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Normal Street Promenade moves forward

FOOD AND DRINK P. 11



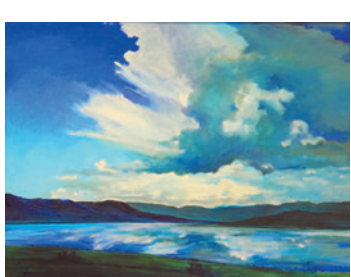
Old Town happy hour at Fred's Mexican Cafe

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San Diego Community News Network



(l to r) Marketing managers Mark Larson and his brother David



New arrivals Qin Chen and husband, Roger Cao, of Stone Monkey make vegan Chinese sauces and pickled vegetables. (Photos by Frank Sabatini Jr.)

## THE HILLCREST FARMERS MARKET EXPANDS

New vendors bring added character to the Sunday event

By Frank Sabatini Jr.

It's a typical Sunday morning along Normal Street. The scent of char-grilled chicken dusted in fragrant African spices wafts down a central corridor lined with

farmers and merchants selling their goods from tents. Within minutes, the aromas of Korean barbecue, hand-made tamales and other international foods also begin permeating the air while waves of caffeinated consumers

gawk at the offerings. One stall flaunts shockingly large grapefruits, a hybrid known as oroblanco. Another displays succulent dates. Nearby, a fisherman sells frozen fillets of wild-caught Alaskan salmon, some

of which he's turned into jerky. Fresh berries glisten in the sunlight while gorgeous loaves of French-style breads stacked in wicker baskets flirt seductively with passersby.

see Hillcrest Market, pg 3

## 'Unscripted' success

Strong connections and improved lives through improv

By David Dixon

Since 1999, the National Comedy Theatre (NCT) in Mission Hills has been primarily known for hosting many family-friendly improv productions. But in addition to its mainstage shows, the company has also helped create innovative improv programs, collectively known as Unscripted Learning, for educational

purposes. One of the Unscripted Learning programs, developed in conjunction with NCT, is Connections. This program benefits teenagers on the autism spectrum. Classes are conducted mostly at the NCT Training Center at Liberty Station, with occasional sessions in Mission Hills. NCT artistic director and

Unscripted Learning Executive Director Gary Kramer, and Program Director Richie Ploesch are primarily responsible for Connections. Kramer is known for his extensive history with improv, while Ploesch has worked in the field of special education for more than a decade.

see Improv, pg 12



Connections is an improv program benefitting teenagers on the autism spectrum. (Photo courtesy of National Comedy Theatre)

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FROM PAGE 1

## HILLCREST MARKET

In no time at all, the sights and smells of the Hillcrest Farmers Market render even the most conservative eaters and spenders defenseless. Food samples abound. And nearly everyone who visits nibbles and buys.

Held from 9 a.m. to 2 p.m. every Sunday, the market has grown steadily and significantly since it was launched 22 years ago by the Hillcrest Business Association (HBA), which still produces the weekly event.

It began with 27 vendors. Yet as of this month, it embodies



Giant oroblanco grapefruits are in season until late April.

approximately 172 diversified sellers, thanks to a slate of newcomers who snagged 20 additional vendor slots that were recently approved by the city.

At the core of the lineup are a few dozen certified farmers from San Diego County, the Central Valley and other California regions. Grocery items, hot foods, body products and crafts began entering into the mix about 15 years ago. So did live musicians.

Yet despite the market's festival atmosphere, which occurs under the towering gaze of the Hillcrest Pride Flag, organizers haven't lost sight of the event's original purpose, which is to provide a pipeline of farm-fresh goods to the neighborhood.

"It was an instant success," Ann Garwood recalls. Garwood is a community activist and longtime board member of HBA who advocated for the market in conjunction with restaurateur and fellow board member, David Cohn, and the late HBA executive director, Warren Simon.

"It was the only farmers market in Uptown at the time, and it gave people a reason to get out on a Sunday morning and socialize — and it still does," she added.

Shortly before the project materialized in 1997, the HBA hired David Larson to recruit vendors. He had managed farmers markets in Chula Vista and Hawaii, helping the Hillcrest market get off the ground.

His brother, Mark, came on board several years ago as the front-line vendor manager



Ashlie Pesic of Da-Le-Ranch sells a wide range of meats raised humanely in Riverside County. (Photos by Frank Sabatini Jr.)



Fisherman Justin Martin brings wild-caught salmon to the market from Alaska.

— and he remains equally vigilant in ensuring that fruits, vegetables and livestock originate from either local or California farms.

"There are severe fines if they don't," Mark pointed out, citing that 75 percent of the produce sold at the market is grown within San Diego County.

The brothers are also tasked with balancing the tenant lineup, particularly among the farmers since there are only so many varieties of seasonal produce. Redundancies are more easily avoided, they noted, within the categories of hot foods, groceries and arts and crafts.

Larson said there are vendors who have been tenants since day one. They include Gina's Tropical Fruit; Farmer Steve, a seller of citrus and avocados; Maldonado's Flower Farms; and J.R. Rodriguez Organics.

From the latter, family member Michael Clark said the company has stuck around "because it's one of our top three markets for gross sales in the city."

Among the crop of new vendors that arrived with unique products in the past month, some may or may not find success on the mass market like Bitchin' Sauce did after debuting here a decade ago. The company, famous for its almond-based dips, recently relinquished its booth to Maqi Salmon to better manage their busy operations.

Roger Cao and his wife Qin Chen of Stone Monkey are hopeful. They waited three months to finally secure a slot to sell their jarred Chinese mushroom sauce and pickled vegetables. As the public begins discovering their products, they anticipate the high exposure could result in retail opportunities.

Other newbies include Honeymoon Homestead, which sells tangerine jelly, breads and handmade laundry soap containing goat milk. Co-owner Sven Merten said he wanted "in" on the market because "it's one of the best and oldest in San Diego."

see Hillcrest Market, pg 9

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# Normal Street Promenade receives Uptown Planners support

Sara Butler | Editor

The Uptown community had a pretty late night on Tuesday, March 5. Following the Uptown Planners board election from 6–8 p.m., community and city representatives presented the plans for the anticipated Normal Street Promenade to seek approval for the project from the Uptown Planners board.

Normal Street Promenade is a proposed community space in Hillcrest located along Normal Street between University Avenue and Washington Street. The project will create a “public promenade and pedestrian thoroughway” by closing traffic lanes, eliminating parking spaces, and incorporating bike lanes. Once constructed, it will host the weekly Hillcrest Farmers Market every Sunday, as well as many other community, art and entertainment events yet to be determined.

Though community outreach, including public meetings, began in 2015, the project was conceived back in 1988. So far, the project has received letters of support from many organizations and city representatives including Hillcrest Business Association, Uptown Community



Updated artist rendering of the proposed Normal Street Promenade (Courtesy photo)

Parking District, Hillcrest Town Council, among others.

The presentation on the project and the subsequent vote by Uptown Planners whether or not to approve it drew a large crowd of residents, business owners and media to the Joyce Beers Community Center for the March meeting, which was kicked off by District 3 Councilmember Chris Ward.

“We have an opportunity to create an asset for this community — two acres of an asset — a place to allow people to come together and build a sense of community that is Uptown,” Ward said, contributing the effort to coordination and cooperation between the city, SANDAG and community partners.

“This opportunity is a strike of lightning,” he continued. “It’s not going to hit in the same place a second time.”

Previously, the city asked SANDAG to incorporate the Normal Street Promenade into its Eastern Hillcrest Bikeway plans. Project manager and SANDAG representative Chris Romano discussed this collaboration and provided a comprehensive overview of the project, including an outreach timeline and recent changes based on community input.

Benjamin Nicholls, executive director of Hillcrest Business Association, addressed one of the biggest challenges on the space: security. Nicholls said they are seeking to create a

Maintenance Assessment District (MAD), which entails the property owners within the MAD zone of East Hillcrest would pay a fee — an average of \$1,000 — on property taxes to be spent on security. Potentially this would include a full-time security guard stationed on the premises, weekly landscaping and trash removal, and monthly pressure washing on the space.

“I know there are some property owners in the room that have concerns,” Nicholls said. “The phase where we are with this Maintenance Assessment District is the place where property owners can look at the plan and tweak it and say, ‘This does not work for me’ or ‘This does work for me.’ So it’s still in a draft phase. It’s been developed enough so you can tweak it and make it work.”

If the MAD does not pass, he added that the HBA will work with the Hillcrest Farmers Market to try to cut the security and maintenance costs.

see Promenade, pg 16

## Uptown Briefs

### City Council removes parking requirement for developers

San Diego City Council has voted to scrap parking requirements for developers building residential housing within areas that have been marked as “Transit Priority Areas” (TPAs) with the aim of reducing development cost and encouraging public transportation use. Introduced two years ago by then-councilmember David Alvarez and councilmember Scott Sherman, the measure is part of larger 20-point plan targeting San Diego’s ongoing housing crisis.

Requirements for multi-family residential developments within TPAs have been reduced to zero and developers are now required to provide a level of transportation access relative to the area’s transportation amenity score.

“While it took way too long to get this ordinance approved, I praise my colleagues for finally getting it across the finish line,” Councilmember Sherman said. “This is good news, but our work to fix San Diego’s housing crisis is nowhere near complete. We must continue pushing innovative strategies to improve housing affordability and we can’t wait two years for approval.”

