

# ADAMS AVENUE NEWS



A Positive Community Newspaper Created by Locals, for Locals, Supporting Local Businesses

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## A Craftsman for Historic and Vintage Homes

San Diego native Gabriel Carini, owner of Carini Heating and Air Conditioning, takes special pride in working on historic and vintage homes in neighborhoods like Kensington, North Park and South Park, Normal Heights, Mission Hills and Hillcrest – areas that have a big share of those residences. Read the company's story on **PAGE 10**



Gabriel Carini, center, receives an Above & Beyond Award from Andrew Waugh of the HERO program, with homeowner Jennie Russ. Carini's company received the award for preventing a near disaster at the Russ home in 2015.

## Kensington Retreat

The Kensington Guest House can boast visitors from around the country, Europe and even local folks who want to spend a few days in a charming alternative to hotels. Rhianna and Reggie White run the place. Read Susan Taylor's story on

**PAGE 12**



## WHAT'S INSIDE?



### Virtual Tours of the Air & Space Museum

Visitors from around the world can now take interactive, personally-guided tours of the San Diego Air & Space Museum from the comfort of their own homes through the BEAM Virtual Tour Program. **PAGE 6**



### Blues and Rock Master Jorma Kaukonen

While his name may not be quite a household word, there is no doubt that Jorma Kaukonen is one of the most important guitarists to emerge from the 1960s. Appearing at the Music Box on Feb. 6, Kaukonen is a lynchpin of the 1960's Bay Area music community. **PAGE 9**



### Revival Motifs for an Open-Plan Kitchen

With the renovation of an undistinguished 1950s house, the new kitchen with Arts & Crafts motifs grew to become the heart of the home. Remodeling the kitchen was a major project in this owner's upgrade. **PAGE 7**

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I do hope many of you are enjoying my picks as much as I enjoy telling you about them.

**LEARNING TO DRIVE** – Patricia Clarkson and Ben Kingsley. Both are in a marriage situation. Ben is from India and a very soft spoken taxi driver who also teaches driving lessons. A good chemistry between the two of them that you will enjoy.

**SICARIOS** – with Emily Blunt, Benicio Del Toro and Josh Brolin. A thriller filled with tense moments. My kind of movie. All three of these people are terrific. You will enjoy every minute if you are an action lover.

**LINE OF DUTY** – series 1 and 2—One of the many BBC thrillers produced by Acorn that will never let you down. Tony Gates is an excellent cop in this particular series.

**JINX** – The Life of Robert Durst—True story about Robert Durst who is the heir to a New York real estate empire. A ten year investigation reveals secrets that have baffled authorities for decades. It is amazing what happens and what he gets by with.

**DOWNTON ABBEY** – Come watch the 6th and final season. Everyone is talking about this series. Rent the previous seasons and catch up on the most talked about British series. There are people you will come to love and you will really hate to see this end.

**EVERY PICTURE TELLS A STORY** – Writer and filmmaker, Waldemar J. Anuszcak, has been the art critic for the Sunday Times since 1992. He tells you about art experts, literary and artistic allusions and historical records to expose secrets of eight masterpieces of European paintings. Who doesn't like to know a secret?

**CUT BANK** – Billy Bob Thornton and John Malkovich act in a thriller along the lines of Blood Simple. A real crime thriller with twists and turns. The cast do a good job holding your interest.

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# COMING & GOING

## NORTH PARK

### One Door North Slated for March/April Opening

Fred and Tammy Piehl have been prepping a new concept next door to their popular 30th Street fixture, The Smoking Goat.

Set to open in March/April, One Door North will feature an aesthetic inspired by the great outdoors and offer a more casual, laid-back dining experience than its sister restaurant.

Hospitality design group obrARCHITECTURE, marketing specialists Dana Williams and boutique design studio Murfey Design are collaborating on the project, which will see an exciting overhaul of the existing 5,000-square foot space.

Upon entry a 25-foot ramp lit by vintage lanterns will lead guests to three distinct dining areas including an open and airy street-facing section with communal picnic-style tables, and a central bar area with casual high-top seating. While a rear dining room with three safari-style tents will serve as a semi-private dining space for groups of six to eight people. Drawing inspiration from the mountains of California to the greenery of the Pacific North West, each tent will be styled around a different outdoor theme, decked out with chandeliers and can be connected to create one linear dining room for larger parties.

One Door North, 3422 30th St.

By Keri Bridgewater/San Diego Eater



Rendering of One Door North.

### Tribute Pizza Breaks Ground—Wood-fired delights await.

We covered some of the most anticipated openings coming up this winter and spring, but Eater readers have asked for an update on Tribute Pizza, the pop-up that's going brick and mortar in a big way and building a 3,200-square-foot restaurant in the anchor space of the mixed-use North Park Post Office.

Owner Matthew Lyons said the project is headed up by Blueprint Contracting (Saiko Sushi, Seven Grand) and architect Mike Burnett of FoundationForForm, one of the developers of the North Park Post Office complex.

Tribute's pizzas — topped with local produce and housemade sausage — will be cooked in a custom 91-square-foot wood fired oven. Lyons counts pizza guru Chris Bianco of Pizzeria Bianco as a mentor so standards, and expectations, will be high. He expects the restaurant to be up and running by early to mid-June.

Tribute Pizza, 3077 North Park Way.

## SOUTH PARK

### Classic Mexican Cantina Moving onto 30th Street

It'll replace Brabant Bar & Cafe.

Many Eater readers have been curious about who is the new proprietor of the former Brabant Bar & Cafe space; the Belgian-inspired eatery closed at the end of 2015 after two years on 30th Street. Opening her first South Park project is Kensington Cafe owner Lauren Passaro, who also runs The Haven Pizzeria on Adams Avenue.

A neighborhood resident for the last decade, Passaro says she noticed the lack of a sit-down, family-friendly Mexican restaurant in the community. So bienvenida por favor Provecho, which is aiming to be open by the end of February.

The space has been brightened and lightened up with a fresh paint job, all

new decor and some minor modifications to the interior walls and outdoor patio. Rather than climb aboard the gourmet taco train, the classic Mexican cantina will feature a menu that executive chef Sergio Garcia (iSALUD! by San Diego Taco Company, Tacos Barrios) is calling "Mexican/Chicano soul food." While Brabant's focus was beer, Provecho will be highlighting its full bar with a list of creative and classic margaritas.

By Candice Woo/San Diego Eater

## KENSINGTON

### Tracy Borkum Dishes on Bringing cucina SORELLA to Kensington

More details are emerging about what the Urban Kitchen Group (CUCINA urbana, CUCINA enoteca) is planning for its spot in Kensington, where the local restaurant group operated Kensington Grill for almost two decades before a revamp turned it into Fish Public, which closed a year ago.

Tracy Borkum



Last fall, restaurateur Tracy Borkum announced that the 3,500-square-foot Adams Avenue space would become a riff on her bustling CUCINA concepts, just without the pizza as not to compete with neighboring pizzeria, The Haven.

Called cucina SORELLA, it's scheduled for a Spring 2016 opening. The eatery's focus will be on handmade pasta, other Italian-inspired fare and dishes that have become signature items at the other restaurants, including CUCINA's popular polenta boards. Plans also include a substantive takeout program and cooking classes. In a statement, Borkum said, "As we developed this concept, we went straight to the Kensington community to seek out their opinion and to gather feedback on what they would like to see go into this space. We're excited to present guests with some very familiar elements from our original Bankers Hill location, but reimagined to suit a more

neighborhood-focused experience."

cucina SORELLA, 4055 Adams Ave.

By Candice Woo/San Diego Eater

## HILLCREST

### LA's Spitz Opens Hillcrest Playground with Lawn Games and Street Food

Spitz, the eatery from Los Angeles, has opened on Fifth Avenue in Hillcrest.

Open daily from 11 a.m. to 10 p.m. Sunday through Thursday and until midnight on Friday and Saturday, Spitz's menu revolves around döner kebabs, from beef and lamb to chicken and vegetables, stuffed into wraps and sandwiches or topping salads and fries.

There's also a full bar, with 10 beer taps and a drink list that ranges from house-made sangria variations to seasonal fresh fruit-based cocktails; the weekday 4 to 7 p.m. happy hour features \$2 off select drinks and deals on snacks, including their signature döquitos, a Mediterranean version of taquitos.

The just-renovated street art-inspired space is decorated with custom stencils honoring famous San Diego natives, from Tom Waits to local artists, and iconic movies that were filmed in town. Behind the dining room, a tucked away gem of a beer garden awaits — 2,000-square-feet of umbrella-shaded picnic tables and a lawn area stocked with outdoor games, from cornhole to giant Jenga.

Spitz, 3515 Fifth Ave.

By Candice Woo/San Diego Eater

## UNIVERSITY HEIGHTS

### Hand-Held Pies, Both Sweet & Savory, headed for University Heights

Meet Pop Pie Co. A dedicated pie shop specializing in individually-sized sweet and savory pies is coming this spring to University Heights. Founded by SoCal native Steven Torres, a local business banker, and Sueb-

trakarn (Gan) Suebsarakham, a recent MBA-grad who studied pastry at an area culinary school, Pop Pie Co. will be an anchor tenant in a building at the corner of Park and Meade owned by Nick Zanon (Sycamore Den, Burnside), who says he chose Torres and Suebsarakham as tenants because of their unique concept, telling Eater, "the venue will be an authentic owner-operated venue for University Heights at the gateway to its business district."

Pop Pie Co. will be both a fast-casual eatery and a third wave coffee bar. Torres, a coffee aficionado, is installing a top of the line espresso machine that will make a full lineup of espresso drinks using a variety of local roasters. The coffee drinks will be orderable from a walk-up window on the Park side of the 40-seat, 1,100-square-foot space, which will include an outdoor patio and is being put together by local Tec/Scape Design.

The counter service-style restaurant will be open for breakfast, lunch and dinner daily, offering everything from breakfast pies to savory pies paired with warm and cold salads and sides as lunch or dinner combos; the five-inch savory pies will have fillings that run from steak and ale to five-spice barbecue pork, carnitas and a curry chicken variety inspired by Suebsarakham's native Thailand. The three-inch sweet pies will also be globally influenced and include flavors such as Mexican chocolate, coconut cream, taro, Earl Grey tea and strawberry milkshake. Pop Pie Co. will also offer vegan and gluten-free version of select pies. And beverages will range from fresh juices to craft beer (six taps) and wine.

Pop Pie Co., 4404 Park Blvd.



Rendering of Pot Pie Co.

