" three-year Homelessness Action Plan. The program reaches out to landlords and works with them to create permanent housing opportunities for homeless veterans in San Diego, according to the SDHC website.

Motivated by his experience as a veteran serving in the Vietnam War — coupled with finding a property at "the right price at the right time" — Robinson and his wife decided to buy a building in Logan Heights and partner with SDHC.

"The main thing is getting these guys off the street and helping out in that aspect," Robinson said, referring to his tenants. "I mean I didn't do it for the money — pretty well set right now in this stage of my life — but it was the satisfaction of helping out and seeing the life change in these guys that we got in here."

When Robinson initially took over the property, it needed more than a little work. It was a crumbling building with old walls, roofs and windows as "the slumlord that owned it before never did anything to it."

"I had drug dealers in here. I had gang-bangers in here; five to six people in one little, small apartment," he continued.



(l to r) Noble Robinson and John Watson in Watson's apartment
(Photo by Sara Butler)

"They were all just completely rundown: mold, mildew, old windows."

Once he cleaned up the apartment, he brought in new tenants from the SDHC program, as well as other organizations like Father Joe's Villages. Currently, eight veterans and two previously homeless civilians live in the building. Most of the guys (it is a male-only property) have called the residence home for more than a year.

"I've just seen a major change in all of their lives," Robinson said, referring to the current and past tenants. "Of course when you get a roof over your head, that's a major endeavor, for anybody."

"And that's what's really rewarding to me — to see these guys' lives change for the better, to see how they contribute now, coming from a homeless situation, living under the

bridge, living on sidewalks. That's where these guys come from," he continued.

One of these residents is John Watson, who has lived at the property going on three years. Watson is a veteran who said he has not ever drank or done drugs, and never believed he would end up homeless.

After growing up in San Bernardino, he worked in the printing trade until he received a draft notice for the Vietnam war. After serving, he moved to San Diego and returned back to his trade — but it has become computerized. So he started going to school and volunteering for Veterans Affairs (VA), which turned into a full-time job lasting 20 years.

But soon after he retired, his wife divorced him. Without a place to live, he moved in with a friend, Jerry, until he

see Noble, pg 17



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Guest Editorial

It's a new year, and time for a new approach to homelessness in San Diego

In the New Year, there is far more that San Diego leaders — and residents — can be doing to address the homelessness crisis.

By John Brady

[Editor's note: This editorial first appeared in the Voice of San Diego on Jan. 7. View the original article at bit.ly/brady-vosd.]

For more than a decade, homelessness advocates have decried the lack of public restrooms and those warnings were bolstered by two grand jury investigations. Even then, the city and the county of San Diego failed to take

sufficient action — installing only two additional 24-hour Port-A-Loos by 2015.

Both had been removed by the time the Hepatitis A crisis began to take hold in 2017 as the virus spread, likely from trace amount of feces. Nearly 1,300 people who resided on our city streets were offered three bathrooms for all downtown.

By February 2017, individuals and organizations working on the streets were keenly aware that there was an emerging problem. Yet somehow an

emergency was not declared by our leadership until September. A full seven months had passed, deaths had reached double digits and infections were in the hundreds.

By the end, the virus had spread throughout the county and continues to cause problems today.

This is unacceptable. If society is judged by how we treat our poorest, then our leaders failed us.

see Homeless, pg 7

Letters to the editor

Over romanticized

[Ref: "Honeymoon Bridge," Vol. 11, Issue 2, or online at bit.ly/honeymoon-bridge.]

While the idea of rebuilding a piece of Balboa Park's past is certainly appealing, I am concerned with the prioritization of this bridge project, given that the prospect of the Jacobs Plan "bypass" continues to loom over Alcazar Garden and its adjoining parking lot. Rebuilding this bridge might be nice, but a path over Palm Canyon to the International Cottages is not "necessary." I would rather see the Friends of Balboa Park focus on the threats to the park and on deferred maintenance than this focus on rebuilding a long-lost asset. Thank you.

—Alex Sachs, via our website.

A spirited debate

[Ref: "Guest Editorial: Why 6th & Olive is the right project for Bankers Hill," Vol. 11, Issue 2, or online at bit.ly/6thOlive-Rawi.]

I don't see how this project will

improve affordable housing? Eighteen new affordable vs. the existing 16 now on site? Two more doesn't solve that issue. What will the rents or for-sale prices be for the remaining 186 units? That will tell us if those prices aid our housing situation or if just adding housing at any price adds to the solution.

—Charles Kaminski, via our website.

Face it. The future of the world is vertical, and prices to live in the city have always been high. Setback requirements should be law, to maintain context.

—Tom Andresen, via our Facebook page.

The only problem with this project is that the building is too short.

—Scott Jackson, via our Facebook page.

Biased much, Omar, project manager for the building? Your arguments have nearly zero merit.

Your million-dollar condos will have little impact on our housing crisis, and I seriously doubt I'll be running into your tenants on the #3 or #11 buses. And thanks so much for the 10K-square-foot park-like community space [courtyard]. Has the building height dimmed your memory of the much larger community space one block away? It's called Balboa Park. It actually IS a park.

—Aaron Markus Vaksvik, via our Facebook page.

I love when developers talk about their contributions to the housing crisis as if expensive condos are just what the doctor ordered. It's so self-serving. That said, if that lot is going to be developed I'd rather see "tall" rather than "wide." I just hope the building is distinctive and not bland. You never know about these things until after it's built.

—Rob Cohen, via our Facebook page.

see Letters, pg 7

FROM PAGE 6
HOMELESS

After decades of false promises, the region’s housing crisis, a major cause of homelessness, continues to grow. Consider a few facts: 11 percent of college students were homeless in the past year; 23,000 school children are registered as homeless in San Diego County; hundreds live in fear of having their vehicles (housing of last resort) taken by authorities; and thousands will have no place safe to sleep tonight.

Fortunately, there are many more handwashing stations and restroom facilities throughout the county today but services are still overwhelmed. For example, in the city of San Diego, there are as many as 20 showers open four hours a day. There is always a line. Meantime, an additional two banks of showers at the Neil Good Day Center have been out of service for years.

At the same time, there are only four free washers and dryers for everyone unsheltered in the downtown area. That’s eight loads of laundry per day for over 1,000 people while the water flow at Neil Good sinks are so severely restricted that they’re nearly unusable.

Father Joe’s Villages provides a daily free lunch, but most people must fend for themselves for breakfast and dinner. Residents and officials also actively discourage organizations from serving food to the needy.

These third-world conditions continue to exist while the county sits on more than \$2.2 billion — yes, I said billion — in cash reserves, the majority of which can be used immediately for almost any emergency purpose.

Housing is the real emergency, and perhaps things will change as new leadership is taking power throughout the city and county. It is possible that we finally have the political will to change our approach to homelessness.

Here’s one idea: Establish a matching zero-interest fund for anyone willing to build low-income housing. By leveraging \$500 million in reserves with private funding, we could have a \$1 billion construction fund, enough to house thousands.

As a community, I hope we can immediately provide safe spaces for everyone on the streets, be they safe camps, safe parks or tiny houses. The people in greatest need should no longer be used as pawns. Currently our needy live in an endless game of whack-a-mole, continuously pushed from canyon to canyon or from your neighborhood to the next. This expensive approach hurts all of us.

As a community, I hope we can recognize that viewing homelessness as a crime is wrong and put outreach services ahead of expensive and aggressive enforcement practices. The San Diego City Council has already agreed to streamline low-income development applications and build 140 units of low-income housing in each district, and we ought to

encourage other cities to do the same.

Thanks to skyrocketing rents, each of us should recognize that the person on the street could someday be us. Consider treating him or her accordingly, and remember this when increased housing density or low-income housing or services are proposed in your

neighborhood.

It is the least we can do in the New Year.

—John Brady is the director of advocacy for the Voices of Our City Choir, a group of sheltered, homeless and formerly homeless San Diegans who perform and advocate for public policy changes.*

FROM PAGE 6
LETTERS

Thank you, Omar Rawi and Uptown News, for writing this bit of sanity in the midst of so much histrionic discussion of this project. You summarize all the angles of how this project is well thought out. Looking forward to supporting it at the City Hall hearing.

—Patrick S., via our website.

[Editor’s note: Guest editorials are the author’s own opinion. They are not written by our staff and do not reflect the views of San Diego Uptown News or its parent company, San Diego Community News Network.]

I don’t know what the outcome of all this is, but if it passed, it clearly points to the fact that there is more dirty politics than common sense at play!

—Carole Sachs, via our website.

[Editor’s note: San Diego City Council unanimously approved the project in a vote on Jan. 28, 2019.]