For years San Diego has seen its mounting housing shortage drive house and rent prices high. Many middle- and working-class families are forced to budget upwards of 50 percent or more on housing or leave the region altogether, according to a press release. With these changes the city council hopes to spur developers into proposing new projects in a time where the state government is cracking down on cities for their lack of affordable housing.

### Ridership climbs on MTS for first seven months of FY19

Ridership on the Metropolitan Transit System (MTS) bus and trolley network has climbed by more than 200,000 trips in the first seven months of fiscal year 2019, which began on July 1, 2018. The gains have been led by the trolley, which has posted six straight months of year-over-year gains.

“This is great news for the goals of the region’s various climate action plans and for riders. This shows there is a real mandate to invest in improving transit,” said Georgette Gómez, MTS chair and Council President of the city of San Diego in a press release.

Public transit ridership has dropped in most systems in the United States over the past several years. MTS was one of the last systems to experience a drop and it may, if trends continue, be one of the first to reverse the trend.

see News Briefs, pg 8

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

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— Jan Delair, age 63, retired

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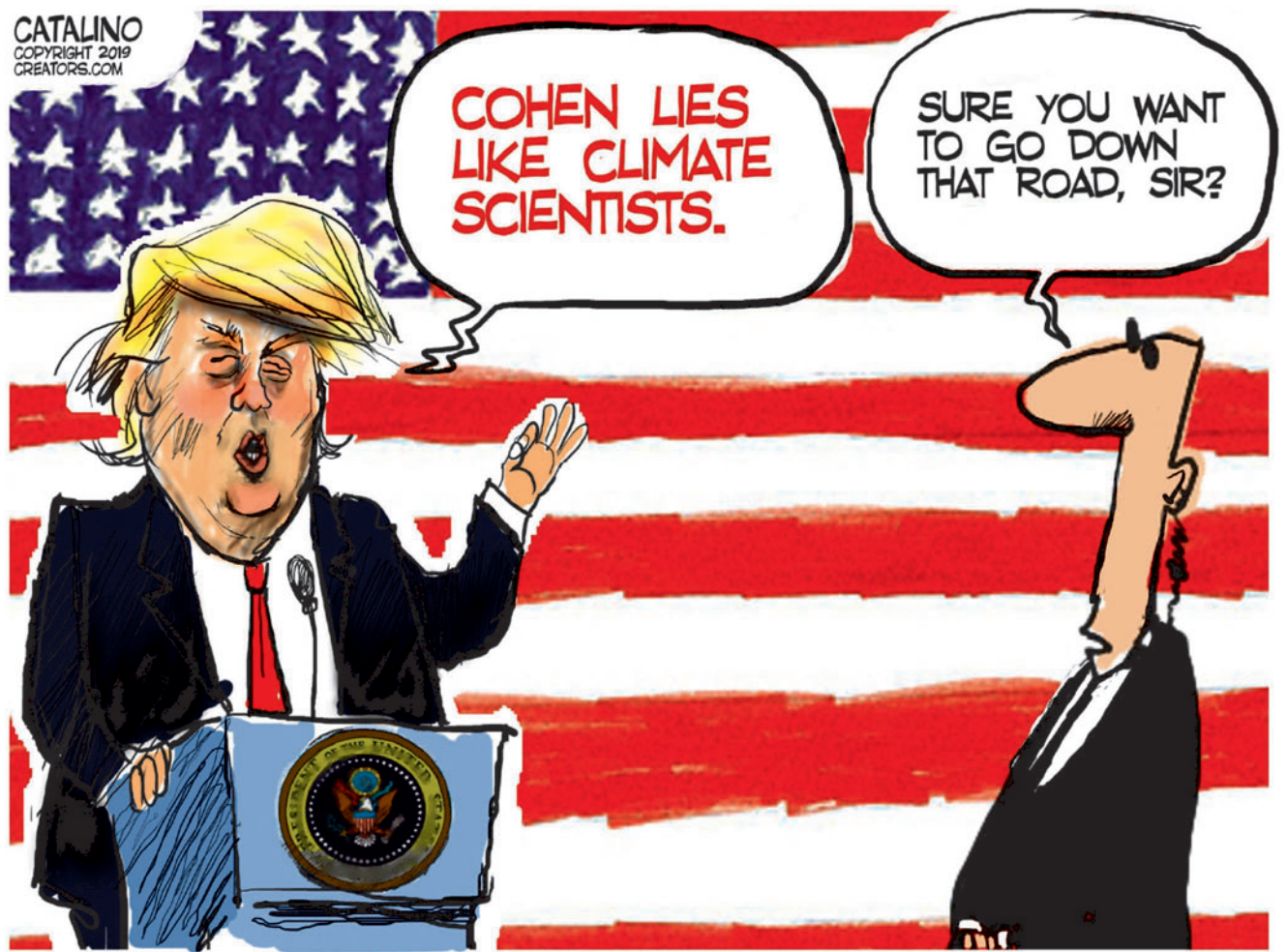
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## Guest Editorial

# Hillcrest deserves a rainbow sidewalk

By Chris Ward, Fernando Lopez and Chloe Janda

Decorative crosswalks have been used throughout California and the country to explore the unique cultural and historical identity of communities. Over the last six years there have been long-standing, community-driven efforts to install a rainbow crosswalk in Hillcrest and deliver a visual demonstration of the LGBTQIA+ movement's legacy of inclusivity, influence, and activism here in San Diego. With the introduction of San Diego's new Creative Crosswalks Pilot Program, every neighborhood now has the opportunity to celebrate their uniqueness by utilizing crosswalks as an expression of community pride, sense of place and neighborhood history.

Rainbow crosswalks have become an empowering artistic avenue for LGBTQIA+ peoples in recent years for their ability to combine creativity and celebrate unique cultural and historical identities within communities. Rainbow crosswalks have been installed — in both temporary and permanent capacities — in West Hollywood, San Francisco, Seattle, New Jersey, Arizona and even Paris, France. Now, it's San Diego's turn.

This year is the 50th anniversary of the New York City Stonewall Riots. The Hillcrest community and surrounding areas are eager to celebrate, and installation of rainbow crosswalks has quickly risen to the top of locals' hearts and minds. The most

commonly suggested area to paint is the intersection of University Avenue and Normal Street because it is where the annual San Diego Pride Festival entrance is and is a widely known area within the community.

Over the last six years, there's been a long-standing, community-driven effort to install a rainbow crosswalk in Hillcrest, but momentum for the project has been stagnant. In 2012, then-Councilmember Todd Gloria lobbied for and successfully implemented infrastructure improvements in District 3, including street resurfacing and adding bikes lanes and parking spaces. When the photos gained attention on social media, it kickstarted the conversation about adding rainbow sidewalks. Since the infrastructure changes had already been made and approved, rainbow paint, unfortunately, wasn't a quick and easy addition due to permits and regulations.

Since then, we have been working together to find a solution that meets federal standards and is feasible both economically and practically. In January, the city of San Diego presented a pilot program at City Council that would address concerns from the Federal Highway Administration and allow the use of solid hues on crosswalks. With this program, every district and neighborhood of San Diego would be able to celebrate unique aspects of their communities by utilizing crosswalks as an expression of community pride, sense of place and

neighborhood history. It isn't all about rainbows — it's about celebrating uniqueness and acknowledging communities.

Thanks to the pilot program, council offices will be able to sponsor applicants who wish to color their crosswalks — upon approval — but these parties will have to commit to funding the project's installation and maintenance.

The Hillcrest Rainbow Crosswalk is close to becoming a reality and completed in time for San Diego Pride 2019 in July; the next step is to fundraise for installation and guarantee that this community project will last for generations. We have a goal of raising \$25,000 to cover the costs of installation, but to meet that goal we need support from not just the Hillcrest community but from all San Diego County residents who believe in this project and the meaning behind it. We humbly ask for donations for the goal of contributing to San Diego's LGBTQIA+ legacy, creating a visual marker that will forever celebrate inclusivity and diversity. Donations can be made at [sdpride.org/rainbow](http://sdpride.org/rainbow).

It is time for San Diego to rally together and support one another. We hope you will join us.

—Chris Ward is a member of the San Diego City Council, representing the Third Council District. Fernando Lopez is Executive Director of San Diego Pride. Chloe Janda is the volunteer Public Relations Manager of San Diego Pride.✧

## And the winners are...

By SDCNN Staff

At the March 5 meeting of Uptown Planners, seven new members were elected to the board. Voting occurred in the Joyce Beers

Community Center from 6-8 p.m. and was open to Uptown residents, property owners and business owners.

In total, 14 candidates ran. All candidates gave

a three-minute speech to attendees in line voting as well as those waiting to submit their ballots. After ballots were tallied, the seven winners (below) were announced after 10 p.m.

1. Michael Brennon
2. Clint Daniels
3. Gail Friedt

4. Zach Bunshaft
5. Matthew Mederios
6. Brer Marsh
7. Stephan Cline

To learn more about the new Uptown Planners board members, including statements from their speeches, read the March 22 print and online issue of San Diego Uptown News.✧



# Celebrating women who make a difference

**Notes from Toni**  
Toni G. Atkins



March is Women’s History Month, and I am thrilled to devote this column to celebrating the accomplishments of women in our community.

The centerpiece of our activities surrounding Women’s History Month will be recognition of Women of the Year in Senate and Assembly districts throughout California. My choice for Woman of the Year in the 39th Senate District is Charisma de los Reyes, a policy analyst for San Diego County who specializes in child sex trafficking.