# Ask Dr. Z



### My cough is lingering after that bad cold I had. How do I get rid of it?

Coughs love to linger, and they are sometimes a sign of the infection that is lingering, but sometimes it is the inflammation and swelling left over. If you have a new fever, or a fever that comes and goes, or the color is dark or greenish, then you need to see your doctor. The infection likely has changed into a bacterial thing and needs to be addressed. If it is a barking sound or a wheezy sound, then it is likely the swollen lung and bronchial tissue narrowing your air tubes and

triggering a cough.

Sometimes asthma medicines work, but natural remedies work also. And if it is a productive cough, but the phlegm is yellow, white or clear, then you are just clearing out the leftovers after your illness. Home remedies work best for that.

So what are the best home remedies? According to clinical trials and scientific studies, the following work well. Honey (for children over 1 year old), beats out any over the counter cough syrup. One tablespoon before bed works best for nighttime cough. Also, a humidifier at night helps. Thyme is another wonderful herb

that tastes good on food but works great for coughs, too. It is a natural antiseptic and antispasmodic. You can drink it in tea, breathe it in with steam to get it down into the lungs, or use an essential oil in a diffuser. The caffeine in tea is structurally related to an asthma medicine called theophylline/aminophylline, so it will open the lungs in case of wheezing — a cup every morning of black, or strong green tea will help open the lungs, and drain them of remaining phlegm.

Elderberry works as well as prescription medicines for the flu, so if you have flu, use the lozenges or take 5000 milligrams of the raw herb equivalent daily. And don't forget Ginger — it kills Strep, Influenza, H. flu, RSV, the common cold and staph infections.

The following are four recipes that are easy to make and good to have around the house in cold and flu season.

**Thyme honey** — great for that night time cough as well as sore throats. Take a cup or 2 of honey, place in a jar with 2 tablespoons of dried thyme or 3 sprigs of fresh. Put on lid. Let sit in sun for 2 weeks. Strain out the thyme (heat honey up a little so it is runny and will go through a cheesecloth). Keep in the cupboard for use as needed. Local and raw honey best, but the little bear will work too.

### Thyme/honey cough syrup

Take 1 cup of hot water and pour over 1 tablespoon dried or two tablespoons fresh thyme. Let steep 15 minutes. Strain. Add 1 cup of honey and stir. Add 1 teaspoon of lemon juice. Refrigerate and use every 2–3 hours as needed for cough

### Ginger tea

Simmer 2-inch piece of ginger (peeled is preferred) in 4 cups water for 15 minutes

Strain ginger. Add honey and lemon. Drink throughout the day for a cold, flu, strep infection.

### Numbing throat spray

15 ml of Sage tincture (at natural stores like Sprouts), 15 ml of Echinacea tincture. 70 ml water. Add together in a small pump spray bottle, or gargle with the mixture as needed.

Hope this helps you get through cold and flu season with ease!

*Dr. Tara Zandvliet welcomes your questions. Send them to questions@southparkdoctor.com. She practices at 2991 Kalmia St. Phone: (619) 929-0032.*



# Independent Pharmacies Save You Money

## Survey shows community pharmacies offer not only superior service, but lower prices

It probably surprises no one that independent pharmacies outperformed all chain competitors in customer service in a recent Consumers Union survey. But independents

also beat major chain drugstores, supermarkets and big box discounters on price — and by a wide margin. In fact, among all national chains, only the pay-to-shop mem-

bership club, Costco, edged out independents on price.

Published in the January 2016 edition of Consumer Reports magazine, the Consumers Union report

was based on results from “secret shoppers” who called the pharmacies of more than 200 stores for price quotes on five common generic prescription drugs.\* The total averages of the price quoted (a one-month supply of each) were:

Costco: \$117  
Independents: \$136  
Sam’s Club: \$193  
Target: \$317  
Walmart: \$352  
Kmart: \$558  
Grocery Stores: \$561  
Walgreens: \$603  
Rite Aid: \$827  
CVS: \$855

than at another type of store.”

Just 4 percent of customers at independents complained of long waits compared to 21 percent of pharmacy chain customers. The Consumers Union report suggests this may be an intentional strategy by some chains to ensure customers have plenty of time to roam their aisles for other products.

According to Consumer Reports, “At least 90 percent of shoppers at independents rated their pharmacy as Excellent or Very Good in speed & accuracy, courtesy & helpfulness, and pharmacists’ knowledge. No other type of drug store came close.”

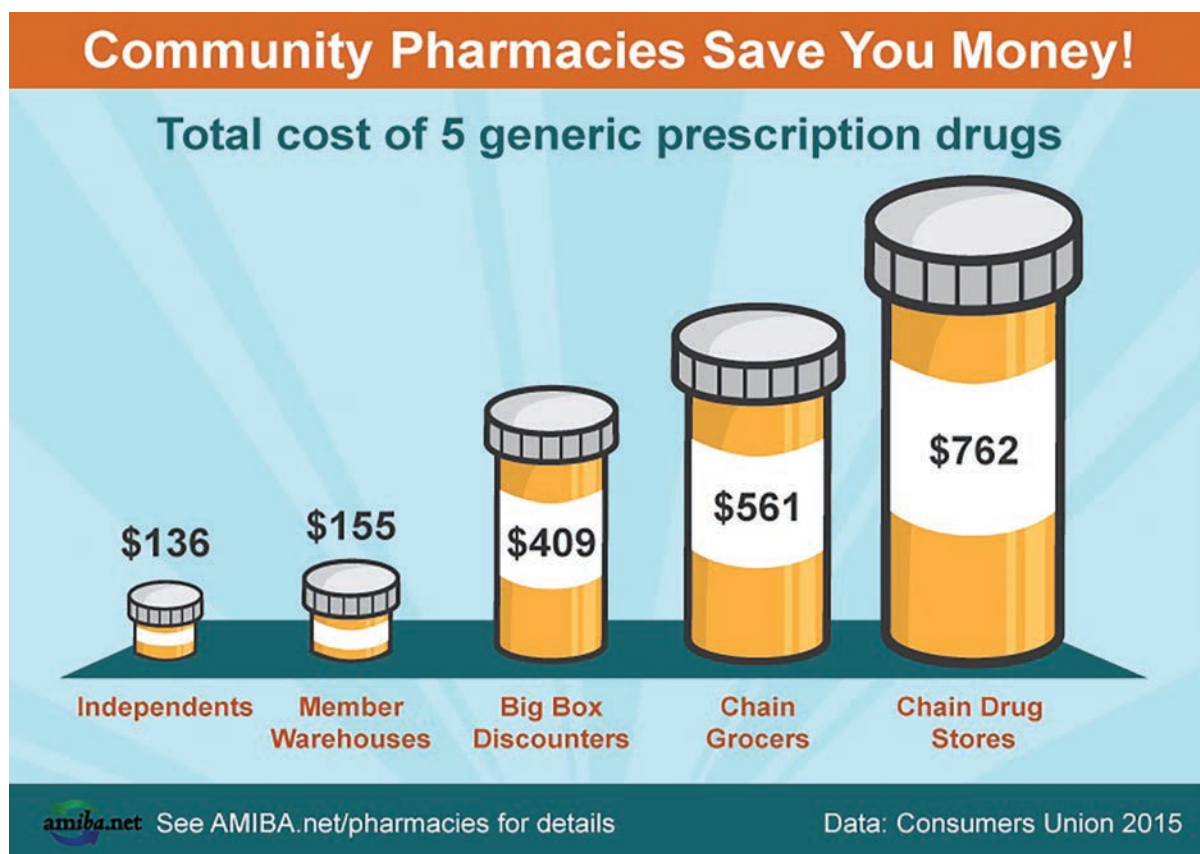
Market Competition vs Corporate Capitalism

According to the National Community Pharmacists Association, there were 22,814 independent pharmacies in 2014, compared to 21,394 chain drug stores, 8,301 supermarkets with pharmacies and 8,330 mass merchandisers. But we’ve lost about half the community pharmacies in the country over the last 30 years.

The drugs in the survey included generic versions of Actos, Cymbalta, Lipitor, Plavix and Singulair.

Sam’s Club (a subsidiary of Walmart Inc.) and Costco are clubs requiring membership purchase to shop there, however non-members may purchase prescription drugs.

And the reasons to patronize independent pharmacists go far beyond price. Consumer Reports notes, “You’re much less likely to wait at an independent pharmacy



## Growing Your Own Business SCORE workshop gives tips on improving performance

Thinking about how to improve the performance of your business in 2016? Then SCORE San Diego’s “Growing Your Business Workshop” is for you.

The workshop will be held Saturday, Feb. 20, from 9 a.m. to 4 p.m. at National University, 9388 Lightwave Ave., San Diego, CA 92123. The fee is \$39, which includes lunch.

This full day, highly interactive workshop, focuses on six topics critical for success in today’s competitive business environment:

- Assessing Your Business Needs
- Focusing Your Marketing
- Selling in Today’s World

- Using Financial Information to Analyze and Improve Your Business
- Getting Top Performance From Your People and Yourself
- Operating Your Business with Best Practices

You will hear from and interact with six SCORE mentors who offer a combined 250 years of business experience and perspective. You’ll come away with plans and ideas that can improve your bottom line.

Workshop Presenters:



San Diego

• Fred Bruning has over 40 years of experience as a financial executive for small startup and early-stage companies as well as Fortune 500 companies. Areas of expertise include financial analysis, business and financial planning, and cost accounting.

• Art Ferber has 45 years of management experience in the areas of engineering, equipment reliability, financial analysis, safety, and leadership training. Currently runs business creating custom-designed wall sculptures.

• Greg Bowcott has over 40 years of

experience at the CEO level in the financial services industry. He specializes in sales, marketing and business planning.

• Wes Campbell brings 35+ years of marketing and sales experience over a variety of industries. Campbell is a former owner/operator of his own business.

• Ron Woodhill has 46 years in wholesale distribution as a purveyor to the culinary trade. Expertise in all aspects of marketing and sales to the foodservice industry.

• Larry Destro is a senior operations and general management executive with over 30 years of experience in

retail, restaurants, distribution and manufacturing. He consults with companies to develop strategic plans, improve their operations and grow their market share and profits.

SCORE San Diego is a nonprofit organization that offers one-on-one mentoring, workshops and networking events for people considering starting a small business and entrepreneurs looking to improve the performance of their existing business. SCORE San Diego is celebrating its 50th anniversary of helping small business succeed.

For more information, contact SCORE San Diego at (619) 557-7272.

## Picking the Perfect Paint Color

### Local interior designer solves homeowners’ No. 1 redecorating dilemma by helping them chose the perfect paint color

Jaci Springfield’s intent in selecting beautiful paint colors is to affect the quality of people’s lives — whether it’s an office they look forward to going to, a kitchen that makes their heart soar (as one client said), or a store like Geppetto’s Toy Store that’s charming to both kids and their parents.