Cashing in on Bankers Hill

Chris Ward cannot possibly believe that voting for 200 luxury apartments, in a high rise (225 foot) building overlooking Balboa Park, will in any way help solve the affordable housing shortage we have in San Diego. Deep pockets to help fund his next political steps are a more likely justification. Shame on Chris who, just like his predecessor Todd Gloria of District 3, gives a farewell finger to the wishes of Uptown Planners, the true representatives of Uptown.

—Dennis Seisun, via email.

Rain or shine?

[Ref: “Guest Editorial: Sun-blocking tower or good neighbor?” Vol. 11, Issue 1, or online at bit.ly/Hillcrest111-Mullaney.]

The project became part of the false narrative that not-in-my-backyard (NIMBY) individuals are trying to stop new development, and keep people out.” Why not just own up to the fact that Uptown United is a NIMBY group? A group who fights against this new development and fights against reasonable up-zoning in Hillcrest is a NIMBY group in my book.

—Ray Larson, via our website.

Instead of worrying about height limits, Uptown Planners should be focusing on the dead blocks and empty businesses throughout Hillcrest. I recently drove down University Avenue and was shocked to see so many vacant storefronts. Even businesses that have been there for years are gone. So sad. On the flip side, North Park, South Park and University Heights are all thriving. Let’s face it, Hillcrest is dying and I can’t believe how community leaders are OK with watching this once-vibrant neighborhood turn into a ghost town.

—Justin Payton, via our website.

Looks like a nice design, which will have its own two-level parking garage, and bring a significant number of living units into an ideal, central, highly-walkable infill location. I don’t see the height being an issue considering the AT&T building to the north is about the same height already, and, that this is a gateway location on and near major thoroughfares. Great work from Uptown United to get the setback increased on the north side; 7 1/2-feet definitely would have been too small there. Ideally, zoning should require additional setbacks for each floor. That would definitely have helped with shading and overall proportion and scale.

—David Gleason, via our Facebook page.

Where the homeless went

[Ref: “Why the city must stay committed to solving our homelessness crisis,” Vol. 10, Issue 23, or online at bit.ly/homeless-crisis.]

Councilmember Chris Ward stated in the Nov. 30 guest editorial that “Downtown’s on-street homeless population is decreasing,” framing it as a success story. This is a little disingenuous as that reduction came with a migration of the homeless population into the other neighborhoods of Mr. Ward’s District 3.

It would be understandable and transparent if he acknowledged that moving the homeless population out of the Convention Center vicinity is important to the reputation of the city as a destination for conventions and tourism. However, not acknowledging the impact this has had upon residential communities minimizes the new reality of so many residents’ experiences. Stated another way, on-street homeless population is not decreasing in District 3.

To the councilmember’s credit, he spearheaded the resolution to ensure supportive housing is distributed equitably to each of San Diego’s nine council districts. The great weather is no small factor in San Diego having the fourth largest homeless population in the nation after New York, Los Angeles and Seattle. District 3 currently bears more than its fair share for this metropolitan issue. I hope the council follows through on its promise.

—Norm Heske, via email.

—Letters to the editor are encouraged. We pull them from email, Facebook and comments submitted on our website. Letters are edited for grammar, clarity and sometimes trimmed to fit the space available in the newspaper. If you’d wish to send a letter to the editor directly, email sara@sdenn.com.*

#44

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ASK KATHY:

A COLUMN ABOUT REAL ESTATE ISSUES

Kathy McSherry



COMPASS

Can I Deduct My Remodel Costs?

Hi Kathy:

My husband and I have been thinking about remodeling our home instead of selling and moving to a newer home. We have many memories here and we feel it will improve our home's value and at the same time preserve our wonderful memories. As tax time approaches, can we write off the cost of the remodel?

John M.

Hi John:

What a great question as many of us are uncertain about this 'pause' in the real estate market. Updating your home will typically always provide value, depending on what you do and/or how much you spend on your project. If you use your home primarily as a personal residence, tax laws do not allow you to deduct the cost of the home improvement. They would be considered nondeductible personal expenses. What you need to do is keep track of all the expenses that you do for your home improvements while you are living there and when it is time to sell your home, you may be able to reduce your taxes in the year that your home sells.

Remodeling breaks down into two categories for taxes: the cost of home improvements versus the cost of repairs. You will want to add the cost of your home improvements to your tax basis. Your tax basis is the amount that you subtract from your sales price to determine your profits. If your remodel adds value to your home, like a new roof, a new alarm system, new windows, a new addition, and certain energy-saving improvements, this amount will go into the sales price and now be an adjusted basis. If you make a profit, it is that gain that may be taxable. Generally, that gain can be up to \$250,000 for a single tax filer or \$500,000 for a couple filing jointly. The goal is to reduce or avoid paying taxes when you sell your home.

Also, if a portion of your home is used for business you may be able to write off a portion of your home as part of the adjusted basis through depreciation. In addition, the cost of repairs for that portion of the home may be currently deductible. Another thing to remember is if your area has gone way up or you have lived in your home for years and you have a great gain when you sell, you can reduce the taxable gain by including the improvements in the cost basis.

Taxes can be confusing, but we all want to save money. I always recommend speaking with a professional tax consultant or CPA. I would also keep all my receipts in a folder under home improvements and note each item. Good record keeping, which can be annoying, can also potentially save you money in the end. Here's to your new remodel!

Best,

Kathy

Kathy McSherry is a veteran Realtor in Mission Valley with Compass, Email questions to her at kathymcsherry@outlook.com www.kathymcsherry.com

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Strong fiscal and community stance with new governor

Notes from Toni

Toni G. Atkins



Governor Gavin Newsom got off to an active start as he began his tenure as California's 40th governor, proposing several ambitious policy changes and releasing a draft state budget in his first few days in office.

On day one, the governor announced new health care policy proposals, including making all residents up to age 26 eligible to obtain health insurance through the Medi-Cal program, helping middle-class Californians afford health insurance, and lowering the cost of prescription drugs through increased bulk purchasing power.

On day two, he announced proposals to strengthen California's ability to prevent, fight and recover from devastating wildfires, including \$305 million in additional funding to improve the health of our forests and enhance emergency response.

On day four, the governor released his proposed \$209 billion budget for the fiscal year that begins on July 1. Drawing from a \$21.4 billion surplus thanks to a strong economy, his budget keeps California on a positive path that balances the need for fiscal responsibility with our goal of strengthening programs that support our residents and provide opportunity.

Newsom's budget recommendation adds another \$1.8 billion to our rainy-day fund, bringing it to \$15.3 billion, and increasing the safety net reserve that we created last year from \$200 million to \$900 million, which will protect vital services for vulnerable Californians and

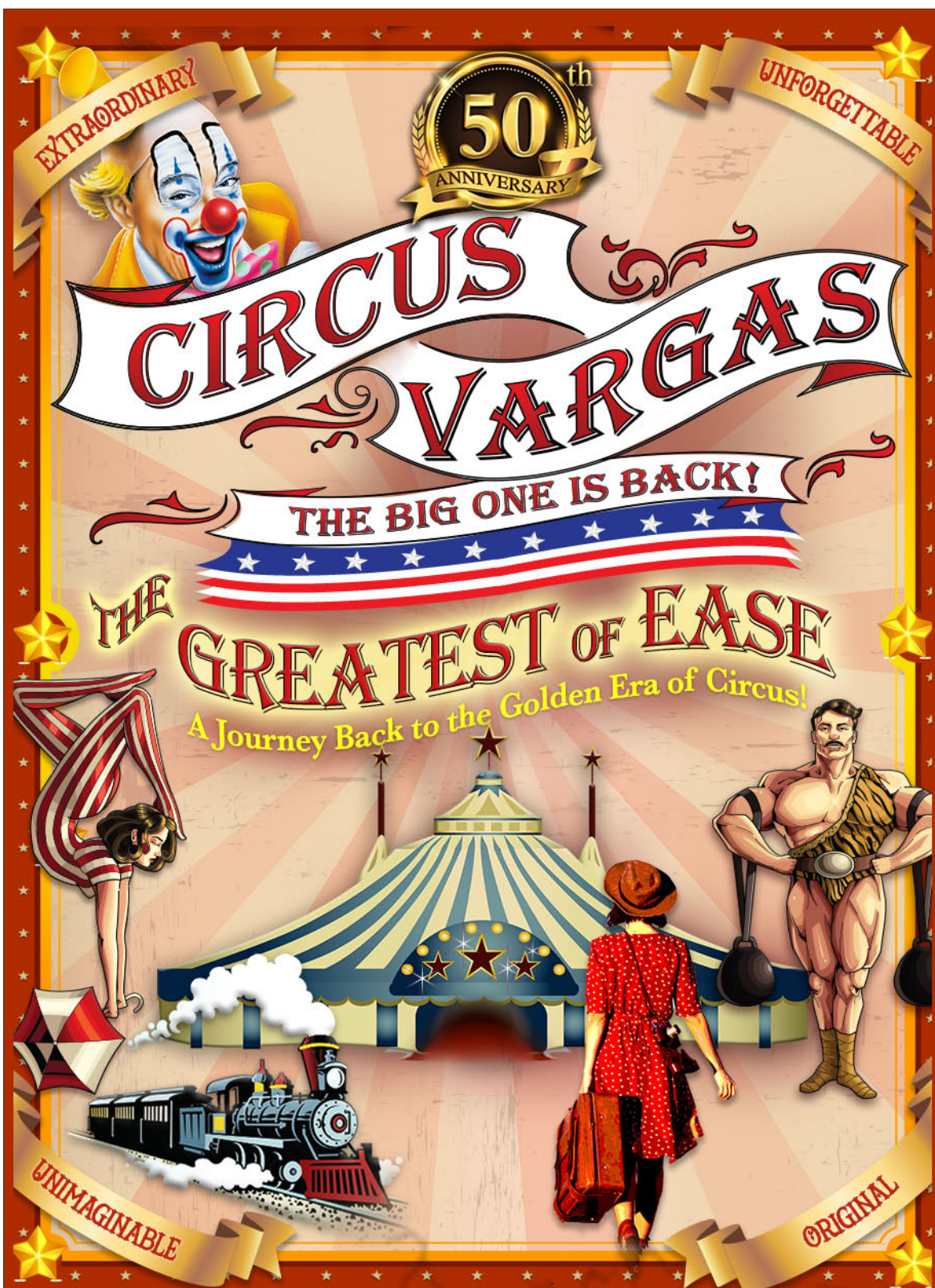
working families. Other prudent ideas include a one-time payment of \$4.4 billion to eliminate past debts and one-time funds of \$5.3 billion to pay down public employee retirement liabilities.