Charisma was honored on March 4 in the capitol at a Woman of the Year luncheon and on the Senate floor. She’ll also be honored in San Diego at a special event on March 16, along with dozens of other amazing women who work every day to improve the quality of life in the San Diego region.

And each day in March, I will celebrate a different local woman or group of women (on Women Crush Wednesdays — #WCW) by posting about them on Twitter (twitter.com/SenToniAtkins) and Facebook (facebook.com/SDToni).

Throughout the month in the capitol, there will be receptions, special guests on the Senate floor and fun events (such as screening of “Captain Marvel,” starring a woman — Brie Larson!).

It’s all to recognize the impact that powerful, creative and brilliant women have had in the past and continue to have in the present. We honor the major achievements that have altered the course of history, but we also honor the unsung ways that women and girls make a difference in someone’s life that no one but the recipient will ever know about.

In my own life, I think about the small things my mother did to prepare me for the days to come, and the quiet way

in which she led by example, through her work ethic and devotion to her family. I think about my sister and her service to her country in the U.S. Navy.

I think about my professional mentor Christine Kehoe and how she created a public-service template for me to follow throughout my career — in addition to how she blazed a trail in San Diego for women in the LGBTQ community who aspired to become leaders. I think about my colleagues in the Senate and the Assembly — what a diverse array of women from all walks of life coming together to solve California’s challenges and representing their communities.

I think about all the women — from young interns to seasoned professionals — who have worked on my staff throughout the years, in San Diego and Sacramento, spending countless hours, days, weeks, months and years helping me be the best representative and leader that I can be.

I think about all the women and girls in the communities that I represent: the volunteers, the activists and advocates, the community leaders, the small business owners, the teachers and health care professionals — everyone I encounter on a regular basis who cares so much about the world and people around them and turns that caring to action.

I’m glad March is finally here — happy Women’s History Month to all!

## Growing Women’s Caucus advances priorities

Before the 2018 election, women made up 25 percent of the state Legislature. After the election, we now make up 30 percent. That’s a significant gain for a segment of the population that has been underrepresented in Sacramento throughout the state’s history.

The Senate lost two women in 2018 but added five: Senators Anna Caballero, Melissa Hurtado, Shannon Grove, Mari Elena Durazo and Susan Rubio. The Assembly also lost two women (one being Caballero) and added

five: Buffy Wicks, Rebecca Bauer-Kahan, Christy Smith, Cottie Petrie-Norris and Tasha Boerner Horvath (from Encinitas).

This means the Legislative Women’s Caucus grew from 30 members to 36. We have a long way to go on the road to true proportional representation, but without a doubt, this was a big step forward.

In recent years, the Women’s Caucus has successfully advocated for many of its top priorities, such as equal pay, parental leave, repeal of the maximum grant for struggling families, expanded child care and sexual-harassment prevention. Last year, the governor signed Senate Bill 826, legislation I authored along with Senator Hannah-Beth Jackson that expands women’s participation on corporate boards.

This year, under the leadership of its chair, Sen. Connie Leyva, and vice chair, Assembly member Monique Limón, the Women’s Caucus will continue its determined and persistent advocacy, prioritizing access to affordable child care and equality in the workplace. We’ll also continue to support the state’s Earned Income Tax Credit, which is especially helpful to working single mothers.

It’s great to see Governor Gavin Newsom follow the Women’s Caucus lead and include funding in his draft budget for these priorities. We’re confident that he’ll be an excellent partner as we work through the budget and legislative process in 2019.

## Charisma de los Reyes: 2019 Woman of the Year

Charisma de los Reyes is a policy analyst and coordinator of the Commercial Sexual Exploitation of Children Program for San Diego County Child Welfare Services. What that means is she’s a warrior on the front lines of our region’s fight against sex trafficking and a fierce protector of some of our most vulnerable and traumatized children.

see Notes from Toni, pg 9



Legislative Women’s Caucus grew from 30 members to 36 (Courtesy photo)

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# Senate Bill 615 will streamline California citizens' access to public records

**City Attorney News**  
Mara W. Elliott



As your City Attorney, I'm always looking for ways to make government more efficient and transparent. For that reason, I'm working with state Sen. Ben Hueso on legislation to streamline record disclosure under the California Public Records Act, the state law that safeguards government accountability and public information. Our bill, Senate Bill 615, would speed up access to public information while avoiding unnecessary lawsuits resulting from innocent mistakes. It's a win-win for transparency and the taxpayers. And it's urgently needed. Ensuring the public's access to information is critical, yet in recent years, the city of San Diego, and public agencies statewide, have struggled to keep up with a widening avalanche of Public Records Act requests. The numbers are

staggering. Since 2013, Public Record Act requests handled by the city of San Diego ballooned from 749 to 4,824 annually. That's a 644 percent increase and climbing. Cash-strapped school districts and California's public universities face similar challenges. The records produced by the city could fill a library — tens of thousands of pages every year. Yet the city's response to each and every PRA request must be absolutely perfect. If just one sheet of paper is inadvertently overlooked by any one of the dozens of city employees who are asked to search for records, it can lead to an expensive judgment against taxpayers. No excuses and no explanations are allowed. That no-excuses rule was created in a recent case that cost taxpayers \$158,000. Following a diligent search, the city had provided hundreds of records, but an innocent error was made. The lawyer who discovered the mistake got paid \$158,000 in fees — money that could have gone to streets and sidewalks, or parks and libraries.

Some suggest that these expensive judgments against taxpayers are an unavoidable cost of maintaining open government. I disagree. And I'm working to solve this problem through state legislation rooted in a very simple value: honest communication. SB 615 would require public agencies and record-seekers to engage in a "meet and confer" session — basically, a simple conversation to resolve disputes in good faith before misunderstandings can escalate. During "meet and confer," the parties must help one another understand what records were requested, what records have been produced, and why the two may not exactly match up. The same process is required when lawyers have disputes over pre-trial discovery of documents. Meet and confer sessions can occur in a matter of minutes over the telephone. And they've prevented thousands of unnecessary lawsuits. The record-seeker doesn't give up their right to sue. If they remain unsatisfied after "meet and confer," they can

still file a lawsuit — the very next day, in fact. And if a court finds the public agency improperly withheld records, they will still win. These cases, however, should become increasingly rare through improved communication. View this through the eyes of the average citizen. They may be seeking records about their child's school or conditions in their neighborhood. They do not have money for attorneys, or time for lawsuits. They simply want the public records that they're entitled to by law and shouldn't have to sue to get them. The "meet and confer" process will help them get them quicker than a lawsuit ever could. Or you can view SB 615 through the eyes of taxpayers, whose pockets are plucked every time a public-record lawsuit is filed. They shouldn't have to pay tens of thousands of dollars whenever the city falls short of perfection. The "meet and confer" process will prevent unnecessary lawsuits and expensive judgments. Dishonest public agencies will gain nothing from SB

615. The bill still allows lawyers to hold public officials accountable for withholding documents — and to recover their costs — just not when a judge rules that an innocent mistake was made. And with "meet and confer," innocent mistakes should all but disappear. The California Public Records Act was intended as a tool for citizens to get quick and easy access to public information. SB 615 will further that purpose while sparing taxpayers from unnecessary lawsuits and expensive payouts. —Mara W. Elliott was elected City Attorney of San Diego in 2016 after serving as the chief deputy attorney for the Office's Public Services Section and legal adviser to the city's Independent Audit Committee and Environment Committee. Mara and the lawyers in her section held polluters accountable, reformed city contracting, cut administrative red tape, and strengthened the city's Living Wage and Non-Discrimination in Contracting ordinances.❖



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### FROM PAGE 4 NEWS BRIEFS

For the first seven months of FY19, Trolley ridership is up 1 percent from 21,810,915 trips to 22,037,351 trips. Bus ridership is virtually unchanged, dropping just 23,247 trips to 27,941,344 trips for the fiscal year to date. "These numbers are highly encouraging," said Paul Jablonski, MTS chief executive officer. "In January of last year, MTS began implementing many route changes that increased frequency on our high-demand routes. We completed making changes in January of this year and we've already begun to see the results." While Trolley ridership has led the resurgence, bus ridership has held steady and two major developments may put its ridership into the plus column soon. In late January, the South Bay Rapid opened and average weekday ridership on that line is about 1,500 and climbing. The addition of this service from Otay Mesa to Downtown, as well as the opening of a modern transit center just north of the Otay Mesa border crossing, has caused other routes serving the area to increase as well. Additionally, MTS replaced shuttles operated by UC San Diego by adding service to Rapid Superloop routes at the end of January. These routes, serving the University City area, are showing weekday ridership gains of more than 3,000 trips per day. February will be the first complete month in which these substantial gains will be recorded to bus ridership. For more information, visit [sdmts.com](http://sdmts.com).❖



FROM PAGE 7

NOTES FROM TONI

For this reason, Charisma de los Reyes is my choice for 2019 Woman of the Year in the 39th Senate District.

A first generation Filipino-American, Charisma is the oldest of three daughters born to parents who immigrated to the United States through her father's service in the U.S. military. She was born in Hawaii in 1974 while her father was stationed there. After five years, the family was relocated to San Diego, and they have remained here ever since.

"We were one of those lucky military families that didn't have to move a lot," Charisma said.

Initially, her family lived in military housing near the 32nd Street Naval Base, and eventually, her parents bought a house in southeastern San Diego. Her mom and dad live in that house to this day. "Very proud to be from Southeast San Diego," Charisma said.