People often ask, “Can’t anyone pick paint colors? How hard can it be, right?”

Jaci explains that for most people, picking colors is a completely frustrating and overwhelming experience. They pick out some paint chips, maybe buy a few test colors to put on the wall, or ask a friend what color

they used. Some take info from a design magazine or just go with what the paint store employee said. What looks fantastic in a friend’s place might not work at all in theirs.

Many people paint a bunch of swatches on the wall and... are still confused. Then it’s back to the store, back online or a trip to that another friend’s living room they adore. After all this, one spouse turns to the other and says, “Why is this so hard?”

And that’s usually when they call in a professional.

Another common question she hears is, “Why does the paint on my wall look so different, even worse,





# Building a BIG Small Business Brand Expert shares 5 small business branding tips

Just like the famous saying “You only get one chance to make a good first impression,” the same is especially true for small businesses. Branding is that opportunity.

“And more often than not, it’s a missed opportunity,” says small business branding expert Dan Antonelli. “95 percent of small businesses have a poor brand and a neutral or negative brand promise.” But there is hope.

“If your business is in the minority and is embracing the power of its brand, you’re already standing out. So that’s great news,” he states. But what about the vast majority? Without a strong logo, a business may never get the chance to prove their quality to consumers. “If a business’ branding does not make it look like they do great work, consumers may likely choose a competitor instead. It’s that simple. After all, a strong brand inspires consumers who have no prior knowledge or experience with your company to believe you deliver an amazing product or service.”

So where do small business in need of stronger branding go from here? Antonelli author of “Building a Big Small Business Brand” and owner of Graphic D-Signs, is detailing his top five branding tips for small business brands everywhere.

Five tips to create a logo that will

build a strong foundation for a small business brand and ultimately empower a business to thrive:

## Don’t be generic

“First, make sure your logo is clear and easy to interpret, because you may not have the years of brand recognition behind you that ensure that people will associate your name with your product or service. Second, unlike large companies, you likely don’t have the large advertising budget required to brand icons too generic to help consumers understand the nature of your business. In short, then, your logo needs to convey what you do and who you are and leave a positive brand impression,” said Antonelli. “That’s why small business logo design is a different animal from corporate logo design,” he continues. “Corporations can throw enough money into marketing to ensure that people associate any symbol or graphic with their name. Small businesses don’t usually have that luxury: Each impression is so important. You need to very quickly connect with your audience members and give them something to latch on to -- at the same time that you give them something disruptive in your competitive space.”

## Pick typography that reflects what you stand for

The vast majority of small business

brands are built upon two primary elements: their typographic elements and their graphic or iconic element. Together, these factors form the basic structure for most logo designs. “Next to the graphical element or icon, the typography used in your logo design is the most critical choice that a designer makes in representing your small business brand,” said Antonelli. “Typography communicates much about your brand -- whether it’s a brand that’s whimsical or elegant, established or common, fresh or futuristic. Your typography should be in harmony with, and balance with, the graphic or icon in order to optimize the audience’s first impression.”

## Choose colors wisely

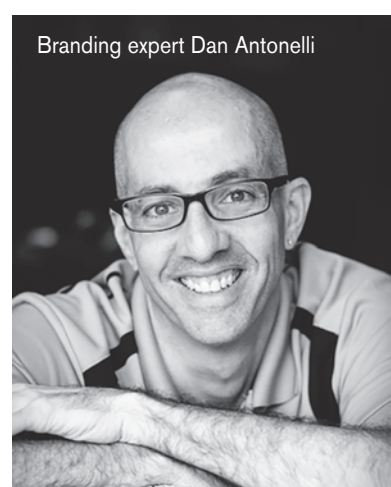
Certain industries have very typical color palettes that are traditional to their industry. For example, heating and air conditioning companies often use red and blue in their branding. But, try to think outside of the box when devising brand colors. Look closely at your competitors, then choose a color scheme unlikely to be confused with that of existing brands. Again, think about being disruptive in your space by choosing unique hues.

## Consider how your logo will be used

Whenever possible, avoid using a logo that requires a lot of explanation. If your small business relies on outdoor media, such as signs or vehicles, a memorable icon is especially important. It should link the viewer to the message, quickly and efficiently. One simple test is to cover up the lettering and simply look at the graphic. Does it give the viewer an idea as to the nature of the business? It’s also vitally important to think about the big picture. How is your logo going to look in the various executions of the brand? Will it thrive in one format but suffer in another? Or, are there certain marketing channels you might use in the future, wherein the logo will need to work well?

## Hire a pro

With so much of a business’ success riding on how well their branding performs, this generally isn’t the place to cut corners. Yet, so many businesses look for the least expensive option, because they don’t necessarily understand the value of a good brand and how it will affect their chances of success. The most important part of any branding exercise is an open dialogue between the brand strategist and the client. Choose a firm where you will



Branding expert Dan Antonelli

speak directly with the person developing your brand. Make sure all artwork created is original, not derived from clip art. Choose a firm with a thorough understanding of all those applications where your brand eventually will be deployed.

Build a foundation. With so many small businesses suffering from poor brands, they have a real opportunity to be unique and stand out. “One look at your logo should provide a reasonable expectation of a good experience,” said Antonelli. “The logo is the hub for your brand and sets the stage for all of your strategic messaging. If you create a logo that will build a strong foundation for your brand, you will empower your business to thrive.”

## San Diego Regional Chamber of Commerce Forms Young Leaders Group Professionals 21 to 40 invited to join

### Regional Chamber of Commerce

The San Diego Regional Chamber of Commerce has established a Young Leaders group of men and women ages 21 to 40 who will be tasked with bringing fresh perspectives to some of the region’s problems and challenges.

Chamber Young Leaders is designed to provide a platform for young leaders to share their insights and unique professional perspectives, as well as foster professional growth. Guiding the group’s activities are four pillars: professional development, mentoring, regional activism/causes, and networking. The full membership will vote on two to three causes which will be their focus for the year.

The group’s first meeting will be Feb. 29 at Park & Rec in University Heights.

Leading the group are Councilman Mark Kersey, honorary chairman; James Lawson, president of Presidio Public Affairs Group, board chair; and Star Hughes-Gorup, director of Hughes Marino, vice chair.

The group’s board of directors were selected through an application process based on participants’ proven success as industry leaders and commitment to community involvement and professional growth.

Group membership includes over 100 diverse, bi-partisan young professionals representing a variety of industries.

“San Diego’s young people are ready to engage in the issues that will create a strong business community,” said Jerry Sanders, president and CEO of the San Diego Regional Chamber. “It speaks volumes that we received such an overwhelming response when we put out a call for membership. I think our Chamber Young Leaders will bring a fresh perspective to some of our region’s challenges.”

“It’s an honor to chair the Chamber Young Leaders,” said Councilman Kersey, who — 12 years ago — began his own small business in the tech industry. “As emerging professionals who plan to be in this city for many years to come, our voice will be incredibly valuable in shaping the economic development of our region.”

While membership for the Chamber Young Leaders’ Board of Directors is closed for this year, applications for the general membership remain open. Individuals aged 21-40 who are interested in learning more or applying may do so at [www.sdchamber.org/sdyl](http://www.sdchamber.org/sdyl).



Star Hughes-Gorup, Young Leaders board vice chair.



James Lawson, Young Leaders board chair.



Councilman Mark Kersey, honorary chairman.



The San Diego Young Leaders board.



# Brew Space for Lease

## H.G. Fenton to offers craft brewers fully stocked brewery space at North Park site



Pure Project's Miramar location showing the wall they made with reclaimed wood and logo in living moss.

Brewery Igniter North Park, a new concept developed by the H.G. Fenton Company to help novice brewers open their own breweries, is now taking lease offers for a site at 3052 El Cajon Blvd. which, until late last year, was a strip joint.

Brewery Igniter will allow three brewers to lease suites at the site, located at the corner of Ohio Street.

H.G. Fenton Company owns and manages 13 apartment communities with more than 3,100 homes in San Diego County, but last July it started leasing something entirely different — new facilities for craft brewers.

Brewery Igniter's first two turnkey brewing facilities (located at 9030 Kenamar Drive, Suites 309 & 308) are now launching pads for Pure Project Brewing and Amplified Ale Works.

And the next one is coming to North Park early this year.

Typically, a startup microbrewer must invest hundreds of thousands of dollars in brewing equipment, manage construction expenses and logistics and wait for a liquor license and their

equipment to be delivered and installed before they can brew, pour and sell their first pint. The Fenton company's Brewery Igniter provides the space and all of the equipment to produce and sell craft beer, so that a startup microbrewery can begin selling product as soon as it gets its ABC license, which can take as little as two months.

Brewery Igniter isn't an incubator — nobody will be helping these entrepreneurs learn to brew or kicking them out once they've learned — but rather a way to reduce the barriers to entry so that passionate brewers can produce beer, get it to customers, and help San Diego continue to lead as the Craft Beer Capital, according to Bill Hooper, a portfolio manager with the Fenton company.

"We have had the privilege of working with many craft brewers in San Diego and have seen firsthand the challenges that they face. We developed Brewery Igniter to lower new brewers risk and help them get the most successful start possible," said

Hooper.

"H.G. Fenton is focused on providing value with flexible lease terms and lease rates that reflect a fair monthly cost craft brew entrepreneurs would expect for rent and equipment payments," a Fenton spokeswoman said. "Our hopes are that entrepreneur brewers will enter Brewery Igniter to get their business off the ground, blossom into a financially stable and growing business and eventually invest into a bigger brewing space of their own. But if they want to continue leasing, they're more than welcome to."

Brewery Igniter's two current locations in the Miramar area feature:

- 1,625 square feet of space per unit
- A tasting room with a bar
- 7 barrel brew house
- Four 15 barrel brite tanks
- Four 15 barrel uni tanks
- Two stage glycol chiller
- Malt mill
- Cold room
- Two station automatic keg washer



Jacqueline Olivier, commercial property manager, and Bill Hooper, portfolio manager, with H.G. Fenton Company who oversee the Brewery Igniter project and spaces.

## COLOR

CONTINUED FROM Page 5

than the paint chip I got at the store?" Jaci explains, "There are a lot of reasons but the biggest is lighting. The light in your average paint store is nowhere near the actual light in your home or office. Fluorescent or metal halide lights at paint stores can completely change a color and when you put it up on a wall, it looks dramatically different. You also need to take into account how much natural light you have in the space and where does it come from, north, south, east or west and the time of day."