In addition to the health care and wildfire proposals, his budget increases grants to local governments to build affordable housing and creates new incentives to help meet local housing goals. It proposes yet another record investment in public schools and free tuition for the second year of community college, increases Cal Grants to make higher education accessible to more students, and adds funding for the UC and CSU systems.

Although our economy is strong and our budget is in the best shape in a generation, many individuals and families are still struggling. That's why Newsom would like to double the impact of California's earned income tax credit — it would be the program's third expansion in three years. He also wants to increase CalWORKS grants to lift most children in the program out of deep poverty and send an additional \$500 million to communities across the state to address homelessness.

I enjoy an excellent working relationship with Newsom and look forward to working with him on this year's budget. His proposals will be vetted thoroughly in an extensive series of Senate and Assembly Budget Committee hearings this spring, and I am confident that, working together, we will craft a budget that once again will reflect California's values and move California forward.

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



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(l to r) Governor Gavin Newsom and Toni G. Atkins (Courtesy photo)

‘Somebody to Love’

Uniting the music of Queen, power vocals and ballet for a multi-sensory performance

Albert H. Fulcher
Contributing Editor

San Diego singer Brian Justin Crum and renowned ballet dancer Kirsten Bloom Allen are teaming up for a special Valentine’s Day performance at Music Box in Downtown on Feb. 14. This collaboration, presented by ARC Entertainment Company and The Dream Adopters, promises to take the audience on a journey through the many wild, beautiful facets of love. This show, “Somebody to Love: A Queen Rock Ballet Concert,” which showcases the iconic music of Queen, the power vocals

of Crum and the graceful talents of Allen. It promises to be a multi-sensory debut performance embracing the diverse aspects of love.

Brian Justin Crum hit the national spotlight on season 11 of “America’s Got Talent” with his powerful vocals and intimate performances, coming in fourth place. But on Jan. 28, he revisited “America’s Got Talent: The Champions,” and was voted to the finals with his brilliant performance of Elton John’s “Your Song.”

Kirsten Bloom Allen, founder of ARC Entertainment, boasts a repertoire of globe-spanning performances

‘Somebody to Love: A Queen Rock Ballet Concert’
Music Box
1337 India St.
Feb. 14, 8 p.m.
Prices: \$67-\$100
bit.ly/rock-ballet



Renowned ballet dancer Kirsten Bloom Allen (left) and singer Brian Justin Crum (center) pair with the San Diego City Ballet for “Somebody to Love: A Queen Rock Ballet Concert,” at the Music Box on Valentine’s Day, Feb. 14. (Photos by Mark Mendoza)



Kirsten Bloom Allen rehearses with a dancer from San Diego City Ballet for “Somebody to Love”

at institutions such as The Kennedy Center with The Suzanne Farrell Ballet; Shanghai, Beijing; and for George H.W. Bush and Barbara Bush.

Allen noted that there are many creative elements happening on both ends of the spectrum with music and dance throughout the Valentine’s Day performance. Accompanying dancers are from City Ballet of San Diego.

“They are beautifully trained classical ballet dancers but have such a cutting-edge style of movement that they can do both,” Allen said. “They can do the ultra-classic works and also get very contemporary. So they are more edgy and sexy which is what we are going for with this show.”

“Queen’s music has always held a place near and dear to my heart,” Crum said. “I grew

up listening to their music and I got the chance to tour with the musical ‘We Will Rock You.’ So when this opportunity came up to mix the music of Queen with my favorite form of dance of contemporary ballet, it was a no-brainer for me. It’s been exciting being a part of that creative process and putting the show together, figuring out what it is going to look like and how it is going to flow. I’m really excited to present it to San Diego.”

Allen said the music itself is so iconic and that most people can relate to Queen, due to the band’s many great songs.

“People coming in [for the show] are going to have a feast for their senses,” Allen said. “They are going to have the beautiful voice of Brian Justin Crum, the incredible catalog of

Queen and the stunningly gorgeous visual element of dance. So it’s a well-rounded, built-for-the-senses artistic experience. It is a very innovative and creative new way of looking at a concert with [the addition of] that visual element of dance in there. I still find ballet so beautiful every day and every day it inspires me.”

Crum, who has a lot on his plate right now, said this performance is one of the exciting projects he is doing right now — and that the premise of mixing the arts in this unusual way is something very special to him.

Crum grew up in the world of musical theater and said this show brings him back to his theatrical beginnings. He performed in his first Broadway

see Somebody to Love, pg 16

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Personal reconciliation in Alaska

By David Dixon

A good part of the excitement in seeing a new play is the sense of anticipation and discovery, and it's rare to determine how the emotions and plot are going to unfold. Diversionary Theatre's production of "The Hour of Great Mercy" features a complex plot dealing with religion, homosexuality and a potentially tense family reunion. In the Alaskan town of Bethlehem, a gay Jesuit priest Ed (Andrew Oswald) has left the Catholic Church and seeks to reconnect with his estranged brother. The reason for the falling out between the two forms part of the play's plot.

The premise of the drama is inspired by playwright Miranda Rose Hall's (a founding member and current resident playwright of LubDub Physical Theatre Co. based in

New York) relationship with her father.

When Hall was attending the graduate school at the Yale School of Drama, her mentor was acclaimed playwright Sarah Ruhl. While Hall was trying to decide on a topic for her graduate thesis, Ruhl suggested that she write a gift play for someone that she loved.

"Ruhl looked to me and said, 'I think you're trying to write a gift play for your father,'" Hall said. "I realized maybe I am."

The Alaskan setting is important to Hall's story. She spent a few years working with the Jesuit Volunteer Corps Northwest, helping marginalized groups in Anchorage and Missoula, Montana.

"The show is a bit of a love letter to the time I was living in Alaska," she said. "When writing the script, I felt like I could get into the aspects about what it was like when I was living there."

Director Rosina Reynolds hasn't been to Alaska, and she did a significant amount of research in preparation for the rehearsals.

"I watched videos and did visual research on the landscape and the land," Reynolds said. "I spent a good amount of time in Northern Wisconsin, and you can feel a similar sense of isolation."

The need to connect to people in a lonely place is a crucial theme of the drama. Reynolds is working closely with Hall to help the writer tell her story on stage.

"I'm a part of her journey in getting her play realized and fulfilled in the way she saw it and wrote it," she said. "It's a very collaborative environment."

While the script specifically deals with Catholicism and homosexuality, one aspect of Hall's story that Reynolds finds unique is the universality of the plot.

"It's about the spirituality in all of us, regardless of your denomination," she said. "She has a fascinating handle of that part of our humanness."

There might be a nuanced take on religion, but Hall doesn't ignore the conflicts Ed faces owing to his sexuality. Reynolds feels that members of the LGBT community will be affected by Ed's "crisis of faith."

"Learning to reconcile with inner-faith and stay true to your own sexuality and beliefs is a very large part of the play," she said.