Charisma attended Bell Junior High and Morse High School. She earned her bachelor's degree in social work from Point Loma Nazarene University before becoming the first in her family to receive a master's degree at the University of Southern California.

She laughs as she says Filipinos typically go into nursing, so her parents were taken aback by her desire for a career in social work.

"There's always been a natural calling for me in working with folks and communities, and advocacy, empowerment," she said. "That's always been a part of my life."

She is proud to follow her mother's footsteps working for county government. Her mom served the people of San Diego County for nearly 30 years before retiring. For Charisma, it was initially supposed to be just a two-year stint to get experience after earning her degree.

"I just ended up falling in love [with the job] and really have made a career in working with child welfare and working in the prevention area," she said, noting that she recently completed her 17th year at the county.

Charisma began her career with the county as a child support officer before becoming a social worker for Child Welfare Services. After about a decade working out in the field, honing her skills with victims of human trafficking, she was promoted to policy analyst. In this role, she coordinates the Commercial Sexual Exploitation of Children Program and acts as a liaison between county and state governments; I have personally benefited from her knowledge of the issues surrounding child sex trafficking.

She points out that her work with children is not "linear." It is often "heartbreaking" and "messy," she said. She prefers to think of what she and others do as working alongside the children, rather than rescuing them. It's a collaborative



Charisma de los Reyes – 2019 Woman of the Year (Courtesy photo)

process, one that doesn't happen overnight. "The most sustainable change is when it comes from within," she said.

Much like people who are kidnapped or survivors of domestic violence, victims of sex trafficking can suffer from Stockholm syndrome, which refers to the phenomenon of victims relating in a positive way to their abusers.

"Regardless of when they may be ready, you have to be there," she said. "You have to show up every single time. And you plant the seeds. You never know when the seed is going to take."

What does Charisma want people to understand about her work? Children are incredibly resilient, she said. They endure "horrific" abuse, but they have an extraordinary capacity to recover and thrive. It just takes the right support that is individualized, culturally responsive and respectful. And it requires someone to believe in them.

How can people help? Become educated and aware of the realities of human trafficking, she says. And avoid judgment. Social workers have long understood that children who are trafficked as prostitutes are victims, not criminals. Thankfully, state law has caught up.

Charisma said we must continue to address the demand for the sex trade. San Diego has a promising program in place to reduce recidivism among men who buy sex, where they are introduced firsthand to those who have been victimized by this trade. She'd like to see the program duplicated in other places.

And we must continue to educate children with age-appropriate lessons, not only on the realities of human trafficking, but perhaps more importantly on dangerous gender dynamics. "The younger we can get, the better," she said, "teaching about healthy and unhealthy relationships."

Charisma says her work is "truly" her "purpose." I am so grateful that she is able to do work every day that she loves. Because there are countless vulnerable children who are on the road to recovery thanks to her dedication.

I am proud to name Charisma de los Reyes 2019 Woman of the Year in the 39th District.

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

FROM PAGE 7

HILLCREST MARKET

As of late there is also a new caramel apple vendor named Simply Dimples; a producer of small-batch hot sauces called Baby Clydesdale; leather goods by Daluca Leather Works; and more.

Aside from robust attendance and a colorful variety of products, the market has become a social hub for Hillcrest and its surrounding neighborhoods.

"Compared to other farmers markets, people here actually talk to each other in the lines," noted Ashlie Pesic of Da-Le-Ranch, a purveyor of beef, poultry, game birds and rabbit. Nicholls concurs.

"There's a genuineness to this market," he said. It's a

gathering space for the community. And I'm proud that the rainbow flag flies over it and broadcasts everything it stands for to all the people who come."

The Hillcrest Farmers Market operates on Normal Street between University Avenue and Lincoln Street. Free parking is available in the Department of Motor Vehicles parking lot (3690 Normal St.) and at the San Diego Unified School District lot (located at Washington Street and Campus Avenue). For more information, visit hillcrestfarmersmarket.com.

—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.❖



Artisan breads by Oh La Vache! (Photo by Frank Sabatini Jr.)

6 SMART HOME ESSENTIALS

With so many devices and home automation available these days, turning your house into a smart home is easier than you might think. But, there are some things to keep in mind when deciding which devices are essential – and what kind of internet service you'll need to maximize your smart home experience.



- **A home speaker that doubles as a virtual assistant.** Current models can answer questions, turn on lights, play video, access virtual assistants like Siri or Alexa, share weather and news updates, act as a timer, and play music on demand. Some models even help you shop online.
- **Home cameras.** The latest in home monitoring such as Cox Homelife allows for remote live video viewing from your smartphone, video recording and customizable notifications.
- **Smart lights.** Replace existing light bulbs with energy efficient bulbs that can be controlled remotely with a few taps on your smartphone or tablet. Cox Homelife has an automation feature to control indoor and outdoor lights, bringing you (and your pet) peace of mind while you're away from home, as well as saving energy and money.
- **Smart locks.** Remotely control doors in your home. Features can include voice commands, customized chimes, activity logs, integration with other smart devices, and special codes for friends, dog walkers, and deliveries.
- **Smart thermostats.** Programmable thermostats allow you to remotely turn the air and heat in your home up and down, and on and off. Save money and energy, and arrive to a warm or cool home.

• **Smart Search entertainment.** There are many options to watch TV and stream content online, and Cox's Contour TV service brings smart search options, Netflix integration, a voice-controlled remote, and cool apps together into one service that is easy to navigate. Speak into the remote to find the programming you want to watch – use a famous movie quote, the title of a show, a genre, or the name of an actor. You can even say "free movies," and available titles in the On Demand library will pop up.

Just as important as the devices you select is the internet service you choose.

In San Diego, Cox Communications recently doubled internet download speeds automatically for the majority of its customers at no additional charge. Preferred, the company's most popular tier of service, is now up to 100 Mbps, while Essential and Starter, which are ideal for lighter users with one to five devices connected to the home network, doubled to 30 Mbps and 10 Mbps, respectively.

For households with multiple family members who want to connect dozens of devices simultaneously, are heavy gamers or have the need for the fastest speeds around, Cox's Gigablast service offers download speeds of 1 gigabit (1,000 Mbps).

Take a short quiz on the speed advisor at [www.cox.com](http://www.cox.com) to determine which speed is right for your household.

Cox is also improving the in-home internet experience with Panoramic WiFi, which provides "wall-to-wall" WiFi coverage so you have a connection wherever you may roam in your smart home.







One of our city's most cosmopolitan culinary events is at **SeaWorld**, where its annual **Seven Seas Craft Beer & Food Festival** has grown to include 127 beer options from 25 breweries, and more than 50 dishes representing eight world regions.

Now in its fifth year, the festival will run every Saturday and Sunday for eight consecutive weekends, from March 9 through April 28. The park's executive chef, Dave McHugh, is presenting 33 new food items to the lineup. They include French-inspired escargot pistolet rolls; sumac-rubbed Angus kebabs from the Mediterranean station; crab causa salad of South American origin; and exotically spiced dishes in a debut section named "flavors of India." Scattered throughout the park, each global food area will spotlight four different dishes served in appetizer portions.

“The event

utilizes all the tools in my tool box," said McHugh, who took over the executive chef position at SeaWorld San Diego in July after working in the same capacity for seven years at San Diego State University. He is also a culinary instructor at Grossmont College.

"I want to make sure that every dish is accurate and authentic and made with handmade techniques. We have more than 100 production staff helping to execute the event."

Admission to the festival is included with park admission. Once inside, guests can purchase dishes a la carte, which range from \$5 to \$6.50 each. Or they can buy “taster sampler” cards that feature 10 items for \$50 or 15 items for \$65. The cards also apply to beer and wine samples. 500 SeaWorld Drive, 619-222-4732, [seaworldsandiego.com](http://seaworldsandiego.com).



**This causa crab salad and other haute cuisine can be found at an international food and beer festival inside SeaWorld. (Photo by Mike Aguilera/SeaWorld San Diego)**



**This Adams Avenue apartment building will soon offer rooftop and ground-level dining.** (Photo courtesy David Chau)

Developer and restaurateur Louie Chau of **Lotus Garden** in City Heights plans on bringing a rare amenity to the Uptown restaurant scene: a rooftop space to eat and drink. Due to open in early summer, **SKA Bar and Restaurant** will operate on both the ground floor and fourth-floor roof of a mixed-use apartment building near the heart of Normal Heights. (The structure is still unnamed.) Look for a menu spotlighting Asian fare such as ramen and stir-fries, as well as traditional bar food that can truly be called “elevated.” 3250 Adams Ave.

Point Loma's "upper Voltaire" neighborhood has seen the arrival of **Cesarina**, which replaces **The Point Cafe**. The new venture is named after the wife of one of the native-Italian owners, Niccolo Angius. It's billed as a restaurant that honors matriarchal women of Italian heritage.

The indoor-outdoor space offers all-day dining, an exhibition kitchen and tableside presentations. The menu includes American-Italian breakfast fare, eggless pastas made in house, and a variety of southern-Italian classics. 4161 Voltaire St., 619-226-6222, [cesarinarestaurant.com](http://cesarinarestaurant.com).