She's owned and operated Springfield Design, an architectural interior design firm in Normal Heights for over 28 years. But she wanted to create a separate business, The Perfect Paint Color, solely devoted to the selection of paint colors because many people don't have the time, energy or money to do a full remodel, yet they still want to have a beau-

tiful environment.

"Paint to the rescue!" Jaci says, "The impact of having just the right paint colors is extremely powerful and immediately influences how you feel when you're in a space. And changing the paint colors is the least expensive thing you can do to dramatically alter an environment without going through an entire remodel"

With 34 years of architectural and interior design in the industry, her experience includes projects for the Hotel Del Coronado, the San Diego Zoo, LegoLand, Balboa Park, Helen Woodward Animal Center, doctors' offices, retail stores, restaurants, tasting rooms, veterinary hospitals and a diverse portfolio of custom homes and condos. Over the years she has perfected the art of selecting just the right colors to match each client's individual needs to create a mood or transform a space.

Jaci Springfield is a Normal Heights-based interior designer. [www.springfielddesign.com](http://www.springfielddesign.com).



Contemporary living room.



Master bath.



White Labs Tasting Room.



## Remembering A Legend Coach Ed Sanclemente, 92 By Rick Smith

Lewis Edward Sanclemente, 92, passed away recently, leaving behind a multitude of friends and admirers and memories of a lifetime spent in or around baseball.

Ed Sanclemente grew up near the University Heights playground, where he shagged baseballs for young slugger Ted Williams and honed a game that would take Sanclemente to national championships on two levels.

Sanclemente played for coach Mike Morrow at San Diego High and was the starting third baseman on Morrow's 1941 Post 6 American Legion squad that swept Berwyn, Ill., in a three-game series at Lane Field in San Diego.

After playing third base and shortstop at the University of California in 1943-44, Sanclemente served in the U.S. Navy and then returned to Cal and was the Bears' third baseman on the 1947 team that won the first College World Series.

Sanclemente batted .369 during the 1947 regular season and was 4 for 10 with four runs batted in as California swept Yale in a two-game series for the national championship.

Sanclemente played two seasons of professional baseball. He taught and served in administrative capacities at South San Francisco High and for the San Francisco Olympic Club before returning to San Diego and coaching baseball at La Jolla High in 1956.

Mike Morrow appointed Sanclemente to the coaching staff at San Diego Junior College in 1957. Sanclemente succeeded Morrow as head coach in 1958, when Morrow started the University of San Diego program.

His success on the two-year college

level included conference championships at San Diego J.C., later known as San Diego City, and at Mesa College, where Sanclemente was the Olympians' first coach when the school opened in 1964.

Dozens of Sanclemente's players signed professional contracts, some reached the major leagues, and many became coaches and athletic administrators.

Groups of 10-15 former players honored Sanclemente every Thursday for years. They were his hosts for breakfast at D.Z. Akins restaurant on Alvarado Road.

### Swung A Mean Racquet

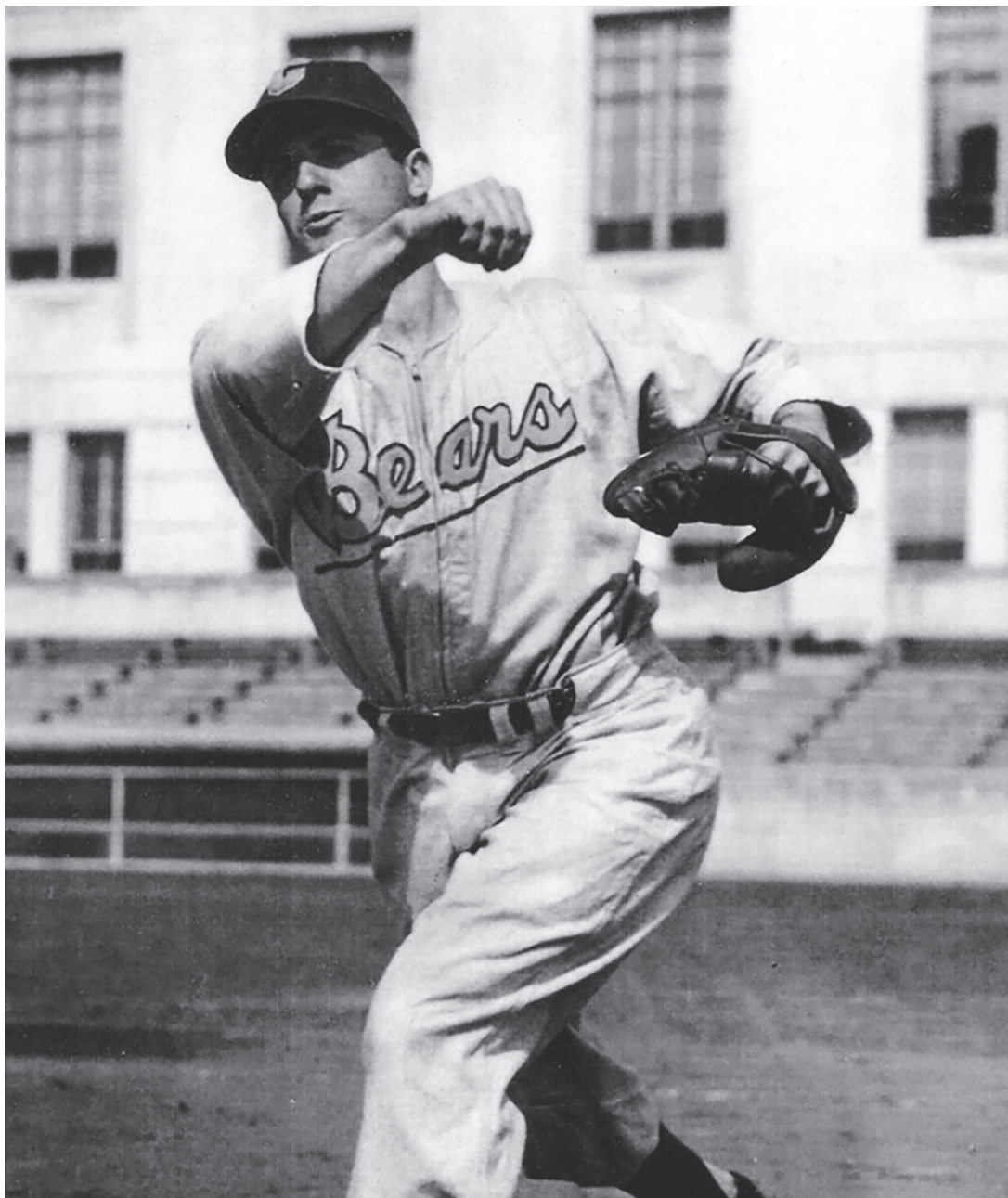
Sanclemente made a name for himself on the tennis courts at University Heights and throughout the city before he turned his attention to baseball.

Newspaper accounts from as far back as 1933 reported that "72-pound Edward San Clemente won the first of a series of tennis tournaments for children of grammar school age."

According to tournament coordinator Wilbur Folsom, Sanclemente's 6-4, 10-12, 6-4 victory over Dick Brink in the finals of the event at University Heights was after a "three-hour struggle that saw several rallies for crucial points last as long as five minutes."

Sanclemente won numerous tournaments in the area and became one of the city's top junior players.

(Thanks to Rick Smith. From San Diego Prep Sports History at [www.partletonsports.com](http://www.partletonsports.com))



Ed Sanclemente was star infielder for University of California teams in 1940s.

## Community Activist Omar Passons Gets Community Development Post Selected by the Jacobs Center for Neighborhood Innovation

Community activist and lawyer Omar Passons, a resident of North Park, has been appointed vice president of community development and policy for the Jacobs Center for Neighborhood Innovation.

Passons will lead the organization's work in economic development, community ownership, and public-philanthropic partnerships to support the revitalization of Southeastern San Diego's Diamond Neighborhoods. He will oversee policy to drive economic equity for residents and develop policy for Market Creek Plaza owner benefit.

CNI owns 60 acres in the Diamond neighborhoods of San Diego. The Diamond includes portions of Encanto, Emerald Hills, Chollas View, Mount Hope, Lincoln Park and Valencia Park.

"I am excited about internal responsibility for talent management and human resources to help our team really get the most out of their work and be fulfilled in what we do," said Passons.

Passons spent the previous decade practicing law, specializing in construction, land-use planning, real estate, and

commercial litigation with an emphasis on public agency-related matters. Among his previous positions, he served as the deputy attorney for the California Department of Transportation and, most recently, as senior counsel at Stutz Artiano Shinoff & Holtz APC.

A Passons serves on the board of directors for the Earl B. Gilliam Bar Foundation, United Way of San Diego County, Voices for Children, CDC Small Business Finance, and the San Diego Workforce Partnership's Workforce Development Board. He received a Juris Doctorate from George Mason University School of Law and a Masters of Public Health from the University of Arizona.

The Jacobs Center for Neighborhood Innovation

was founded in 1995. It is focused on building communities and lifting lives. The Jacobs Center works with community organizations to increase residents' economic opportunities, leadership skills, and educational success.

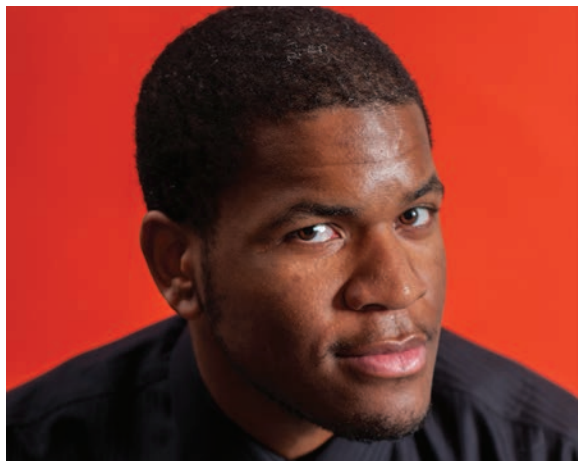


Passons is the new vice president of community development and policy for the Jacobs Center for Neighborhood Innovation.



# SD MUSIC SCENE

By Bart Mendoza



## February 20

### Joshua White Residency at Dizzy's

Jazz pianist Joshua White kicks off a monthly Saturday night residency on Feb. 20 with a special show celebrating his 10 years of performing at Dizzy's. Each show will be a unique presentation with the inaugural evening seeing White backed by an all-star quartet featuring singer Leonard Patton, drummer Duncan Moore, bassist Rob Thorsen and acclaimed guitarist Peter Sprague. White is a brilliant performer.