Playwright Miranda Rose Hall



Cast of "Hour of Great Mercy" (Photos courtesy of Simpatika)

Hall acknowledges that love is far from absent in the narrative. A theme that she wants theatergoers to take away from the story is that "it is possible to find love in unexpected places."

"I want audiences to feel like it's never too late to love somebody," she said.

Throughout the evening, Hall incorporates both light and dark moments with humor,

warmth and levity, especially in scenes where the characters display vulnerability. She does view her theatrical piece as one that's, overall, an empathetic one.

With an interesting premise and a talented cast of mostly local artists including Tom Stephenson, Patrick Mayuyu and Dana Case, Diversionary's latest production gives San Diegans an opportunity to watch a new work from a rising playwright. The experience should be one that is both personal and universal.

"The Hour of Great Mercy" is running at Diversionary Theatre through March 3. For tickets or more information, visit diversionary.org or call 619-220-0097.

—David Dixon is a freelance film and theater writer. He can be reached at daviddixon0202@gmail.com.



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A ‘Familiar’ tale

Theater
Review
Jean Lowerison



Tradition vs. change, adaptation vs. assimilation and good old generational clashes are all pretty familiar topics to most of us, perhaps even more so to foreign transplants to the U.S. and their offspring. And family squabbles are common to most people. Iowa-born playwright/actor Danai Gurira, daughter of Zimbabweans, dives into these topics in her latest play, “Familiar,” at the

Old Globe through March 3. Gurira was recently on the big screen in the film “Black Panther” (recently nominated for seven Academy Awards), and was Tony-nominated for her earlier play “Eclipsed.” Zimbabwean immigrants Donald (Danny Johnson) and Marvelous Chinyaramwira (Cherene Snow) live in a charming two-story house in a Minneapolis suburb, complete with a chandelier, art on the walls and a shelf with African-look pots (credit set designer Walt Spangler). Above the fireplace a map of Zimbabwe is placed over a black-and-white art piece. Donald is an attorney; Marvelous a scientist.



‘Familiar’ runs through March 3 at The Old Globe Theatre.

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(l to r) Danny Johnson as Donald Chinyaramwira and Lucas Hall as Chris
(Photos by J.T. MacMillan)

A wedding is in the offing for eldest daughter Tendikayi (Tendi). Tendi (Zakiya Young), an attorney like her dad, is marrying paleface American Chris (Lucas Hall), who works for a nonprofit human rights organization. The extended family is gathering for the rehearsal dinner. Tendi’s Aunt Margaret (Maggie) is on hand, resplendent in a colorful and fashionable dress and heels. Marvelous’ youngest sister is played with charm by Ramona Keller. Marvelous has decided the wedding will be “classy, civilized and modern.” As the family matriarch, she can be hard-nosed in approach, but means well. She has made the executive decision to assimilate into American life. Aunt Annie (Marvelous’ oldest sister), who still lives

in Zimbabwe, is the exception. When she shows up, resplendent in African garb, tribal attitudes and an imperious manner, sparks fly. Bridegroom Chris is earnest and relatively clueless but adorably in love. He and Tendi want to include some elements of her African (Shona) culture in the proceedings. So they have agreed to a Roora (brideprice ceremony), which Annie will conduct. This will require Chris to bring a go-between — the prospective bridegroom is not allowed to negotiate for himself — so he brings his cousin Brad (Anthony Comis) along. Brad is, shall we say, quintessentially American, funny and absolutely wonderful. Donald and Marvi’s youngest daughter Nyasha

(Olivia Washington), a songwriter, has just returned from a trip to Africa and is filled with musical inspiration. Unlike others in the family, Nyasha wants to embrace her African heritage. Washington plays her with great energy and style. She also gets an absolutely hilarious scene. You have to see it to believe it. The second act gets much darker — unnecessarily so, it seems, but Edward Torres’ fine direction and this sparkling cast carry you along, and Nyasha leaves the audience with a lovely ending. —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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UPTOWN NEWS
FOOD BRIEFS
FRANK SABATINI JR.



Customized hot toddies are available at Madison on Park. (Photo courtesy of Katalyst Public Relations)

At least until spring arrives, **Madison on Park** in University Heights is offering “build your own hot toddy” for \$12 per mug. A celebrated winter drink throughout Scotland and Ireland — and touted as a cure for cold-weather ailments — customers can create their heated cocktail by choosing a spirit, sweetener and citrus element. Choices include bourbon, rum and rye whiskey, which can be paired to ingredients such as honey, smoked maple syrup and allspice liqueur, among others. Lemon, lime, grapefruit and pineapple are available to further enhance the toddies. 4622 Park Blvd., 619-269-6566, madisonon-park.com.



Restaurateur Jerome Gombert at his new restaurant in Rosarito (Photo courtesy of Viaje Oyster Bar)

Since leaving his mark on Uptown’s culinary scene with the former **Vagabond** in South Park, as well as two existing locations of **Cafe Madeleine** in South Park and North Park, restaurateur Jerome Gombert has launched his next venture in Rosarito, Mexico. His new **Viaje Oyster Bar** will hold its grand opening on Feb. 7. The 5,000-square-foot space offers ocean views and a menu rich in seafood. He’s sourcing the oysters from Baja’s coastal town of San Quintin, and said they are the same bivalves he used at **Vagabond**. Helming the kitchen is Mexico City chef Marcello Hisaki, who has developed steak and chicken entrees in addition to offering at least seven types of fish. Also available are Mexican craft beers and wines from Baja and France. Boulevard Benito Juarez 25500, Quinta del Mar, 22710; 52-661-104-0718.



Wagyu beef shawarma is all the rage in South Park. (Photo by Bryan Zeto)

Australian wagyu beef is stealing the show at the new **Shawarma Guys** food truck in South Park. Launched on Jan. 28 by Michigan transplant Bryan Zeto, the mobile kitchen specializes in Mediterranean fare and operates Monday through Saturday in **The Bottle House** parking lot. The lauded melt-in-your-mouth wagyu beef is used in sandwiches, bowls, wraps and customized plates. Other menu items include hummus, Greek salads and a signature dish called lemon cream chop French fries, which are fries topped with panko-breaded chicken and lemon-garlic sauce. 3012 Grape St., 619-340-1234.



Chef Rachel Jacobs is raising the culinary bar in a remodeled Hotel Circle property. (Photo by Shauna Aguirre)

The newly remodeled **Doubletree Hotel Circle** and its rebranded restaurant, **Seaglass**, has brought on Rachel Jacobs as executive chef. The Ocean Beach resident previously held culinary positions at the **La Jolla Beach & Tennis Club**, **Anthem** in North Park, and the **Hard Rock Cafe** in the Gaslamp Quarter. Seaglass revamped a majority of the menu, with many dishes steering clear of gluten. In addition, about 20 percent of the options are vegetarian or vegan. One of her standout items includes a burger fashioned in the spirit of a California burrito. It’s topped with avocado, pico de gallo and French fries. The hotel also hired pastry chef Mirsonia Jimenez from Puerto Rico. Her creations include Puerto Rican panna cotta known as coconut tembleque, and cheesecake swans made with cream cheese and caramel flan. 1515 Hotel Circle South, 619-881-6900, doubletreehotelcircle.com.



The “Marilyn” is among a trio of cocktails at Prohibition named after mistresses of U.S. presidents. (Photo courtesy of Wicked Creative)

We’re normally unfazed by unofficial “observance holidays” commemorated by certain foods and drinks. But the one being celebrated Feb. 13 at **Prohibition** (548 Fifth Ave., 619-501-1919, prohibitiondsd.com) and **The Morning After** (531 F St., 619-542-9664, themorningaftersd.com) is too salacious to ignore. In celebration of national Mistress Day, which throws a spotlight on straying men and their female lovers, the underground Prohibition will offer cocktails tailored after three American presidents’ well-known mistresses: Marilyn Monroe, Monica Lewinsky and Stormy Daniels. Concocted by beverage director Ryan Andrews, the \$13 cocktails pay respective homage to those particular women with rye whiskey, gin and tequila. We’ll leave the remaining ingredients in each drink an alluring mystery. Nearby at The Morning After — a new break-fast-brunch spot featuring a full bar — you can score short stacks of “side cakes” for \$9, a fruity rum-based cocktail named “affair-y tale” for \$11, and other related items.



Swooped up avocado toast at Parakeet Cafe in Little Italy (Facebook)

Parakeet Cafe in La Jolla has branched into Little Italy with a plethora of trend foods such as avocado toast, cacao waffles, organic quinoa bowls, kale-hemp salads, and a broccoli-based “green soup” also containing lentils and mung beans. From the beverage list we find “adaptogenic” drinks blending mushrooms with various additives like honey, turmeric, collagen, and ashwagandha, an Indian root herb touted for its medicinal powers. The cafe operates from 7 a.m. to 9 p.m. daily, and serves breakfast, lunch and dinner. 1680 India St., 619-255-1442, parakeetcafe.com.