**Pesto alla Genovese at the new Cesarina**  
(Courtesy of H2 Public Relations)

After operating for nearly 20 years in a drive-through structure in Hillcrest, **Los Panchos Taco Shop** recently closed but will reopen next door by late spring in the space where **Brazen BBQ** operated. It will feature a full bar plus additional seafood options in addition to its

established menu of tacos and burritos. The owners are also gearing up to open an outpost in the west Fashion Valley area, at *6110 Friars Road, Suite 101*. That location is set within a small strip plaza shared by **Round Table Pizza** and **Mr. Peabody's Burgers & Ale**.

The space Los Panchos occupied in Hillcrest at 409 Washington St. will give way to a drive-though/walk-up **Dunkin' Donuts** this spring. Its arrival will present competition to two independently owned vendors just down the street: **Copper Top Coffee & Donuts**, and **Donut Star**.

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San Diego's cherished **Small Bar** in University Heights resumed operations on Feb. 28 after a 16-day shutdown that allowed for repairs and a partial revamping of its food and drink programs. The effort is the result of a partnership that owner Karen Barnett recently formed with chef Brad Wise

of **Trust Restaurant Group** and Frank McGrath, the former general manager at **Polite Provisions**.

Days before Small Bar's reopening, we caught up with Wise, who adamantly discounted rumors and reports that the popular establishment is transforming into an



**Small Bar's refresh was still underway a few days before reopening.**  
(Photo by Frank Sabatini Jr.)

“upscale yuppie craft cocktail bar,” per an opinion article circulating online by The Travelers Club. Others on social media claimed the space was being gutted.

"It's still a cave-y dive bar," Wise insisted. "We painted the exterior black and gray, put in new tables and chairs the patio, fixed holes in the floor, and installed some new bar equipment. Basically all we did was clean it up to make sure Small Bar stays open to the community."

Speculation also swirled that the entire staff had been fired. Wise said 20 percent of the employees were retained after conducting retraining through the transition.

Barnett will still oversee the bar's ambitious beer program while McGrath introduces a fresh cocktail program featuring 16 new drinks using fresh ingredients. In addition, Wise's contributions to the menu include fried cauliflower with aioli, and a new burger served in brioche buns that are fermented for 48 hours before entering the oven.

Established dishes such as chicken wings and “Karen’s famous nachos” will remain, as will the long-established Monday-night steak dinners.

“We couldn’t be more excited to keep a San Diego iconic bar open. At the end of the day, that’s all we’re doing,” Wise added. 4628 Park Blvd., 619-795-7998, [smallbarsd.com](http://smallbarsd.com).

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



# THE 'MEXICAN CANDY' EFFECT

Come On  
Get Happy!  
Dr. Ink

At the urging of a few friends who swear by the happy hour at Fred's Mexican Cafe in the heart of Old Town, curiosity finally got the best of me.

There I was, competing briefly for parking in a free lot several blocks away and then shuffling slowly down San Diego Avenue with the herds of tourists who are responsible for keeping every business alive along this kitschy, historic lane. Though normally not my scene, the neighborhood's theme-park feel, and crowded sidewalks somehow always puts me in the mood to drink.

The high-fiesta atmosphere at Fred's is quintessential Old Town. A riot of color permeates the place, which features an enormous outdoor patio, an indoor dining room, and a welcoming bar lounge perfect for socializing. Out front is an outdoor grill used for tortilla-making, which usually starts around 4 p.m. on most days.

The happy hour bargains are kept simple. All selected booze and food offerings are \$5, and they're clearly stated on the menu and website.

I was seated under an effective heater on the patio, and beneath colorful ceiling beams and Mexican paper banners. Within seconds, complimentary salsa and large tortilla chips fried to a bubbly crisp arrived. They disappeared down my gullet in no time. For the Doritos crowd visiting from places deprived of Mexican kitchens, these chips and salsa will excite the heck out of them.

After seeing "Mexican candy" shots slung in San Diego party bars for years, it wasn't until this visit to Fred's that it



Fred's festive facade is a draw on Old Town's main strip. (Photos by Dr. Ink)

felt right to try one. Listed on the happy hour menu alongside other options such as tequila sunrise shots, Palomas and pints of Corona, the prospect of Watermelon Pucker mixed with ghost pepper-infused tequila fit the vibe.

In some establishments, the shot is called a "lollipop" or "paleta." And in nearly all cases, the glass is rimmed with chili-lime salt — or in this case, salt and Tajin seasoning.

It was love at first sip. Not overly spicy, but the kind of

potion that stings the back of your throat for a few seconds until the tangy, juicy watermelon schnapps comes to the rescue. Good for slugging or

## RATINGS

**Drinks:** It's all about jazzed-up tequila shots and cocktails during happy hour, with the exception of Corona drafts and tall boys by Estrella Jalisco Kona Brewing.

**Food:** Items like Mexican pizza, adobada sliders and impressive chicken tinga tostadas land on the short list of bargain eats during happy hour.

**Value:** Everything on the happy hour menu is an easy \$5, and most of the food items are particularly substantial for the price.

**Service:** A host readily greeted me from a sidewalk podium and led me to a section of the heated patio that was well-staffed with efficient waitresses. Complimentary chips and salsa were brought promptly to my table.

**Atmosphere:** The property features a large patio, two bars and an indoor dining room. With super-colorful décor, every section feels conducive for drinking with friends.

sipping, it takes effect rather quickly. And given its dazzling orange color, it's aesthetically pleasing as well.

Nearly all six food items on the \$5 menu are available only during happy hour. They include Mexican pizza, adobada sliders, a chimichanga, and what I thought was a very memorable chicken tinga tostada. The deeply spiced chicken (white and dark meat) was generously piled onto a crispy tortilla along with shredded cabbage, tender pinto beans, tomatoes, queso fresco and sour cream. Filling and flavorful, it offers lots of bang for the buck.

## Fred's Mexican Cafe

2470 San Diego Ave.  
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fredsmexicancafe.com

Happy hour: 3 to 6 p.m.  
daily  
Taco Tuesdays, 3 p.m. to closing

Fred's often gets a bad rap by locals because it's a magnet for tourists. But so what? From what I saw, it caters to them well, which means our experience won't be anything less.❖

## BUSINESS SPOTLIGHT

### Father Joe's Villages

In addition to providing housing, health care services, vocational training and more to more than 14,500 neighbors in need each year, Father Joe's Villages offers specialized programs and services for families and children experiencing homelessness.

These programs include a range of housing options to move families into homes as quickly as possible and comprehensive services to help parents regain self-sufficiency.

At the heart of Father Joe's Villages family services is its Therapeutic Childcare Center, which combines traditional child care with behavioral health services. This program works to close developmental gaps that commonly exist between children who are homeless and their housed peers.

If you believe in the incredible potential of each family, join Father Joe's Villages for its annual Children's Charity Gala on May 4. The event raises funds for programs that help children reach for the stars. Please visit neighbor.org/gala to purchase tickets for this fun and philanthropic event.



The kicky 'Mexican candy' shot

Chicken tinga tostada

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FROM PAGE 1  
**IMPROV**

Following an improv show two years ago, Kramer and Ploesch reflected on the different skills taught to autistic children and realized that improv students learn similar lessons to those taught to autistic people — lessons such as “eye contact,” “reading other people’s emotions,” “expressing our own emotions in an intelligible way” and “thinking like other people.”

A short while later, the two of them came up with the idea for Connections, and the program was officially formed and launched in the fall of 2017.

Students begin each day of

a six-week program by sharing the positive things that have happened to them recently, then take part in various activities and games.

“At the end of class, we debrief on the whole day and students discuss what they took away from the activities,” Ploesch said.

Kramer, however, said he doesn’t want people to think that Connections is a typical improv class.

“It’s a social skills class using improv as a technique,” he said. “It’s a very different approach.”

One of Ploesch’s main goals is that his students walk out feeling more confident when conversing with others following the 90-minute classes.

“We want them to be more

successful with social interactions with peers, family, classmates or whomever they come into contact with each day,” he said. “We’d like them to be more comfortable in different environments.”

Ploesch said he knows that having confidence is difficult for a lot of newcomers to the program, as some students can be overwhelmed simply by being at the venue.

“It’s a new environment, the lights are bright and there are a ton of seats in the back,” he said. “We want them to overcome their obstacles and use that in their daily lives as well.”

Because making new connections can be hard for many people, particularly those who are autistic, Kramer said he

hopes students feel that they are part of “a group of friends.”

“Most of these kids are at class with their peers, who think similarly and have the same sense of humor,” he said. “One of the parents said to me that ‘We found our tribe.’”

While Kramer said he doesn’t want to seem too boastful about Connections, he is delighted with the positive feedback he has received from parents since the program began.

“More than a few parents have said this is the only program [their] kid wants to go to every single week,” he said.

As Connections continues to grow, Kramer and Ploesch plan on presenting several live shows with the students. These shows will be aimed at their families and also illustrate to the public how the students have improved since they started the program.

While there was a showcase presentation with the students last December, the intense preparation required has prevented Kramer and Ploesch from featuring one so far this year.

However, they’re hopeful that they’ll have more shows in the not too distant future.

Besides offering more classes and showcases, Ploesch would like to figure out new ways to help students in all parts of San Diego. Given how large the county is, Ploesch said he’d like to have more options for families in different parts of the region.

In addition, Kramer wants the program to expand beyond



**NCT artistic director and Unscripted Learning Executive Director Gary Kramer** (Courtesy photo)

the county to Los Angeles, Orange County, Phoenix and other locations.