## March 2

### Battalion of Saints Resurrected

Resurrected punk legends Battalion of Saints perform at the Til Two Club on March 2, part of a month long, nationwide tour in anticipation of a new album, their first in nearly two decades, due to be released via Southern Lord Records. The band's latest single, "Darkness," finds the band in excellent form, particularly for a group that first exploded on local stages circa 1980. Battalion of Saints has seen many ups and downs in its long history with front-man George Anthony the sole remaining member since its inception, but the band's energy and drive remains much the same; a hard and fast adrenaline rush with a beat.

## February 25

### Boisterous Good Time with Skelpin, et al

Celtic favorites Skelpin come together for a rare show at Java Joe's on Feb. 25. The SDMA-winning band has not played much in recent months owing to the various band members' side projects, including Brogue Wave, featuring fiery fiddler Patric Petrie and multi-instrumentalist Tim Foley, as well as guitarist Jimmy Patton, percussionist Enrique Platas and popular local duo Jimmy and Enrique. The group will be joined by Matt Hensley of Celtic punk chart heroes Flogging Molly, but any show with this group of superb musicians is always a boisterous, good time.



## February 21

### Special Fundraiser for Gary Heffern

On Feb. 21, the Casbah will be site of a special fundraiser for Gary Heffern, front man for legendary punk band The Penetrators. Funds raised at this concert will help Heffern, currently residing in Finland, return to his hometown San Diego with a multitude of his musical friends contributing their talents to the show. On hand will be The Farmers, Cindy Lee Berryhill, JuJu Sartori, Post Blacktango, Harpo and Dave Dick of Downs Family. Taking place between 2-6 p.m., this event is a testament to just how beloved Heffern is to San Diego's music fans. It's a chance to say thanks for all the great times and tunes such as "Sensitive Boy" and "Walk the Beat."



## February 29

### Fun and Fitting Tribute to David Bowie

Only two months in and 2016 has already been a devastating year for music aficionados, with the loss of many icons, topped perhaps by rock chameleon David Bowie. On Feb. 29, many of San Diego's top musicians will gather for a special edition of The Office Undercover, with an all-star band, including guitarist Daniel Crawford and drummer Jake Najor providing the backing for a host of singers including Trent Hancock, Jessica Hull, Ariel Levine and Birdy Bardot. With a slew of great tunes to choose from, ranging from "Space Oddity" to "Let's Dance," this promises to be a night of sing-a-long fun, a fitting send off to one of music's all-time greats.



## March 5

### Melodic Songwriter Eliot Sumner

British indie rocker Eliot Sumner appears at the Soda Bar on March 5. The show is part of a tour supporting her new album, "Information," an excellent collection of songs that takes in '80s post-punk influences, mixing them with touches of synth pop. Formerly recording under the name Blame Coco, Sumner is a superb songwriter with a voice that at times reminds me of Concrete Blonde's Johnette Napolitano. She has an arsenal of hook-filled singles to her credit, propelled by her solid bass playing and knack for melodic songwriting as heard in such future classics as "Firewood" and "I Followed You Back Home."



# A Craftsman for Historic and Vintage Homes

## Carini Heating and Air Conditioning

If you live in one of San Diego's Mid-City neighborhoods, you've more than likely seen an installation or service van from Carini Heating and Air Conditioning. That's because the local, family owned HVAC company got its start by specializing in San Diego vintage homes that are common in neighborhoods including Kensington, Mission Hills, North and South Park, Hillcrest and Normal Heights. Company founder and CEO, Gabriel Carini, himself a La Mesa native and graduate of Helix High, got his start in the San Diego HVAC industry, working for some of the household names in the local market. In 2006, he branched out on his own, with the intention to combine the latest high tech products with an attention to craftsmanship that he felt was lacking from other companies when working in our historic neighborhoods.

"We started by going to great lengths to preserve the indoor and outdoor historic features of the structures in vintage homes, such as Craftsman, Mexican/Monterey and Tudor," Gabriel said. "We found that owners of vintage homes are not surprisingly concerned about cutting holes into lathe and plaster walls, stucco and old hard wood floors — so we make every effort to install the latest high-tech and energy-saving technologies with as little impact on the original architectural character of the homes."

Carini took a giant step in January with the launch of a television advertising campaign, with 15- and 30-second spots running mostly on Channel 8 and Channel 10 News shows throughout the day. The new campaign highlights one of the company's other specialties — Energy Efficient Ductless and Concealed Mini Splits. If you travel in Europe or Asia, you'll see Mini Splits everywhere. They've been using them for years because energy costs are many times higher than here in the states; and the operating costs for Mini Splits are a small fraction of what it costs to run a traditional central air conditioning and heating system with ducting in the attic or under the house.

"We've been installing Mini Split systems since our company's inception, so we now have years of experience that give us an edge over other HVAC contractors in this technology," said Carini. "We are now among only two HVAC dealers in San Diego that qualify for Elite Dealer status with Mitsubishi Electric's Heating and Cooling Company, the world's largest manufacturer of Mini Splits. That allows us to offer longer warranties than standard dealers, and we have participated in extensive companywide training for installation, service, and system design."

So when should homeowners con-

sider Mini Split systems over conventional ducted systems? The quick answer is in almost any type of home or business where you'd want the ability to air conditioning or heat one or many rooms independently of the others. For example, maybe the kids have gone to college or moved out of the house, and you just want to air conditioning your bedroom at night. You might want to heat the baby's nursery to a warmer temperature, but keep your bedroom 10 degrees cooler or not run the system in your room at all. On football days, you could air condition the man cave to watch a football game with the guys without running the system anywhere else in the house; or stay warm in your craft room or art studio without heating rooms that are unoccupied. In all these applications, you can get the exact temperature you need while saving money on electric bills.

### How do Mini Splits Work

Mini Splits consist of an outdoor unit and up to eight indoor units that distribute the air conditioning and heat. The outdoor unit is about half the size of a conventional air conditioning condenser and much quieter during operation. So it will take up less space on your property and make your neighbors much happier. The entire system requires only a 3-inch hole in the wall for installation. Some outdoor units can handle up to eight indoor units, giving you the ability to enjoy independent comfort control in multiple rooms.

Most people who know something about mini split systems think that the only way to install the indoor "air handlers" is with the sleek, wall mounted units that blow cool or warm air through adjustable or electronic louvers. This has traditionally been the most common mini split configuration. But recent technological innovations allow home and business owners to install mini split systems with a variety of "air handlers" — the units that actually distribute the air conditioning or heating to different rooms. One of the most popular alternatives to the wall mounted air handlers, are Horizontal Concealed, or Duct-Type systems. The controls for these units are placed in attics, above rooms or under houses below rooms, and to the naked eye, appear just like traditional whole home, central air conditioning systems. The air comes out of vents, or "registers" that are mounted either high or low on walls, ceilings or floors, but the same energy efficient, money saving technologies are used "behind the scenes."

For more information on Mini Split Systems, contact Carini Heating and Air Conditioning at (619) 843-0997; info@cariniiair.com; or visit the website, www.cariniiair.com.



Gabriel Carini, center, shown here with Andrew Waugh of the HERO program and homeowner Jennie Russ, was honored with the HERO award for saving the Russ Craftsman home from a possible explosion caused by a gas leak, which his company discovered when they arrived to install a new heating and air conditioning system.



Company car



Gabriel Carini, owner of Carini Heating and Air Conditioning



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# Armchair Hiker Exploring Anza Borrego Desert State Park

By JEFF MOTT

Anza Borrego Desert State Park is one of the jewels of San Diego. With over 500 miles of roads and trails, it is the largest state park in California and the second largest state park in the United States.

The three main roads through the park are paved, however most of the roads are dirt or sand and serve as great hiking trails.

The winter season is the best time to visit the desert even when it may be raining in San Diego. The fastest route to the desert is via Interstate 8 east to Ocotillo and then following the Imperial Highway (SR-2) into the south portion of the park. This takes only a little over an hour. You can also enter the park from SR-78 via Julian or Cuyamaca, which is a shorter distance but takes longer because of the windy roads.

One of the most unique trails is Mountain Palm Springs loop trail, which is a relatively easy three-mile loop. Hiking this short trail will introduce you to sandy washes, rocky ridges, springs, seasonal small streams and desert oases.

You will enjoy exploring several groves of indigenous California fan palms, the ONLY native palm tree in California. Some of the groves are considered pigmy palms due to their stunted growth patterns resulting from the harsh desert conditions. These peaceful areas provide much needed shade and water to the desert wildlife and hiker.

Any time of year, you will enjoy flowering cactus and various desert plants and bushes. Feast your eyes on the tall, skeleton-like ocotillo plants with bright red flowering tips. Look for elephant and smoke trees. You may spot a few jack rabbits, various birds, some interesting reptiles and, if you're really lucky, you might spot some wild bighorn sheep for which the desert is named. Examine the eroded mud cliffs and unusual rock formations.

To reach this hike, continue west on Imperial Highway approximately 17 miles from Ocotillo to road marker 47.1 and turn left to Mountain Palm Springs undeveloped campground .7 miles on a flat, sandy road. Make sure and stop on your way, however, at the Ocotillo County Park which has nice

public restrooms just 2.3 miles from the I-8 offramp. Don't forget to bring plenty of water, sun block, food and your camera.

The drive to Ocotillo is quite scenic as is the drive through the desert. Check out the unusual but quite varied terrain and see the huge wind mills working for us.

[mountain-man-60.blogspot.com/](http://mountain-man-60.blogspot.com/)

*Jeff Mott lives in Kensington but you'll more easily find him on the trails throughout San Diego County and beyond. Jeff resided in the Lake Tahoe foothills in Nevada City, Calif., for over 30 years. He retired from his practice of law and moved to San Diego in 2011 with his wife of 37 years. Jay has been a long-term member of the National Oregon-California Trails Association and Trails West, which are responsible for mapping out and obtaining federal and state protection for the 19th Century Emigrant Trails west including the Donner Trail. "The Armchair Hiker" will be a regular feature in this paper.*



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# The Kensington Guest House A retreat for visitors and residents alike

BY SUSAN TAYLOR PHOTOS BY JIM CHILDERS

She calls herself an uptown girl, but also well-traveled, and now a Kensington homeowner and proprietor of the Kensington Guest House.

Rhianna and Reggie White opened its doors in October 2014, and the establishment at 4604 Vista Ave., on the corner of Adams, has been doing well ever since.

The couple are the fourth owners of the property which was built in 1940. They bought it two years ago with the intention of creating a vacation rental space. It is one of only a few authentic duplexes in Kensington with a two-bedroom unit upstairs and a one-bedroom downstairs. Both have full baths and kitchens.

The building is permitted for commercial/residential use, and once served as a dentist and an accountant office on the ground floor.