South Park's first Indian restaurant awakens the palate

Restaurant Review

Frank Sabatini Jr.



Rich curries and modern-day street foods common to northern India have gained steam in South Park, where cuisine from the subcontinent was non-existent until now.

The whimsically named Curryosity opened last October with a menu that steps a little beyond classic dishes such as tikki masala, clay-oven chicken (tandoori) and spiced pureed spinach (saag). Mingled within are rarities like curry waffle fries and an exhilarating appetizer known as dahi puri, which is listed here as “yogurt explosion.” Chances are you haven’t encountered either in other Indian joints.

Chef-owner Raj Mutti is a native of northern India. After emigrating to Los Angeles, he began cooking and serving at his sister and brother-in-law’s West Hollywood restaurant, Flavors of India. There, he rubbed elbows with Dolly Parton, Leonardo DiCaprio and other luminaries who came knocking for spicy, exotic fare.

Intent on owning his own restaurant, he moved to San Diego and opened Spice Lounge in Pacific Beach. Seven years later, Curryosity serves as an evolved offshoot geared to a more

sophisticated demographic. Amid a tasteful blend of refined décor, bold murals, and a second seating area in the back featuring low tables and couches, Mutti wanted to “back away” from the red-and-beige color scheme inherent to scores of other Indian restaurants. So with a white and golden-yellow color scheme, the atmosphere still manages to pay homage to his homeland while blending with the charm of South Park.

My vegetarian friend felt right at home, as 50 percent of the menu is meat-free. Visiting during the recently introduced lunch service (11:30 a.m. to 3 p.m., Friday through Sunday), we started with the delectably crispy waffle fries. The sauce draping them was thick and silky — nothing like the thin, brownish curry sauce served with fries in British pubs. This had a bright orange hue and tasted tangier.

The “yogurt explosion” lives up to its nickname. What you get are six semolina balls that have been hollowed out and filled with chaat masala spice blend, fresh mint, plain yogurt and minced potatoes. They’re sprinkled on top with “chickpea noodles,” which we initially thought was finely grated cheddar cheese.

Too delicate and runny to cut into bites, you pop each ball separately into your mouth and behold a mini explosion that is cool and spicy and too unique to pass up.

A cup of chicken soup stocked generously with cubed breast meat also proved incredibly flavorful, thanks to a bouquet of ginger, onions, garlic and cilantro in the recipe. My friend’s karma soup was creamy from coconut milk and bulky from lentils. It offered nuances of yellow Thai curry. Mutti said the fusion aspect is deliberate in some of the dishes, such as the “nirvana” curry bowl I ordered as my main lunch entree.

Similar to panaang curry found in every Thai kitchen, coconut milk came into play again, and the curry sported a reddish color and slight kick from chili paste. The large pieces of chicken breast were fork-tender. They saddled up

‘Curryosity’

3023 Juniper St.
(South Park)
619-255-0660
curryositysd.com

Lunch prices:
Starters, \$4 to \$6
Soups and salads, \$6 to \$9
Lunch bowls, \$11 and \$12
Sides, \$1.50 to \$3.50

to long-grain turmeric rice, garlic naan bread, and spiced vegetables cooked to a very soft texture.

My friend’s bowl of saag included the same sidekicks. The stewed spinach was thickened by paneer cheese and expertly flavored with proper measures of ginger, garlic and toasted cumin. I normally don’t like the grassy flavor of cooked spinach, but this swooned my taste buds.

Other choices on the lunch menu include cheese or vegetable samosas, tandoori shrimp, chicken tikki masala, and a cream-kissed curry named “happy cow,” which features paneer cheese in a base of tomato and onion puree.

The daily dinner menu is a bit more expansive with inclusions such as naan bruschetta, chicken or paneer pakora, vegetable korma, and Indian-spiced rack of lamb.

Curryosity’s weekend lunch



A taste of northern India cuisine comes to South Park. (Photos by Frank Sabatini Jr.)

service is followed by happy hour, from 3 to 5 p.m. Friday through Sunday. The deals include appetizers, beer, wine and soju cocktails for \$4 each, along with chicken wings made with a variety of curry sauces for \$7 per order.

—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.



Owner-chef Raj Mutti



An appetizer named “yogurt explosion”



The saag lunch bowl



Curry waffle fries

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Cardio options when your treadmill is taken

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Many people have a favorite cardio machine that they use at the gym. So imagine when that machine is taken by someone else. Do you sit around and wait for it to become free? Do you go home?

Next time this happens, consider finding a quiet spot to do some cardio moves without any equipment. There are several things you can do to help reduce fat and increase your heart rate without having to rely on a machine. A lot of these moves also incorporate some weight training, so you will get the benefit of doing cardio while also toning your muscles. Variety creates adaptation, so look at this as an opportunity to shock your bod.

Move through your exercises quickly and take about a minute break in between to help you catch your breath. Once you do these, your beloved treadmill may not be your favorite way to workout anymore — and in reality, it shouldn't be anyway.

Air jump rope
Pretend to jump rope without the actual rope. Jump up and down while making circular motions with your arms.



(Canstockphoto.com)

Engage your core and glutes and keep your shoulders down. Continue for about two minutes before taking a quick break.

Explosive star jump
Stand with your feet hip-distance apart and add some weight to your heels. Then squat down before pushing through your heels and toes to jump up, lifting your arms overhead and bringing your legs out to your sides. This should resemble a jumping jack. Land on your toes and return to your starting position. Repeat the jump 15 times.

Donkey kick
Starting in a standing position, place both of your hands on the floor in front of you. Tighten your core, slightly bend your knees and kick your left leg back toward the ceiling

while keeping your right leg bent. Control your left leg as you return it to the ground. Complete this 10 times before repeating it on the other side.

Ice skater
Begin in a curtsy lunge by stepping your left foot back diagonally behind your right foot. Bring your left hand to the floor before exploding up and to the side while switching legs. Land softly with your right foot behind your left foot to complete your first rep. Quickly move from side to side for 20 reps.

Break dancer
Begin in a tabletop position with your knees on the ground. Lower your right leg under your body while lifting your left hand off the ground. Touch your right knee to your left elbow before returning to your

starting position. This exercise is often referred to as a bird dog, named after a pointing dog. These canines point and freeze to show the master where the quarry hides. If you can add a one- or two-count pause in your extended pose, you will gain more core work. Finish 20 reps and then switch to the other side.

Plank to squat
Begin in a high plank, keeping your shoulders stacked over wrists and your core engaged. Jump your feet to the outside of your hands and come down to a squat. Push up with your hands to bring your hips up and return to a plank position. Repeat this move 15 times.

Long jump
Stand up straight and separate your feet wider than your hips, with your toes pointed outward. Squat and bring your hands to the floor. Jump up with your heels and toes up and forward, lifting your arms overhead. After landing softly, try to jump up and one foot forward. Repeat the jump 20 times.

Frog hop
Similar to the long jump in the initial stance, but differing in the extension phase, is the frog hop. Keep your hips lower to the ground, and shorten the explosive move from the start point, leaving your hands at

your side. Jump distance due to the shorter explosive phase is more in the 6- to 12-inch range, and hence a tad faster overall movement from start to stop. This is an absolute butt burner. Repeat the hop 20 times.

Mountain climber burpee
Begin in a plank position and bring your left knee to your right elbow before quickly switching to the other side. Do these four times so you have done a total of eight. Then, jump your feet to the outside of your hands while you sit into a squat. Jump up, reaching your arms over your head, and bend over returning your hands to the floor. Return to a plank position. Repeat the burpee 5 times.

Completing this group of moves in a circuit will amp up your heart rate and get your body pumping. Based on fitness level, a round or a few rounds of this may be a workout for some. For others, it may be a good jumping off point for an even better overall workout. The key is to not let unavailability of a certain cardio piece you might like hamper your resolve to keep at it. Variety is what your body craves to change.

—Blake and Gwen Beckcom
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[Graphic provided by www.canstockphoto.com] ❖

Fat-burning zone — fact or fiction?

GET FIT!
Erica Moe

This new year, it is likely that you have already, or soon will be, entering a fitness center. As you step onto that treadmill, sit on the bike or pedal the elliptical, you'll have to make some decisions.

First, you will adjust the incline for the treadmill, the seat for the bike or the ramp height for the elliptical. Once the machine is physically set for you, the real brain-teasing begins. Which program to select? Some options include aerobic, interval, rolling hills, mountain

peaks, and the all-alluring fat-burning zone program. Who doesn't want to burn more fat?