Connections aims to positively impact the lives of San Diego autistic children, and Kramer and Ploesch are enthusiastic about finding more ways to boost their students’ inner strength.

Classes for new students begin on March 11. For more information about Connections, visit [nationalcomedy.com](http://nationalcomedy.com) and [unscriptedlearning.org](http://unscriptedlearning.org) or call 619-295-4999.

—A fan of film and theater from a very young age, David Dixon has written reviews and features for various print and online publications. You can reach him at [daviddixon0202@gmail.com](mailto:daviddixon0202@gmail.com).



During the six-week program, participants perform improv together onstage. (Photos courtesy of National Comedy Theatre)

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Program Director Richie Ploesch (left) directing students during a class

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# Reworking Beethoven

Theater  
Review

Jean Lowerison



Raconteur, music historian and first-class pianist Hershey Felder has carved a career out of writing and performing dramatic musical chats about the great composers, including Beethoven, Chopin, Tchaikovsky and Gershwin.

Now he's back at San Diego Repertory Theatre through March 24, where Joel Zwick directs "Hershey Felder, Beethoven," a delightful, re-worked Beethoven show.

In most of his shows, Felder "plays" the musician. Not so here; instead, the influential man is seen through the eyes of a budding young musician in Vienna named Gerhard von Breuning, whose father Stephan was Beethoven's close friend.

We meet the adult Breuning at the top of the show. He is at Beethoven's grave, where "the powers that be" have decreed that Beethoven's bones be disinterred and buried again in a box that will prevent further decay. Breuning is incensed, insisting that is not what Beethoven wanted.

He then launches into a thoroughly engaging 90-minute story with music about his relationship with the composer. The adult Breuning wrote the 1870 memoir on which Felder's script is based.

Beethoven's story is a brilliant but sad one, beginning long before his famous deafness. His father was a mean drunk and a "not very good choral conductor and organist" who would lock his son in the basement when he didn't play something right.

But the boy was an obvious talent ("genius" is probably a better word) with a penchant for minor keys, most especially C minor. He had an assortment of music teachers.

When he was 16, Beethoven went to meet Mozart, who asked him to play "something fun," and was greatly disappointed when he played



Hershey Felder as Gerhard von Breuning (Photos by Christopher Ash)

something in C minor. Ever inventive, Ludwig did an improvisation in a major key.

Felder is more than an excellent storyteller. He's also a fine concert pianist. It seems evident in this show that Beethoven holds a special place in his heart, because his interpretations of the music are masterful and seem played from the heart. From snippets of the Fifth and Ninth symphonies, the "Moonlight Sonata" and the "Emperor Concerto" to every piano student's introduction to Beethoven, "Für Elise," Felder plays with commitment, tenderness, and even occasional ferocity, as required.

The set (designed by Felder) is simple and dominated, as always, by a grand piano. Since this show starts in a cemetery,

**'Hershey Felder, Beethoven'**

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Lyceum Stage  
79 Horton Plaza  
(Downtown)

Tuesday and Wednesday  
at 7 p.m.  
Friday at 8 p.m.  
Saturday at 2 and 8 p.m.  
Sunday at 2 and 7 p.m.

Tickets: 619-544-1000  
or [sdrep.org](http://sdrep.org)



"Hershey Felder, Beethoven" plays through March 24 at San Diego Repertory Theatre.

Beethoven's imaginary grave is center stage at the footlights. The dominant color of the show is black.


Christopher Ash is the mind behind the lighting and projection design, and Eric Carstensen responsible for the sound design.

Felder is an enchanting storyteller, whether explaining the heartache of Beethoven's oncoming deafness or elucidating Beethoven's snarky opinion of Haydn. Felder is always worth watching, but never more than in this wonderful interpretation of the towering genius of Beethoven.

—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).

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# Blending color and contrast

## Paintings reflect lifelong love of natural landscapes

Albert H. Fulcher  
Contributing Editor

As a native San Diegan, artist Carol Lindemulder spent her life surrounded by a spectacular wonder of nature and its beauty. Growing up, she traveled around the San Diego County region with her parents — starting back when Mission Valley was filled with horses and cattle.

She still remembers her parents taking her on a customary Sunday afternoon drive to Escondido. Looking down at its highest peak, she wished that she was a pioneer back in time so she could be the first person to look down at the beautiful valley below. Her love of the

land and her love of art eventually led her to painting professionally.

Lindemulder started drawing at a young age after she received a set of crayons and has not stopped since. After working as a caregiver for much of her life, Lindemulder began painting professionally in her 50s. She received a bachelor of arts in design from the University of California, Berkeley, and did graduate work in fine arts at San Diego State University. Then she traveled all over California and the southwest, capturing imagery of nature and man through painting.

Now in her 80s, she still only wants to do one thing: Keep on painting for the rest of her life.

The former Mission Hills resident had to start from scratch after she lost everything in a house fire of her Uptown residence. She moved to Fallbrook, not knowing anyone, but heard that it was a thriving artist community. In 2007, the Rice Fire destroyed everything again and left her with a pile of bricks, three changes of clothes and her dog — leading her to start all over again in Borrego Springs. It took her nearly four years before she could rebuild her studio to a point to where she could start painting on a regular basis.

Lindemulder's work is now on display at the San Diego History Center, with some pieces never seen by the public. "Carol Lindemulder: Color Story" is on loan to the History Center until May 5, donated by her patrons, spanning decades of her art and travels from 1996-2018.

Whether capturing a particular spot of striking nature or a glimpse of urban and rural areas, it is the complete scenery of her pieces that takes the viewer on her many journeys in life.

Bold and contrasting colors are her signature in all of her pieces and invoke the eyes to the magnificence of the world seen through her eyes. Although Lindemulder said she had some great



A self portrait of painter Carol Lindemulder (Photos by Albert H. Fulcher)

mentors throughout in life, she is self-taught and has a style that is distinctly her own. Using layering techniques, her works are time consuming, but her artistic brush work and attention to detail creates stunning imagery. She amasses the visuals through memory, writings and photographs, providing a visual manuscript of her own experiences.

There is a vibrant feeling of place, whether looking at the natural beauty on the land, buildings and towns.

"Carol documents the beauty of the San Diego region through her keen eye and bold use of color. She carries on the tradition of our region's masters in painting the beauty of the landscape," said Bill Lawrence, San Diego History Center's executive director and CEO. "She has faced many challenges, including

losing her home, studio and much of her collection in the wildfires that devastated our region. Like the Phoenix, Carol has risen from the ashes and presents a visual feast and view of our region that all need to experience. Carol also is a passionate historic preservationist, and I am proud to say, a good and very talented friend."

In addition to her art career, Lindemulder has long been involved with historic preservation, and is a founding member of the Save Our Heritage Organization (SOHO). She was founding president of the Save the Coaster Committee, and was responsible for the restoration of the Belmont Giant Dipper Roller Coaster in Mission Beach.

—Albert Fulcher can be reached at [albert@sdcdn.com](mailto:albert@sdcdn.com).



"Carol Lindemulder: Color Story" is on display at San Diego History Center through May 4.



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### ASK KATHY: A COLUMN ABOUT REAL ESTATE ISSUES

Kathy McSherry



COMPASS

#### WHO PAYS REALTOR COMMISSION?

Hi Kathy:

My sister is a licensed real estate agent and has been helping my husband and I find our first home. Last weekend my husband and I went to look at a new home development without my sister and toured the model homes. When the sales agent asked us if we had any questions we mentioned that we had our own Realtor. The sales agent suddenly became very rude and said that our Realtor could not get any commission from the builder as she was not present on our first visit. Why is this? It completely turned off my husband and I, and we have chosen not to purchase the model plan that we fell in love with. Could you explain who is responsible for paying Realtor's commissions and how that works?

Claire P.

Hi Claire:

You would not be the first person to ask me this question as many people get confused as to how Realtors get paid or who pays their commissions. First, real estate agents work for real estate brokers. Although, some agents are both agents and licensed as a broker. A real estate license can only hang with one broker. Any fees that are paid to a real estate agent must pass through the broker where their license hangs. For example, my real estate license hangs with Compass.

Only a real estate broker can pay a real estate commission and sign a real estate listing agreement with a Seller. Commissions can vary depending on an agent's experience, etc.; and fees can then be deducted from these commissions, i.e. advertising, administrations fees, office expenses, etc. One of the most common types of listing agreements allows a broker to exclusively market a Seller's home. In return for bringing a buyer to the transaction to purchase this home, the Seller agrees to pay the broker a commission. Typically, this is a percentage of the sales price and it is shared between the listing agent and the selling agent, (the agent representing the buyer). Henceforth, the Seller typically pays the real estate commissions involved in a real estate transaction.

Your question however, refers to the new home builder. The builder is also the Seller in this case and if they agree to a broker co-op, (commission to a real estate agent or broker to bring a client into their new home community) that fee could be a flat fee or also a percentage of the sales price. It does not cost you, the buyer, anything to use your own real estate agent to represent you on the purchase with a new home builder. However, the builder will pay this commission based on "procuring cause", meaning your agent is the reason you came to the new home community. Therefore they want your Realtor to accompany you on your first visit to the sales office and register you as their client. Hope this helps and good luck in your search.

Best,  
Kathy

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

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# How to develop shapely quads

## Fitness

Blake and  
Gwen Beckcom



When doing leg exercises, most people focus on the backs of their legs and glutes — but you can't completely forget about the fronts! While the quads are sometimes an afterthought, these muscles are still very important to having a strong and shapely lower body. Completing a special workout to target these muscles, especially if you have never exercised these muscles before, is a great way to get your legs into even better shape.