Visitors from the United States and Europe, and interestingly, even local Kensington residents, have been enjoying stays from as short as two nights to a few months, and posting five-star reviews. Competitively priced, the Kensington Guest House offers a charming alternative to hotel accommodations.

Come inside the units and experience vintage furniture, much of it sourced from Kensington estate and garage sales and used furniture stores on Adams Avenue. The units show off original retro yellow and



The building once served as a dentist and an accountant office on the ground floor.

green kitchen tiles and a cast iron bathtub, supplemented by new appliances, 40-inch televisions and memory foam beds. Original in the upstairs unit is a Teppan "fab 400" all-in-one oven/range. An outdoor patio out back makes for a relaxing spot to barbecue, soak in the hot tub, or enjoy a glass of wine.

Recently the Kensington Business Association enjoyed socializing on the grounds. Of course, Kensington itself welcomes visitors to the cinema, wine and beer tasting, coffee shops, Mexican food, pizza, French cuisine, burgers, and ice cream. The owners don't hover, but are available to help guests learn about San Diego attractions as well as what can be found along Adams Avenue.

The referrals are mutual; Rhianna may send visitors down to Kensington Video for a movie recommendation and flick from Winnie, and she tells customers about the Guesthouse. If they can find some, the Whites may purchase VHS players so some of the videos available can be viewed as well as DVDs.

To further take advantage of the neighborhood, Kensington Guest House has vintage bicycles for guests to use. Rhianna went to fashion school before getting into property management and renovation, and she delights in the design aspect of outfitting vacation homes. Presently she and Reggie are preparing a vacation rental in Palm Springs, a mid-century home which will feature



One of the living rooms in the Guest House.

period furniture and accessories.

The Whites traveled extensively in Europe and Eastern Europe, staying in VRBOs (Vacation Rental By Owner), experiences they found interesting and rewarding. Wanting to build a similar business, Rhianna first thought about managing a bed and breakfast, but with a young son, a baby on the way, and three dogs, she has plenty to do without committing to a daily cooked breakfast for guests. An auto keypad allows guests to enter the property as they arrive, simplifying the owners' need to be onsite. Rhianna will pop over for coffee and a chat with guests, as she often did with a couple from Switzerland.

One family from the East Coast, relocating with the Navy, stayed at the Guesthouse for two and a half months. They ended up buying a home in nearby Talmadge. They had two children, no problem. Dogs, upon approval, can also be part of the stay. Asked if there had been any bad experiences, Rhianna said, "Not yet!"

Prospective guests can book with confidence using the website RED-SD.com and clicking on the VRBO number. The owners themselves stayed in VRBOs while traveling extensively in Europe and Eastern Europe and found the experiences

interesting and rewarding. Rhianna thinks that as a booking site VRBO is easier to navigate than AirBnB, so she uses it to post descriptions, photos, and reviews of her properties.

Since so many homes in Kensington and the surrounding neighborhoods tend to be small, many local residents have suggested that their out-of-town relatives stay close by at the Guest House with the red doors. And, as those older Kensington houses are being renovated, some people just move in during a kitchen or bathroom/bedroom remodel.

If you believe in customer reviews, then you will be tempted by such comments as "cute and cozy, very clean, in a great location." The future of the Kensington Guest House looks bright, with only a few lulls in business during the fall. The owners recognize that the city of San Diego maintains a beautiful vacation destination and in so doing is dependent on finances, so the necessary fees and taxes required for operating vacation rentals are part of the deal.

For a change of pace, check out the Kensington Guest House for a local retreat and to discover some simple local pleasures.



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Rhianna and Reggie White opened Kensington Guest House in October 2014 and have been doing well ever since.



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## Fox Makes Himself at Home In Kensington Before Capture

Dogs and cats, yes. But picking up a fox? That's unusual for County animal control officers, especially in Kensington.

A resident called County Animal Services on Jan. 18 saying a fox was hanging out in his back yard. But when officers arrived, the wild animal had disappeared.

Not to be outfoxed, the resident kept an eye out for the little critter and when he showed up the next night, the resident opened the door to a backyard granny flat, hoping the animal could be contained. The fox



The Kensington fox.

came on in.

He made himself right at home, too. When animal control officers entered, they found the fox on top of a blanket on the bed watching them.

They took a moment to admire his beauty and even snapped a photo.

But that lull was short-lived. The fox bounced off the bed, under the bed, behind some tables and finally jumped to the highest shelf in the closet. That's when Dereck Nykaza, barely two months on the job, slowly and gently put a net over the fox and captured him.

Officers said the animal looked like a healthy adult but a bit lethargic for a fox. He was taken to Project Wildlife for observation.

## Monochromatic

Gotta' Have Heart February 5 - 29, 2016  
Cabinet Door © Theresa Moons 2015  
Owl Mask © Maureen Robbins



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## DON'T BE SCARED... ITS ONLY YOUR FIRST SESSION

It's a bright sunny day in Normal Heights and it's your first day meeting with a trainer at Get Fit On Adams. Why now? You may have decided it's "time", you might be recovering from an injury and don't want to get re-injured, or maybe you got a gift certificate for your birthday and you thought it would be a good idea! If you have never lifted weights before seeking professional help is the way to go to insure that you learn proper techniques in the beginning. People see trainers for many reasons, a common one is to learn how to change their bodies in one way or another. Working with a personal trainer is an experience that could change your life forever, but you are really nervous because you don't know what to expect. You have heard stories about it though, not being able to walk, being worked until you throw up and how uncomfortable they make you feel about your body. This all goes through your head as you walk up the red doors of Get Fit On Adams. First thing you notice is a cute dog laying in the doorway. That is Bearheart, the gym dog, who loves greeting everyone as they come in. It can't be that bad, right?

A first appointment starts with a tour of the gym and introduction to your trainer. The gym is split up into two rooms with each having its own unique function. You see a lot of free weights, a cable machine, treadmill, stair master, stationary bike, bands hanging from the ceiling, a bench and some crazy little half blue balls? "Those are called BOSU balls and are used to work the core in many different ways," your trainer, Tamara Fanning, explains as you pass by four of them. She then hands you a clip board and pen and lets you know that you have a couple pages to fill out. They will help her figure out what path would be right for you and reaching your fitness goals. "Everyone's goal are unique and need to be addressed as so," she says as she leaves you for a couple minutes to finish filling the forms out. Besides the basic information it goes into your current exercise level, past injuries, what your limitations are, medications, fitness goals and commitment level. She looks it over and asks a couple questions and decides you are going to walk on the treadmill while she asks a couple more questions about your goals. As your walking you notice she is watching you walk, a little too closely! "I am assessing your gait for any imbalances, don't mind me," Tamara says with a smile as she watches you from the front and side while chatting about what you wrote down. Your then instructed and watched while performing a couple of different exercises. Not too much but just enough that you know you are moving but not so painful that you never want to do it again and the nervousness is gone.

The whole appointment lasts anywhere from 30-45 minutes and by the end Tamara recommends which direction is best for you. At Get Fit On Adams many membership options and levels are available depending on your initial fitness level and goals. She recommends some One-On-One Training to get you started because you have never lifted weights before and haven't worked out in awhile. She informs you that usually you will be able to join a class or two within a couple weeks and then we can reassess to see if you would be ready for an Independent Membership which allows you to work out on your own in the gym. You decide to make an appointment for next week and leave with new inspiration and an excitement for the changes to come!

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# BALBOA PARK

## SUPER CELLS THE POWER OF STEM CELLS

The Reuben H. Fleet Science Center has opened “The Power of Stem Cells,” the first of four new exhibitions on the 2016 calendar.

“The Power of Stem Cells” is in the Fleet Main Gallery. The exhibition immerses us in the world of stem cells through four high-tech, interactive zones.

Stem cells are important because each of us is the result of only a handful

of tiny stem cells that multiply to produce the 200 different types of specialized cells that exist in our body. Our stem cells continue to be active our whole lives to keep us healthy. Without them we couldn’t survive more than three hours.

“Super Cells” focuses on an area of life science research that is happening here in San Diego. Many local biotech and life science intuitions have been

involved in the research featured in the exhibition, including the Salk Institute for Biological Studies, UC San Diego, the Scripps Research Institute and the Sanford Burnham Prebys Medical Discovery Institute.

Super Cells comes to the Fleet through a partnership with the California Institute for Regenerative Medicine. The exhibition runs through May 1.



A girl works an interactive display.



The Reuben H. Fleet stem cell exhibition.

### History of Stem Cells

Stem cells have an interesting history that has been somewhat tainted with debate and controversy. In the mid 1800s it was discovered that cells were basically the building blocks of life and that some cells had the ability to produce other cells.

Attempts were made to fertilise mammalian eggs outside of the human body and in the early 1900s, it was discovered that some cells had the ability to generate blood cells.

In 1968, the first bone marrow transplant was performed to successfully treat two siblings with severe combined immunodeficiency. Other key events in stem cell research include:

- 1978: Stem cells were discovered in human cord blood

- 1981: First in vitro stem cell line developed from mice

- 1988: Embryonic stem cell lines created from a hamster

- 1995: First embryonic stem cell line derived from a primate

- 1997: Cloned lamb from stem cells

- 1997: Leukaemia origin found as haematopoietic stem cell, indicating possible proof of cancer stem cells

In 1998, a University of Wisconsin researcher, isolated cells from the inner cell mass of early embryos

and developed the first embryonic stem cell lines. During that exact same year, a Johns Hopkins University researcher, derived germ cells from cells in foetal gonad tissue; pluripotent stem cell lines were developed from both sources.

Then, in 1999 and 2000, scientists discovered that manipulating adult mouse tissues could produce different cell types. This meant that cells from bone marrow could produce nerve or liver cells and cells in the brain could also yield other cell types. These discoveries were exciting for the field of stem cell research, with the promise of greater scientific control over stem cell differentiation and proliferation.



Getting the right focus.