Interestingly, your body uses a great percentage fat for fuel when you are less active.

Fact: You are the least active when sleeping, and it turns out that's when your body uses the greatest percentage of fat for fuel — about 80 percent. At a lower exercise intensity, which has been coined the "fat-burning zone," the percent of fat for fuel is still high — approximately 70 percent. However, the overall total calories burned can be less than a more intense workout, which will use about 50 percent fat and 50 percent carbohydrates for energy.

Let's do the math:

A. Sleeping 30 minutes burns approximately 25 calories, with 20 calories coming from fat energy.

B. Walking at 2 mph for 30 minutes burns approximately 100 calories, with 70 calories coming from fat energy.

C. Cycling moderately for 30 minutes burns approximately 250 calories, with 125 calories coming from fat energy.

Fact: In the three options above, both A and B burn a higher percentage of fat, but yield few total calories used. Therefore, if you want to burn more calories, aim for a more intense workout, which will help you achieve your goal faster.

Fact: This doesn't mean

that you should throw out your walking shoes. Walking, or other low-intensity exercise, is a great place to start a fitness regimen. For beginners, it may be a comfortable starting point and allow for a longer exercise session when building a fitness base. However, if and when it is feasible to find ways to increase intensity, it is well worth the effort to go beyond the fat-burning zone.

Fact: When moving your body, burning calories (fat or otherwise) should not be the first and definitely not the only measurement of success. Instead, focus on increased cardiovascular endurance with longer exercise sessions or increased strength and flexibility as beneficial health rewards, not just the readout on the screen.

Fiction: Selecting the fat-burning zone workout on a machine at the gym will help you lose fat more quickly. Selecting that program will burn a higher percentage of fat and that is where the confusion starts. To lose weight, it is imperative to understand that it is a balance of calories in (nutrition) and calories out (exercise).

If you need assistance understanding this more, or learning which program will help you get to your goals more efficiently, contact your local YMCA.

—Erica Moe, M.S., is an ACSM-certified exercise physiologist who writes on behalf of the Mission Valley YMCA where she is fitness director.❖

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FROM PAGE 9

SOMEBODY TO LOVE

show at 18 years old and spent eight years in New York doing different shows. He said this performance is going to be nothing short of a roller coaster ride for the senses.

"The show is highlighting different avenues of love," Crum said. "Whether it is friendship, romantic, gay, straight — we are exploring all the different

types of love through music and through dance. It is going to be a really beautiful story that we tell. Expect a lot of incredible music. The band is insane, the dancers are really beautiful so the audience can expect something really entertaining with lots of energy and a really romantic Valentine's Day event. And the Music Box is a great venue."

Allen said performing on Valentine's Day with the purpose of putting a message out there of love and acceptance is

particularly beautiful.

"Love comes in any forms. It can be with a man and a woman, a man and a man, woman and a woman ... there are no boundaries. We are trying to promote the unifying message of love and acceptance and equality with this show. I believe in that 100 percent and it is coming from my heart," Allen said.

When asked about Crum, Allen gushed about his talent — and feels that the pairing between the two was meant to be.

"He's absolutely wonderful to work with," Allen said. "He's so talented, so creative and I love the ideas that he's putting into this show creatively and artistically. He's just a joy. He lights up the room whenever he enters it. I like his energy a lot."

Allen added that costumes are in production and they are extremely cool, sexy and edgy. There are a lot of elements implemented into the production including adding little nuances to the costumes, choreography, music, and writing to create a magical environment.

"I think we landed in a great spot for the beginning," Allen continued. "We are definitely going to reproduce this many times. It's already getting such great response and



"Somebody to Love: A Queen Rock Ballet Concert," stages the iconic music of Queen, the power vocals of Brian Justin Crum (center) and the graceful talents of Kirsten Bloom Allen (right).



The show explores the diversity of love at The Music Box. (Photos by Mark Mendoza)

a tremendous amount of buzz. There's some talk about possible touring, so we'll just see where this flies."

Forming ARC Entertainment Company, Allen said this is her concept in adding the visual element of dance to rock concerts. These performances features working with classically trained dancers and combining them with the music of the Wallflowers and

Jefferson Starship — adding dance to the sets of different rock musicians to create an explosive energy.

"I want to give ballet a new platform to shine and increase awareness of the art form," Allen said. "Many people that come to this show, it could be their first ballet they have ever seen and that is part of what this is. Exposing ballet to another generation in a cool, edgy sort of way. I'll always be true to the classics but integrating it in a way with contemporary movements and dynamic works can capture an audience that did not grow up watching it. They'll be entertained and look at ballet in another way, that they love it and it is really cool. That is the goal."

Having not performed in San Diego for six years, Crum came home for a two-night, sold-out intimate concert at Martinis Above Fourth Table + Stage on Jan. 16-17. He rocked the house with Queen's "Somebody to Love" — his audition piece for "America's Got Talent" — and his viral take on Radiohead's "Creep." He went full-on campy with Britney Spears' "Baby One More Time." Along with his piano player/vocalist Nicholas Connell, they had the audience roaring with their dual performance of "Suddenly Seymour" from "Little Shop of Horrors" — all after a full day of rehearsal for the upcoming "Somebody to Love: A Queen Rock Ballet Concert" performance.

"San Diego is my home and my heart," Crum said. "Everything that I learned in the arts came from the incredible teachers that I had in San Diego. Teachers and the schooling, there is so much respect for the creative arts. I have to say thank you [to San Diego] for being my home, and for being such a great teacher to me. It's always exciting to be able to come back. Martini's [show] and 'Somebody to Love' are really things that I can share back to San Diego, so I am so happy to bring these projects to the place that I grew up. I'm sending lots of love and I'm really excited to bring these shows to San Diego."

—Albert Fulcher
can be reached at
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— Joyce Bruun, age 78, Home-maker / artist

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— Jan Delair, age 63, retired

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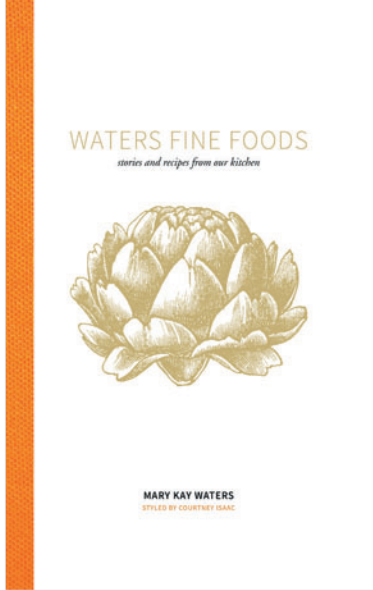
FROM PAGE 12

FOOD BRIEFS

Businesses and event organizers throughout San Diego that have employed **Waters Fine Foods & Catering** for their special events now have access to many of the recipes that owner Mary Kay Waters has used over the 30 years she's been in business.

Her new 240-page hard-cover cookbook, "Waters Fine Foods — Stories and Recipes from our Kitchen," is hot off the press and available for \$28 at various outlets: **Specialty Produce** (1929 Hancock St.), **Warwick's** (7912 Girard Ave.), and **Waters Fine Catering Cafe** (1125 W. Morena Blvd.)

Replete with color photography, the book features chapters on breakfast, salads, soups, sandwiches, entrees,



San Diego gourmand Mary Kay Waters recently released a cookbook of recipes from her culinary ventures. (Photo courtesy of Waters Fine Foods & Catering)

desserts and more.

It is also available on the website at waterscatering.com.

Panda Express in Mission Valley's Park Village Center has closed and will make way for an eighth San Diego location of **Breakfast Republic** at 1570 Camino de la Reina. Owned by the locally-based **Rise & Shine Restaurant Group**, the transformation is due for completion in May.

In the meantime, the company is introducing walk-up windows to its Breakfast Republic properties in Pacific Beach (4465 Mission Blvd.) and the

East Village (707 G St.).

Named **Eggies**, they will operate from shipping containers and sell coffee drinks, English muffin sandwiches, and noshes such as firttatas and French toast served in small Mason jars.

Both are slated to open in mid- to late spring. breakfastrepublic.com.

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

FROM PAGE 5

NOBLE

suddenly passed away from a coronary heart attack. The tragedy left Watson completely broke, since he had recently helped Jerry with a loan for a down payment on a Jeep.

"That was the decision that put me on the streets," Watson said. "I'm not kicking myself so much for it, but I sure learned from it."

That one decision left Watson homeless for two and a half years, with one week spent living on the streets. "I'll tell ya', sleeping on the sidewalk's not fun," he said.

Eventually Watson was accepted into the VA Supportive Housing Program (VASH). He added that although there were a lot of rentals available for people in the VASH program, he found it impossible to find housing — until Robinson.