If you experience any knee pain, you may start avoiding exercises that cause the pain such as squatting, lunging, running and jumping. While these may hurt, with time, avoiding these exercises will not actually help your knee pain. In fact, it will make your muscles get weaker and even begin to atrophy. This can result in even more knee pain in the long run. Some simple variations in foot placement — such as splayed, neutral or slightly inward — can make a difference in keeping you pain free and chipping away at your goals.

Even if you don't currently have any knee pain, building up your quads is a primary way to deter knee pain in the future. The quads help decelerate your motion and they absorb the shock from your knees when you are landing from a jump, walking down the stairs, or coming off of a curb. And aesthetically, having a healthy set of quads is a huge game-changer in developing great legs.

Here is a routine to put everything together to make your own quad transformation. Do this routine two or three times each week. Work on your other muscles once or twice a week with just two or three sets of six to 12 reps of each exercise, or stop right before failure.

With conventional muscle training, you usually start with compound movements first and then complete isolation moves later. However, the goal here is to quickly build as much lean mass as possible, not to increase performance. Therefore, you will start with strategic, small movements to build your mind-muscle connection and to fatigue your targeted body part. This will let you feel the muscle more while you are training.

## The workout

To warm up before the workout, start with a couch stretch for up to five minutes on each side. Put your knee on a pillow or pad, with the same leg's foot up on the couch behind you.

1. Leg extension  
The point of the leg extension is to get your quads fatigued and send as much blood flowing in your muscles and knees as you can. This will warm your body and muscles up and improve your mind-muscle connection so you will feel the burn during the

remainder of your workout. Embrace the burn — it is a good thing!

At the beginning of each rep, flex your quads as hard as you can. Then do three to five sets of 10 reps. Rest for one minute after each rep.

- First two weeks: three sets
  - Second two weeks: four sets
  - Third two weeks: five sets
2. 1.5 Rep Bulgarian split squat

With this type of training, complete twice as many reps while you are in the bottom position of your exercise — this is where you have the least amount of strength. It increases your overall amount of time under tension to create more muscle fibers in your targeted region.

Lower your body down into the Bulgarian split squat. Rise up halfway and then go back down. Then, come all the way up to complete one rep.

Perform two to four sets of six to eight reps on each side. Rest up to 60 seconds between sides.

- First two weeks: two sets
- Second two weeks:  
three sets
- Third two weeks: four sets

3. Eccentric single-leg squat  
This move will overload the lowering portion of the exercise to create tiny muscle tears that will subsequently grow your lean mass and improve your overall leg tone and shape.

Additionally, when you work only one leg at a time, you'll support the weaknesses and imbalances on both sides. Remember, symmetry is important when it comes to aesthetics. If you are right handed, your right leg is likely stronger. Over time, you need to balance the strength and the flexibility of both legs.

Lower for a full five seconds  
before standing back up.

Perform two to four sets of five reps on each side. Rest for up to 60 seconds between sides.

- First two weeks: two sets
- Second two weeks: three sets

- Third two weeks: four sets

4. Double kettlebell pause front squat and box squat jump superset

For this front-loaded squat, pause at the bottom of your squat to stop your momentum. The pause also surpasses your quads' time under tension and allows you to have movement where you start the upstroke from a dead stop. This avoids the "bounce" that often accompanies the deceleration of the eccentric portion of the movement. The pause-and-go approach is best.

Completing an unloaded power movement after a loaded strength movement for the same muscle groups helps increase your force production and creates greater gains.

Do eight to 12 reps of squats, staying in the bottom of the squat position for four seconds on each rep. Then do 10 box squat jumps to make one superset.

- First two weeks: three sets
- Second two weeks: four sets
- Third two weeks: five sets

## 5. Tempo leg press

These two-minute sets help you hit your quads' slower-twitch endurance muscle fibers. While the leg press is not as functional as squatting, it gives you more stability to push past your comfort zone.

Do as many reps as you can in two minutes by going down for two to three seconds and then up for the same amount of time.

Do one to three sets and rest for one minute between sets.

- First two weeks: one set
- Second two weeks: two sets
- Third two weeks:  
three sets



see Quads, pg 16

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

9/6

**Sudoku Puzzle**

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

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Puzzle answers on page 16

## 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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			52					53						
54	55	56				57				58				
59						60				61				
62						63				64				

CREATORS NEWS SERVICE

By Charles Preston

**ACROSS**

1 "Today I \_\_\_ man"  
4 Fabulous fabler: var.  
8 Serf  
13 Served perfectly  
14 Arias  
15 Fight site  
16 Standard  
17 Bounders  
18 Copland ballet  
19 Smoker's resolution  
22 Cure-alls  
23 Law's long member  
24 Fleming  
27 Deck  
28 Bot. or biology  
29 Run in neutral  
30 Balm site  
33 Pentateuch  
35 Join  
36 Dieter's resolution  
39 University of Maine locale  
40 Bar seat  
41 Eds. reading matter  
42 Platte Indian  
43 Ingrid's firstborn  
44 Life story, briefly  
46 I finisher  
47 Owned

**DOWN**

1 Nathaniel Benchley's \_\_\_ Million  
2 Thanks, in Tours  
3 Blended, old style  
4 Snail  
5 Flies  
6 Adjective for shoppe  
7 Ice-cream choice  
8 Seraglio  
9 Piccadilly Circus sight  
10 Wielded a baton  
11 Quarter of four  
12 The way, in China  
13 Ms. Boleyn

48 Member of a certain college  
52 Couch-potato's resolution  
54 Distribute  
57 Entre \_\_\_  
58 Surgeonfish's kin  
59 Common Sense author  
60 Children  
61 Wales' symbol  
62 Praise  
63 Snick's partner  
64 Paving material

20 Enthroned Madonna painter  
21 Pod start  
24 Dialect  
25 Choir section  
26 Requires  
28 Yule visitor  
29 Rubinstein's Melody  
30 Fifties fashion feature  
31 \_\_\_ Bello, Panama  
32 In the works  
34 Home owners  
35 More like a certain duckling  
37 Dieppe donkey  
38 \_\_\_ oblige  
43 Golfer's goal  
45 Mysterious  
47 Hailey novel  
48 Ooze  
49 Fungus disorder  
50 Wickerwork material  
51 Offensive odor  
52 Not stereo  
53 Of the dawn  
54 Jungle swinger  
55 Undisciplined  
56 Ignited

Puzzle answers on page 16

## Library seeks support

By Elaine Kalin

For more than 35 years, the Friends of the Mission Hills Library has raised funds to provide needed materials to the library and support its community programs. Book carts placed outside of the now-closed former branch, monthly Saturday book sales, and sales of books on Amazon generated most of the Friends' revenue.

With the recent opening of the new facility at 215 West Washington St., the Friends of the Mission Hills-Hillcrest/Harley & Bessie Knox Branch

Library now runs a separate bookstore located at the branch. When used books, magazines and media are donated to the library, the Friends sell materials not selected by the library for its collection. Volunteer members of the Friends work tirelessly to sort and select donated items to stock the bookstore or list online.

The new Friends bookstore is off to a successful start following the grand opening of the new branch location. Thanks to community volunteers who have stepped up to help staff the bookstore, it is open for

several hours each day the library is open. Volunteers work in two- or three-hour shifts, and may commit to work on a regular basis or as needed. Volunteers may also help with selling donated items on Amazon. Prior experience is not required and training is provided.

Please consider making donations to the branch or volunteering to help the Friends continue to support the new Mission Hills-Hillcrest/Knox Library. For more information, go to [library92103.org](http://library92103.org).

—Elaine Kalin is a member of the Friends of the Mission Hills-Hillcrest Library.❖

## Bikes and brews at Mike Hess

By Vince Meehan

On Feb. 6, the San Diego County Bike Coalition and Mike Hess Brewing teamed up to host the San Diego chapter of Draft. Draft is a nationwide meet-up series sponsored by peopleforbikes.org, where entrepreneurs, city leaders and better biking advocates discuss commuting ideas over craft beer.

Peopleforbikes.org is a group of cycling enthusiasts committed to advocating for safer urban biking solutions.

The event was held at the Mike Hess Brewery in North Park, and guests enjoyed signature Mike Hess beers along with bites from food trucks. Several guests spoke to the gathering including Councilmembers Chris Ward and Georgette Gomez, advocating for additional bike lanes and transit options.

Many attendees biked to the event and a large bike rack on the back patio was available to accommodate the riders. Future meet-ups can be found at [peopleforbikes.org/draft](http://peopleforbikes.org/draft).

—Vince Meehan  
can be reached at [vinniemeehan@gmail.com](mailto:vinniemeehan@gmail.com).❖



Local artist Luz Maria Clayton was on hand displaying her original art. (Photos by Vince Meehan)



San Diego County Bike Coalition's Andy Hanshaw and Jennifer Hunt

## FROM PAGE 16 PROMENADE

business owners to continue the dialogue with the project representatives to work through any problems before construction begins.

William Smith Jr. of University Heights added that he did not feel that the outrage from business owners should hold up the project which benefits the overall community.