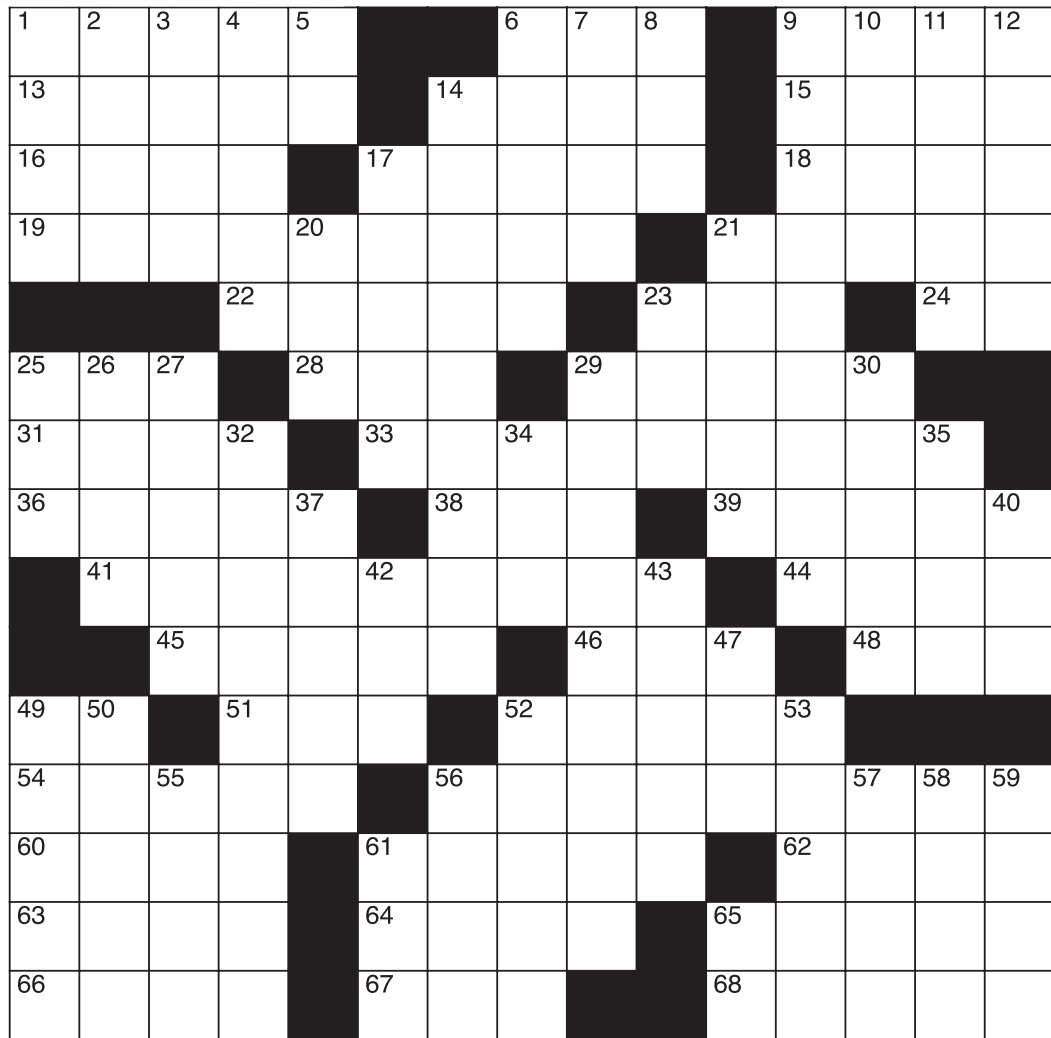


**NAVY PHOTO OF THE MONTH** Airship pilot Matthew St. John flies the Goodyear blimp over Naval Base San Diego. (U.S. Navy photo by Mass Communications Specialist 3rd Class Zachary Eshleman)





# FUN & GAMES



## CLUES ACROSS

1. Russian rulers (alt. sp.)
6. Swedish krona
9. Apothecaries' unit
13. MN 55121
14. Longer forearm bone
15. Prosperous state of well-being
16. Largest Czech city (alt. sp.)
17. Moss genus larger than Bryum
18. \_\_\_\_ Marie Presley
19. White native of Cape Province
21. Took the same position
22. About Sun
23. Respectful (abbr.)
24. Southeast
25. Rocket launching platform
28. Stake
29. Innermost parts
31. Bowfin genus
33. Past it's prime
36. Valleys on moon
38. Cheer
39. Abrupt response
41. Leave in disgrace
44. Israeli politician Abba
45. Of an ecological sere
46. Former Kansas Sen. Dole
48. Very fast airplane
49. Blood group
51. This moment
52. Body cavity
54. Patrician
56. Exposing to ridicule
60. Beowulf's people

61. Gooseberry genus
62. Ali \_\_\_\_ & the Forty Thieves
63. A French abbot
64. In a way, nailed
65. His equation predicted antimatter
66. Smaller quantity
67. Danish krone
68. Heartbeat

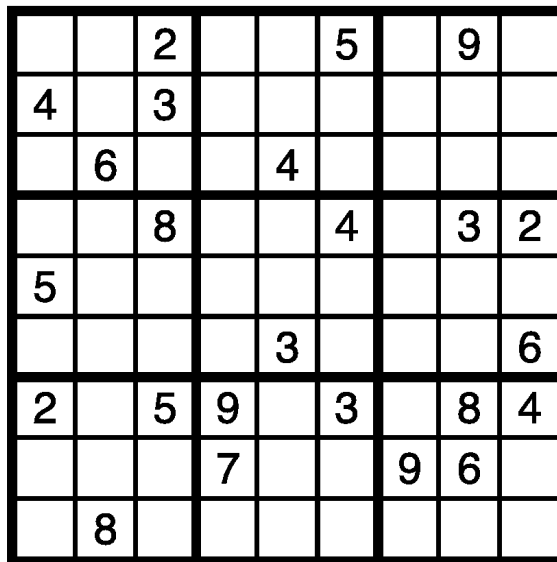
## CLUES DOWN

1. Used for insect sterilization
2. Arabian coffee cup
3. Culture medium & a food gelling agent
4. Finger millets
5. Tin
6. More guileful
7. Tree gnarl
8. Force into place
9. Drawn
10. Sudden attack
11. Donkeys
12. George Gordon \_\_\_\_
14. Behaving in an artificial way
17. Moundbird
20. Orange-brown antelope
21. Flocks of mallards
23. Hall of Fame (abbr.)
25. Golf score
26. Friends (French)
27. Pickling herbs
29. In a way, dwelt
30. Pierces forcefully
32. Estranges
34. Shooting marble
35. Amounts of time
37. Register formally
40. Explosive
42. Kanza people, \_\_\_\_ Nation
43. Symbolize Shakti
47. Burdock seed vessel
49. Wild sheep of central Asia
50. Am. naturalist Charles Wm.
52. A fencing sword
53. Romanian city straddling the Cibin River
55. Small talks
56. Not well
57. Astronomer Sagan
58. Overgarments
59. Twist together
61. Radioactivity unit
65. Double play

### Solution



## SUDOKU



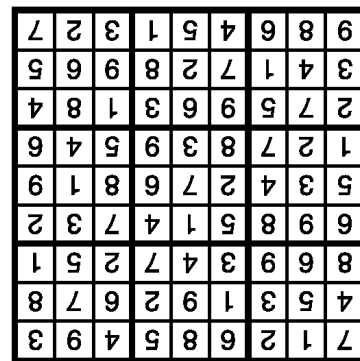
Level: Intermediate

### Fun By The Numbers

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

### Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

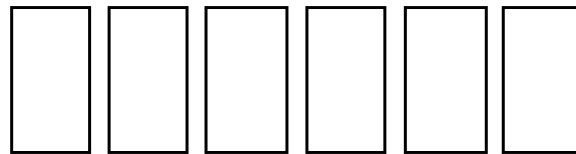


ANSWER:

## WORD SCRAMBLE

Rearrange the letters to spell something pertaining to clothing.

# RAFCIB



Answer: Fabric

# Guess Who?

I am a pop singer born in England on February 1, 1994. I have an older sister named Gemma and as I child I worked in a bakery. My band is signed to Simon Cowell's label, and we have sold million of copies of our albums worldwide.

Answer: Harry Styles



# Cygnnet Theatre Announces Season 14 Lineup

## Classic musicals to shocking contemporary works

Director Sean Murray says Cygnnet Theatre has crafted for its 14th season a new lineup that reflects a commitment to “startle the soul, embrace diversity and ignite debate.” The first production opens July 23.

The seven productions in Season 14 range from the traditional to the avant-garde and include two musical theater classics, a two-show repertory by a Pulitzer prize-winning playwright, the return of a holiday favorite and two contemporary works sure to shock and amaze.

The season opens this summer with one of the most beloved stage musicals of our time, “Gypsy” — the mother of all musicals. With music by Jule Styne, lyrics by Stephen Sondheim, and a book by Arthur Laurents, the musical theater classic has been revived on Broadway four times and been staged countless times around the world.

San Diego audiences will get a chance to experience this jewel of American musical theater when the theater and Director Murray bring Mama Rose, Dainty June, Louise, and the entire 19-member cast to the Old Town Theatre.

Boasting one show-stopping song after another, this classic musical will feature the biggest cast ever to appear on a Cygnnet stage. Linda Libby, 2013 Craig Noel San Diego Critics Circle Actor of the Year and Cygnnet Resident Artist, steps into the iconic role of Mama Rose.

Showcased along with Libby will be Allison Spratt Pearce, recently featured in Cygnnet’s “My Fair Lady” and “Come from Away” at La Jolla Playhouse, as Louise. Katie Whalley Banville will portray Dainty June while Cygnnet’s own Manny Fernandes will take on the role of Herbie.

In the fall, Cygnnet’s tradition of shows performed in rotating rep continues with the staging of two renowned works by August Wilson, both part of his 10-play Century Cycle. Wilson’s legacy lives on through this cycle of plays chronicling the African-American experience, each set in a different decade of the 20th century.

The selection of “Seven Guitars” and “King Hedley II” is especially fascinating to present in Rep as several characters appear in a story line decades apart. Cygnnet received major accolades from the staging of Wilson’s “Fences” in 2008, which was honored as the best show of the year by multiple critics. Cygnnet also presented “The Piano Lesson” in 2010 and “Gem of the Ocean” in 2013.

A Cygnnet tradition returns for the holidays



Allison Spratt Pearce



Katie Whalley Banville



Manny Fernandes



Eileen Bowman



Linda Libby



Melinda Gib

with “A Christmas Carol,” always a beloved family favorite complete with puppets, live music and a sing-along.

January brings “Bad Jews” to the stage — a fierce, biting comedy about family, faith and what you choose to believe, when you’re chosen. Rob Lutfy directs this Off-Broadway hit featuring the savage humor of playwright Joshua Harmon. The play follows the trials and family tribulations of an Upper West Side family in a verbal battle royale over a family heirloom.

In March, a luxury train rolls into town bringing nonstop laughter and mayhem. The madcap musical comedy, “On the Twentieth Century,” features the writing talents of Comden and Greene. This musical comedy duo lent their unique comic genius and sophisticated wit to dozens of Broadway hits including “On the Town” and “Bells are Ringing.” “On the Twentieth Century” will be directed by Sean Murray and feature Eileen Bowman as Lily Garland and Melinda Gib as Mrs. Primrose.