"I tried to get into so many places ... there were so many landlords that wouldn't call me back, wouldn't let me look at the apartment, or any of that stuff. It was sort of depressing. And Noble — he was like right there," Watson said.

In addition to hitting it off with Robinson, Watson knew the physical space was exactly what he was looking for.

"I didn't want anything too big — I wanted something that would be simpler for my needs, but it had all the things I want. I got a kitchen,

it's got a bedroom, and maybe the world's smallest restroom, but that's OK," Watson said, laughing. "Everybody gets used to that."

Currently, the complex has 10 one-bedroom units; five line each side of an outdoor corridor. Each unit includes a living room, bedroom, kitchen and bathroom, with renovations like windows and appliances, and laundry machines onsite.

At \$1,300 per month, the rent, which is under market value, is high. However, the rent is tailored to tenants, who pay a different amount depending on their circumstances. Some receive 100 percent coverage from SDHC, while others contribute a smaller portion. Watson, who has social security, pays 30 percent of his income.

Last August, Noble received an award from Father Joe's Villages for his work in the homeless community. In addition to fixing roofs and taking care of other issues that come up, Robinson connects with tenants one-on-one and helps them offsite, driving them to stores or doctor appointments, such as one tenant's foot surgery next month at the VA — an injury he sustained when an army tank rolled over his foot in Iraq.

"I'd like to see some more landlords taking the steps Noble is," Watson said. "There's still a lot of homeless out there that don't trust the system, that'd rather live in Balboa Park in a tent and that's sad ... There should be more opportunity for something that Noble has going."

Robinson said Watson serves as the eyes and ears of the building as the voluntary apartment manager. In addition to developing a professional relationship, the two have formed a strong friendship over the years, with Robinson referring to him as a brother. They often cook together, trade recipes and go out to eat.

"And he won't let me buy lunch! I really don't like that. But not when we're going to get sushi — I'll let you buy every thing then," Watson said, smirking at Robinson.


And that friendship — and a passion for food — seems to be a common trend throughout the building.

"We've got great tenants here. We all get along — really good family situation here. And we'll continue that way," Robinson said, mentioning an increase in social events, such as their first annual Thanksgiving dinner last year.

As the interview wraps up, another resident, Stuart, comes out to join us. Stuart tells us he currently has stuffed bell peppers with all the fixings cooking in the oven, inviting Robinson and Watson to come try some. When I leave the residence, I can't help but hear laughter and murmurs of future lunch plans drifting in the distance — lunch plans for a strong Logan Heights family.

For more information about SDHC and its Housing Our Heroes initiative, visit bit.ly/2tj7WBL.

—Reach Sara at sara@sdcdn.com.✴



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Sudoku
Puzzle from page 10

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

Classics
Crossword from page 10



UPTOWN CALENDAR

FEATURED EVENTS



'Collage 2019: Dream Big'

San Diego Civic Dance Company invites the community to its critically acclaimed dance show in the historic Casa del Prado Theatre. The show earned the Bravo Award for Best Dance Show in San Diego for three years in a row. Featuring new work by Emmy award-winning choreographer, Mia Michaels. Seventy-five professionally trained dancers will perform in various dance styles such as tap, jazz, hip-hop, contemporary, lyrical, modern, musical theater and Bollywood. Show is two hours with a 15-minute intermission. \$8-\$15. Various times. Casa del Prado Theater, Balboa Park, 1800 El Prado. bit.ly/2GqBtky



Fair at 44: Vietnamese Creative Leaders of San Diego

The Vietnamese Creative Leaders of San Diego is a lecture series designed to increase the dialogue and visibility of Vietnamese and Vietnamese-American artists, filmmakers and educators living in San Diego. The first lecture's theme is photography, featuring artists Ann Le and Johnny Nguyen. 6-7:30 p.m. at Fair at 44, 4350 El Cajon Blvd. bit.ly/2Ssp71U

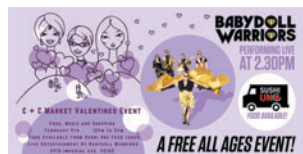


Backyard Composting/ Vermicomposting Workshop
Join Solana Center for a two-hour backyard composting and vermicomposting workshop to learn how to create or improve your backyard compost and reduce and reuse kitchen and yard waste. Learn how to compost with worms and create healthy

soils from food scraps. Free; RSVP required. 10 a.m.-noon at Golden Hill Recreation Center, 2600 Golf Course Drive. bit.ly/2GIZVUc

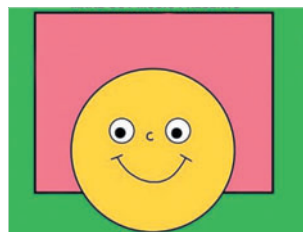
'Love Hurts' Cabaret

The talented women of San Diego Women's Chorus are at it again for their fourth annual love-themed cabaret "Love Hurts"! The event features the solo, duo, and small ensemble talents of SDWC and special surprise performances! Pre-show happy hour at 6:30 p.m. features appetizers, drinks, silent auction baskets and opportunity drawing prizes. Complimentary coffee and ice water provided. \$20. 7:30-9:30 p.m. at The Irenic, 3090 Polk Ave. bit.ly/2G15aco



C + C Market Valentine's Event

Curators & Creators (C + C) presents its C + C Market Valentines Event, featuring food, music and shopping. Uptown favorite Babydoll Warriors perform at 2:30 p.m. Also featuring a Retro Gravel Art Workshop and food from Sushi Uno. Noon-5 p.m. at 2918 Imperial Ave. bit.ly/2GoOo6o



M.O.M. at Space Bar

Make Out Music (M.O.M.) presents a lineup featuring Former, SMiLE and Runner. \$5-\$8. 21-plus. 8 p.m.-midnight at Space Bar, 3519 El Cajon Blvd. bit.ly/2SAkAu2



PoetrySLAM fifth qualifier

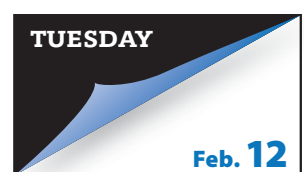
The San Diego PoetrySLAM — one of the nation's premiere poetry slam venues — provides a space for poets of all skill levels to fellowship and support each other in a competitive atmosphere while facilitating a transformational experience for the audience. The monthly event, which meets every second Monday, presents its fifth qualifier in

February, consisting of two-round slam competitions with the top competitors qualifying for the Grand Slam Finals. \$5. 8 p.m. at Queen Bee's, 3925 Ohio St. bit.ly/2SqMZrm



The Holy Knives at Soda Bar

Rock duo The Holy Knives perform with openers Aunt Cynthia's Cabin, and Lunar Hand. \$7. 21-plus. 9 p.m. at Soda Bar, 3615 El Cajon Blvd. bit.ly/2GoitmM



'Happy Hour with the Artist'

Art Produce invites you to an intimate happy hour with artists Lynn Susholtz and Max Lofano to celebrate their exhibits: Susholtz's "in-house" and Lofano's "Back Pocket." Lynn Susholtz is an artist, community activist, educator and founder of Art Produce and Stone Paper Scissors, a public art/education studio. Max Lofano is an emerging local artist who holds a bachelor's degree in sculpture from San Diego State University. View the "Back Pocket" exhibit during gallery hours from Feb. 8 through Feb. 16; request "in-house" viewing hours by appointment. The happy hour event will be held 5-7 p.m. on Feb. 12 at Art Produce, 3139 University Ave. artproduce.org



'Stars of the Future'

Check out Martinis Above Fourth and see young performers showcase their musical talents. Guests will enjoy hearing their favorite musical theater pieces from the voices of future Broadway stars. These artists have credits that include the Old Globe Theatre, San Diego Rep and La Jolla Playhouse. Many are winners of Old Globe Honors, local "American Idol" contests and newly signed recording artists. Doors open at 6 p.m. Tickets start at \$20. 8 p.m. at Martinis Above Fourth, 3940 Fourth Ave. bit.ly/2G15tUA



Mistress Day at Prohibition
Prohibition, the Gaslamp Quarter's underground

speakeasy, will celebrate Mistress Day with cocktails that pay homage to three of American presidents' most well-known women: Marilyn, Monica and Stormy. Created by lead bartender and GBOD Hospitality Group beverage director, Ryan Andrews, the hand-crafted cocktails will be available for \$13. Bar hours 8 p.m.-1:30 a.m. 548 Fifth Ave. prohibitionsd.com



Gay Salsa Class

Cori-ography Dance presents a salsa class for members of the gay men's community who are single and looking to mingle during this season of love! Enjoy this 45-minute salsa class to learn some salsa basics as well as how to lead and follow and meet and greet with other single men in the gay community. \$15 per dancer. Sign-up online by Feb. 12. Event requires eight participants to run; you will be contacted in the event it does not reach capacity. 7:45-8:30 p.m. at 1795 University Ave. bit.ly/2Gn2yFb

Valentine's Day at SDMA

Join San Diego Museum of Art's special Valentine's Day for an after-hours, docent-led tour showcasing the museum's most romantic and love-filled works of art from various museum collections. Enjoy a picnic basket meal for two at Panama which includes gourmet sandwiches, a cheese or vegan plate, dessert and a bottle of wine, Champagne or draft beer. Tours begin every half hour from 5:30-7:30 p.m. Tickets are \$110 for members, \$130 for non-members, per couple. bit.ly/2FvU91Y

Romance at The Abbey

Take your valentine back to the sublime romance of the 1910s at San Diego's historic venue, The Abbey. Originally constructed as an Episcopal church, this elegant 1910 landmark is San Diego's only remaining Classic Revival structure. Enjoy an intimate private table and bottomless Champagne all evening long. Vibrant, romantic, and entertaining live music from Republic of Music will set the mood and bring out your moves on the dance floor. Savor the evening with delectable hors d'oeuvres and divine desserts. \$55-\$75 per person. 8-10 p.m. Reserve seats by phone. 619-686-8715.