"I'm pro-business but have little sympathy for someone who buys property along an under-utilized boulevard in a fast-growing city, and is surprised by change," Smith Jr. said. "Furthermore, you have benefitted from low-cost, nearby public parking for years, which allowed you to devote less of your property to parking and more to revenue generation, as well as choose tenants who sell to out-of-area customers."

Dennis Seisun of Hillcrest noted that he was initially against the project, but that the presentation changed his mind. Though Seisun wished it included a grassy park, a view also shared by other board members, he hoped the topic could be revisited later and did not want that alone to get in the way of creating a public space for the community.

"This could be a case of perfection getting in the way of good ... yes, it should be a park, it should be a park space, but I don't think it's going to happen. Let's face reality," Seisun said.

"To me it's very simple — there is more good than bad, so I support the project," Tim Gahagan concluded.

Though the majority of the board was in favor of the project, Mat Wahlstorm of Hillcrest was strongly against it. Wahlstorm presented a letter to the audience that he sent to public officials, which urged a request for delay and reconsideration of the project.

"It is an improper and arguably illegal effort to divert a public right of way designed for a City park to the private benefit of a City contractor [the HBA]," he wrote, adding that involved agencies might be furthering their own agendas through the project. (Read the full letter online at [rescuehillcrest.com](http://rescuehillcrest.com).)

In the end, Uptown Planners made a motion to support the project, which was approved in a 10-2 vote, with Wahlstrom opposing and William Ellig abstaining.

With the final letter of support in hand, construction for Normal Street Promenade is slated for 2020, with a projected completion date of 2021 or 2022. For more information, visit [bit.ly/2TvGbVd](http://bit.ly/2TvGbVd).

—Reach Sara Butler at [sara@sdcdn.com](mailto:sara@sdcdn.com).

[Editor's note: Visit our website at [sduptownnews.com](http://sduptownnews.com) for additional photos and artist renderings of the project.]❖



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# UPTOWN CALENDAR



**LP at Observatory**  
Singer/songwriter LP will perform with openers Lauren Ruth Ward, and The Years. Doors open at 7 p.m. and show starts at 8 p.m. All ages. \$27.50. The Observatory North Park, 2891 University Ave. bit.ly/2IVmFNH



**Crones Counsel Celebration**  
Older wise women celebrate International Women's Day using the theme of balance. Using the collective wisdom of older women helps balance gender in our communities, and balance in our lives uses life energies for purpose and creativity while maintaining visibility and viability. Come join the sisterhood and be part of the emerging world of aging women. Women of any age are welcome. Register early to save a seat. \$50. 9 a.m.-4 p.m. at First Unitarian Universalist Church, 4190 Front St. bit.ly/crones-council



**Empress Of at Irenic**  
Singer/songwriter Empress Of will perform with opener Salt Cathedral. Doors open at 6:30 p.m. and show starts at 7 p.m. All ages \$20. The Irenic, 3090 Polk Ave. bit.ly/2IRvTdO



**San Diego Music Awards**  
The 27th annual San Diego Music Awards will be hosted

at the House of Blues. The awards are dedicated to honoring the region's local music community, recognizing a wide array of genres and acts. Proceeds from the San Diego Music Awards help to purchase guitars for San Diego County schools. Tickets start at \$36. 6 p.m. at House of Blues, 1055 Fifth Ave. bit.ly/2TOywy4

**Cat Video Fest**  
A compilation reel of the latest, best cat videos culled from countless hours of unique submissions and sourced animations, music videos, and of course, classic internet powerhouses. The event raises money for cats in need through partnerships with local cat charities, animal welfare organizations and shelters to best serve animals in the area. \$15. 7 p.m. at Landmark Hillcrest Cinemas, 3965 Fifth Ave. bit.ly/2RLiZTE



**Gay Men's Book Club**  
The new Gay Men's Book Club will meet to discuss the March selection, the two-part play "Angels in America." Everyone who is interested in novels, memoirs and plays with gay themes is welcome to join the club. 6-7:30 p.m. at Mission Hills-Hillcrest Library, 215 West Washington St. Contact Ron Alsop at ron.alsop@gmail.com or 908-347-3877 for more information.



**Jesika von Rabbit at Soda Bar**  
Jesika von Rabbit, former frontwoman of Gram Rabbit, will perform with openers Dani Bell and the Tarantist, and Ba Bête. Doors 8:30 p.m. and show at 9 p.m. \$10. 21-plus. Soda Bar, 3615 El Cajon Blvd. bit.ly/2IWvEOD



**'Taste of Our Community'**  
Options For All, an organization that gives individuals with disabilities more options for living their lives to the fullest, will hold its 10th annual "Taste of Our Community" event. The event features food tastings, specialty cocktails, wine and beer tastings, live entertainment, auctions, and more. Tickets \$100; day-of tickets \$115. 6-9 p.m. at Brick in Liberty Station, 2863 Historic Decatur Road. bit.ly/2TmUFXl

**26th San Diego Latino Film Festival**  
More than 160 films from Latin America, the U.S. and Spain will be screened at the San Diego Latino Film Festival, which runs through March 24. Film selection includes innovative, original and thought-provoking works that are by, about or for the Latino community. Tickets on sale now. Prices and venues vary. 2019.sdlatinofilm.com



**Gene Evaro Jr. at Soda Bar**  
Multi-genre artist Gene Evaro Jr. will perform with openers Proxima Parada, and Lily Waters. Doors 8:30 p.m. and show at 9:30 p.m. \$13-\$15. 21-plus. Soda Bar, 3615 El Cajon Blvd. bit.ly/2ISOUfZ



**Cura Smiles Dental Clinic**  
City Heights Grand Opening Cura Smiles, a dental clinic providing free services in City Heights, will open to the public this month. The nonprofit organization is hosting a grand opening for the clinic on March 16 from 10-11 a.m. A ribbon-cutting ceremony will precede tours of the new dental clinic. RSVP on Facebook. 4101 University Ave. bit.ly/2IUppLo



**South Park Spring Walkabout**  
South Park's quarterly evening festival returns! The family- and dog-friendly event showcases all the unique and independent businesses within South Park. Enjoy complimentary treats, live entertainment and special offers. Celebrate four new businesses in the neighborhood: Curryosity, Enoteca Buona Forchetta, Seven Seas Roasting Co. and Ivy Street Co-Working. Free. 6-10 p.m. in South Park at Fern Street. bit.ly/2IQoPxV



**Mission Hills Heritage Lecture Series**  
Learn about the history and architecture of one of San Diego's extraordinary neighborhoods: Mission Hills. Mission Hills Heritage (MHH) will host a lecture series entitled "Mission Hills Architecture in the Roaring Twenties; plus, The Swan House — a Case Study in Rehabilitation." Refreshments provided. Tickets available online; prices vary. 1-4 p.m. at Francis Parker Lower School, 4201 Randolph St. MissionHillsHeritage.org

**San Diego shamROCK**  
Celebrate St. Patrick's Day in the Gaslamp's Irish Wonderland! The shamROCK block party lineup features non-stop music and entertainment across three stages: The Pint Stage, The Clover Stage and The Pub Stage. Performances include traditional Irish steppeers, nationally recognized Irish rock and Celtic bands, top DJs and more. \$30 for general admission and \$70 for VIP. 2 p.m.-midnight. sandiegoshamrock.com



**Noname at Observatory**  
Rapper Noname will perform with opener Elton. Doors open at 7 p.m. and show starts at 8 p.m. All ages. \$25. The Observatory North Park, 2891 University Ave. bit.ly/2IPxRvc



**Wand at Soda Bar**  
Rock band Wand will perform with opener Cat Scan. Doors 8:30 p.m. and show at 9:30 p.m. \$12. 21-plus. Soda Bar, 3615 El Cajon Blvd. bit.ly/2IUu5Rv



**'LXS: Strawberry DNA'**  
Genomics scientists from J Craig Venter Institute will visit the library and teach participants about DNA extraction. Presented by League of Extraordinary Scientists & Engineers. Recommended for children in elementary and middle school. Free. Registration required. 4-5 p.m. at North Park Library, 3795 31st St. bit.ly/2ISq1AV

## 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 at Westfield North County. circusvargas.com

**'Pause|Play' Through Sept. 2**  
The Fleet Science Center invites the young and the young-at-heart to leave the digital world behind, hit pause on their busy lives and recapture the nostalgia of play. The exhibition entices visitors to explore through play and incorporates a scientific twist to enhance every activity. Pause|Play features more than 11 experiences that were each designed to evoke childhood memories. Entry included with admission to the museum. Fleet Science Center, 1875 El Prado. bit.ly/2N6o3eG

**'Defining Place/Space: Contemporary Photography from Australia' Through Sept. 22**  
The Museum of Photographic Arts will open a global conversation about the impact of pictures. "Defining Place/Space: Contemporary Photography from Australia" showcases the diverse scope of artwork by photographers from Australia. Many pieces are coming to the U.S. for the first time. Free admission but contributions welcomed. 1649 El Prado. bit.ly/2Sv4yO7

**'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 an 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 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 hashtag #cicfreefriendfriday for free Wi-Fi. 9 a.m.-5 p.m. at Collective Impact Center, 3295 Meade Ave. bit.ly/free-Fridays

**Saturdays**  
**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 and Sara Butler. Email calendar item requests to sara@sdccn.com.❖





University Heights, 5BR/3BA | \$2,200,000



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



Downtown, 1BR/1BA | \$418,000



Scripps Ranch, 2BR/2BA | \$587,000



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



Point Loma, 3BR/2BA | \$1,380,000

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