The Expendables at Observatory

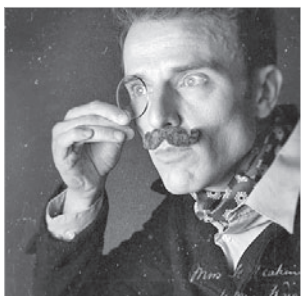
Rock band The Expendables perform with openers Ballyhoo! and Kash'd Out. All ages. \$20. 8 p.m. at The Observatory North Park, 2891 University Ave. bit.ly/2GpTCz1

ONGOING EVENTS



'The Greatest of Ease' Through March 18

Circus Vargas presents "The Greatest of Ease," circus as it should be seen, under the big top throughout San Diego. Join Circus Vargas' 50th anniversary extravaganza, an homage to the golden era of circus in America. Circus Vargas' incredible new 2019 production highlights an amazing cast of world-renowned performers, featuring death-defying acrobats, daredevils, aerialists, jugglers, contortionists, clowns, motorcycles and more. All ages; kid friendly. Various times. Westfield Mission Valley on Feb. 7-18; Westfield Plaza Bonita on Feb. 21-March 4; and Westfield North County March 7-18. circusvargas.com



'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. bit.ly/dr-otic-feb

'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. 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.

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/LestatWest

Tuesdays

Introduction to Buddhism & Meditation

Join all-ages introductory class to learn 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

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. 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. 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 #cicfreefriend-friday for free Wi-Fi. 9 a.m.-5 p.m. at Collective Impact Center, 3295 Meade Ave. 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. 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. bit.ly/OTMarket

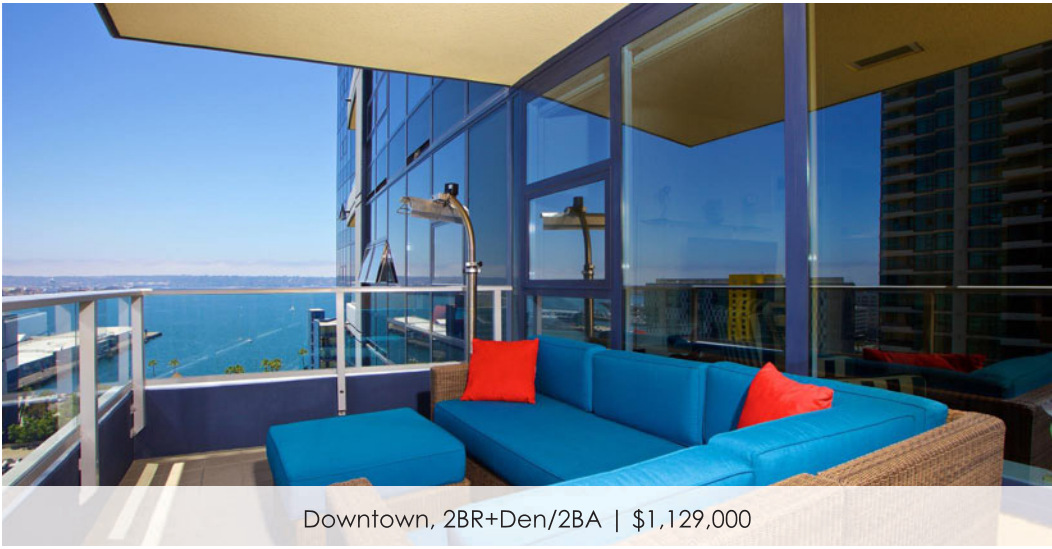
Sundays

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. bit.ly/HillcrestMarket

To view a comprehensive calendar of events happening throughout San Diego, visit our online calendar at bit.ly/UTNCal.

—Compiled by Jules Shane, Albert Fulcher and Sara Butler. Email calendar item requests to sara@sdcdn.com.*



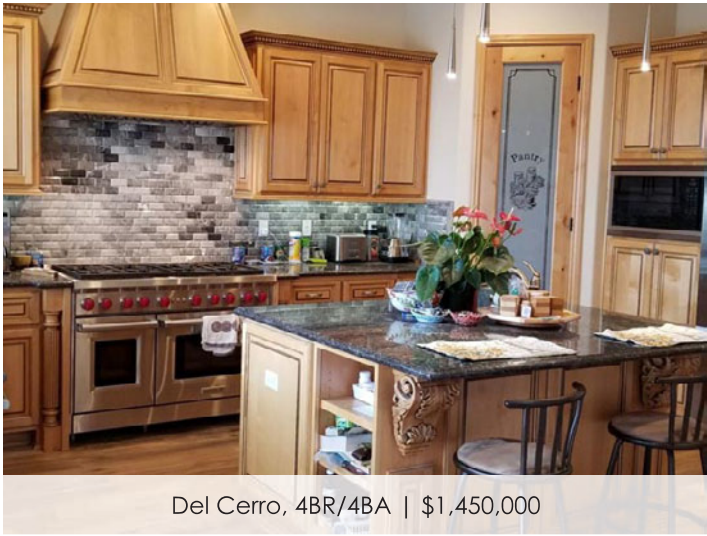
Downtown, 2BR+Den/2BA | \$1,129,000



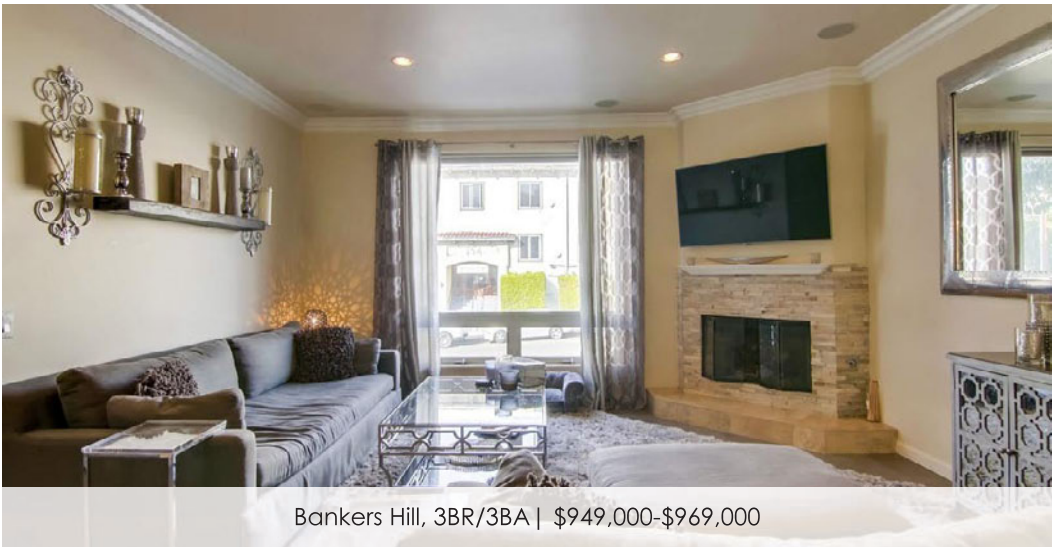
Point Loma, 3BR/2BA | \$1,399,999



Mission Hills, 5BR/3BA | \$2,650,000



Del Cerro, 4BR/4BA | \$1,450,000



Bankers Hill, 3BR/3BA | \$949,000-\$969,000



Clairemont, 3BR/2BA | \$605,000

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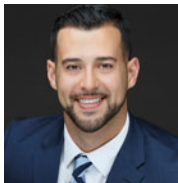
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