Cygnnet’s 14th season ends with the manic, irreverent and wildly engaging presentation of the German theatrical event, “Shockheaded Peter.” This 1998 musical took a famed German children’s book series and turned it into instant classic in its own right. The stage production of “Shockheaded Peter” won rave reviews around the world as one of the most original collaborations of its kind. The crazy and dark production combines elements of pantomime and puppetry with musical versions of the poems with the song. Director Rob Lutfy says, “It’s a play for the weird ones, those that live on the fringes of society, or for anyone who has ever felt like they don’t quite fit in to a society of strict rules.”

“I’m really proud of the diversity and quality of this season,” said Murray. “To go from stripper to an ex-con, to some ‘bad Jews,’ to one naughty little boy in just one season. That’s exciting. That’s Cygnnet!”

All seven productions will be performed in Cygnnet’s home, the Old Town Theatre in Old Town San Diego State Historic Park.

Current Cygnnet subscribers will be notified by mail regarding subscription renewals. New subscription sales will be available beginning March 1. For more information regarding subscriptions packages, contact the box office at (619) 337-1525 or visit [cygnnettheatre.com](http://cygnnettheatre.com).

### SEASON 14 “Gypsy”

Preview dates: July 14-Sept. 4  
Opening July 23, 2016  
Music by Jule Styne and Lyrics by Stephen Sondheim  
Book by Arthur Laurents  
Directed by Sean Murray  
Choreography by David Brannen  
Music Direction by Terry O'Donnell

Indomitable stage mother Rose chases vicarious success and stardom as she pushes her daughters through the vaudeville circuit. When Dainty June flees the act to elope, Rose vows to make introverted Louise into a star. Boasting one show-stopping song after another - like “Everything’s Coming Up Roses” and “Let Me Entertain You” - this classic musical was inspired by

memoirs of the legendary burlesque dancer Gypsy Rose Lee. Featuring Linda Libby as Mama Rose, Allison Spratt Pearce as Louise, Katie Whalley-Banville as Dainty June, and Manny Fernandes as Herbie.

Repertory  
“Seven Guitars”  
Preview dates: Sept. 28-Nov. 6  
Opening Oct. 8, 2016  
By August Wilson  
San Diego Premiere

Repertory  
“King Hedley II”  
Preview dates: Sept. 29-Nov. 6  
Opening Oct. 9, 2016  
By August Wilson  
San Diego Premiere

“A Christmas Carol”  
Preview dates: Nov. 22-Dec. 24  
Opening Nov. 26, 2016  
Adaptation & Lyrics by Sean Murray  
Original Score by Billy Thompson  
Directed by Sean Murray  
Musical Direction by Patrick Marion

“Bad Jews”  
Preview dates: Jan. 12-Feb. 12  
Opening Jan. 21, 2017  
By Joshua Harmon  
Directed by Rob Lutfy  
San Diego Premiere

“On the 20th Century”  
Preview dates: March 9-April 30  
Opening March 18, 2017  
Book and Lyrics by Betty Comden and Adolph Green

Music by Cy Coleman  
Directed by Sean Murray  
San Diego Premiere

“Shockheaded Peter”  
Preview dates: May 18-June 18  
Opening May 27, 2017  
Music by Adrian Huger, Martyn Jacques, Adrian Stout  
Lyrics by Martyn Jacques  
Book by Julian Bleach, Anthony Cairns, Graeme Gilmour, Tamzin Griffen  
Based on Struwwelpeter by Heinrich Hoffmann  
Directed by Rob Lutfy  
West Coast Regional Premiere



# Mystery Café Dinner Theatre Launches All New Production

'Nobody's Got A Clue' featured at Bankers Hill venue

The San Diego Mystery Café Dinner Theatre, a fixture in San Diego entertainment scene for over 25 years, has launched a new production at its Bankers Hill location at 505 Kalmia St. and Ave.

The new production, called "Nobody's Got A Clue," was written and is being produced by San Diego comedy veterans and promises to be one of the funniest and engaging shows in the long history of the Mystery Theatre. It opened on Feb. 5 and will run through January 2017 on Friday and Saturday nights.

The San Diego Mystery Café Dinner Theatre was purchased last year by Shawn Greiner, a 14-year veteran of the production and his wife, Mary. They have revamped the sets and raised the bar on the production with new scripts, multimedia effects and an enhanced dinner menu.

"Nobody's Got A Clue" is presented in an intimate dinner theater setting, where audience members are given clues throughout the production about who could be the potential murderer of Mr. Nobody — a wealthy man who had relationships with all the characters in the play.

Various audience members end up on stage and become part of the show, adding to the fun

in surprising and often unexpected ways.

"The actors are all great at improvising and there are six potential endings," said Shawn. "The audience has a great time because you never know who might get up on stage or what is going to happen on any particular night. It's also a lot of fun for the actors because of the unpredictability of the show and they get to really exercise their creative abilities through improvisation and interacting with the audience."

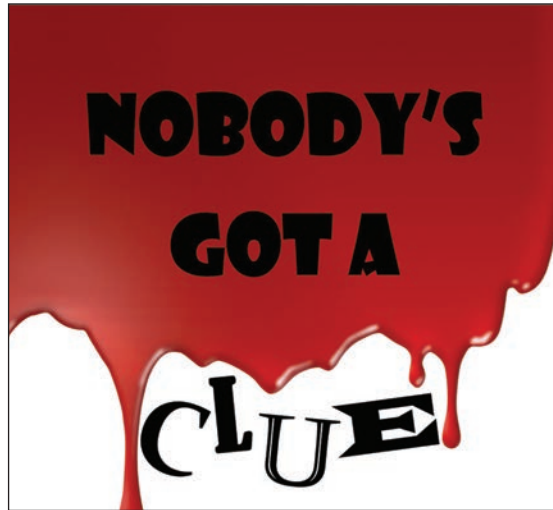
The show includes a three-course dinner and access to a drinks from a full bar. Doors open at 7:30 p.m. and the production starts at 8 p.m. on most Friday and Saturday nights.

Tickets range from \$50 to \$70 depending on seats and availability. The San Diego Mystery Café Dinner Theatre troupe and production are also available for private parties, corporate and fund raising events.

For more information or to make reservations, contact: The San Diego Mystery Café Dinner Theatre (619) 460-2200; <https://sandiegomysterycafe.com>; or [info@mysterycafesandiego.com](mailto:info@mysterycafesandiego.com).



Mystery Theatre cast: Shawn Greiner as Buddy, Shawn Gravel as Frankie, Dimitar Marinov as Johnny, Atlantide Mangin as Mama, Brytanie Holbrook as Prudence, Lydia Real as Boom Boom. (Photo by Kendra Truett)



Shawn and Mary Greiner, new owners of San Diego Mystery Café Dinner Theatre.

## OLP Stages BeYOUTiful Conference

Girls learned self-confidence and how to be leaders

Nothing brings about more confidence than being surrounded by positivity. This was truly the case at the Academy of Our Lady of Peace's second annual BeYOUTiful Conference on Saturday, Dec. 12.

OLP's campus was beaming with bright and "beYOUTiful" smiles as it welcomed more than 200 middle school girls from more than 50 public and private schools throughout our bi-national San Diego community to learn about the importance of building and maintaining self-confidence.

The girls joined current OLP students for an engaging morning of workshops focused on boosting self-confidence and learning how to be a leader among their peers. The day also featured a presentation on how to create positive self-esteem from guest speaker Jess Hopkins, a twice-certified life coach.

The BeYOUTiful Project is an ini-

tiative created by students at OLP in an effort to empower younger girls to rise to their full potential. Through group mentoring and activity workshops, the BeYOUTiful Project serves to empower young women, providing them with the tools and motivation necessary to live confidently through their own beauty.

"As the only all-girls school in San Diego County, OLP educates the next generation of women leaders and innovators each day," said Head of School Lauren Lek. "These young women have taken the opportunity to welcome a younger generation of girls to campus to boost self-confidence. In just one morning together, the day energizes the entire group of attendees creating a ripple effect in our larger community."

More than 75 OLP students from all grade levels brought this conference to life as they planned for months and participated in the con-

ference as activity leaders, group leaders, and production team leaders.

The day's workshop stations included: assembling a magazine collage to raise awareness on defeating negativity; creating a bill of rights to acknowledge priorities; taking photos using positive hashtags; encouraging self-expression through "Just Dance"; and making beaded keychains to highlight positive qualities.

In addition to the stations, special guest speaker Jess Hopkins visited from Los Angeles to coach the young participants about the importance of recognizing self-worth and using it as a tool to embrace the beauty each one of these young girls holds.

With this important message being communicated to the hundreds of young girls joining the event, the conference was everything OLP students had hoped for and more.



Be Yourself



Group of participating students.



The workshops energized participating students.



A message for all.



# Paying Tribute to the Great Pizzas of the World

## Tribute Pizza coming to North Park in the summer

Many of the local residents have been wondering what will replace the former North Park Post Office.

We now have the answer. After some brief stints as a temporary art gallery, Tribute Pizza is moving in.

You're probably thinking, more pizza in North Park? Indeed, there certainly is no shortage of good pie in North Park, but apparently we can't have too much of a good thing.

Tribute Pizza, slated to open in the summer of 2016, is the brainchild of chef/owner Matt Lyons. The young entrepreneur was the featured speaker at a recent "Crash the House" session at Union Co-Work.

Union Co-Work will present a different local business owner the second Thursday of every month from 9-10 a.m. at its North Park location at 3919 30th St. The events are open to the public and provide a forum for local business owners and community leaders to share their experiences, and expound on the passion for their crafts. More info can be found at [facebook.com/crashunion](https://facebook.com/crashunion).

Salpi Sleiman from Holsem Coffee was a previous speaker, and Nate Spees from Creative Mornings San Diego was featured on Feb. 11.

For the January session, it was Matt Lyons who shared his story, and based on his passion for the craft of making great pizza, it seems likely his restaurant will be a success.

While acknowledging the plethora of options for good pizza in North Park, Lyons has a different slant on pizza that he thinks will make his destination unique, though it is unusual for pizza to be offered in a building that used to be a post office.

The Tribute Pizza name comes from Lyons' mission to pay tribute to some of the world's great pizzas. He will be honoring these pizzas on his menu, pulling from some great pies he loves from around the world including Juliana's in Brooklyn, Bian-

co's in Phoenix, the best of New Haven, and, of course, classics from Naples. The pizza chef and his team will also be contributing something unique to the North Park dining scene, as well as using attributes of pizzas from around the world. All of these things came to mind when Lyons was asked about the origin of the name.

Lyons shared how he got an early start in the pizza business, first delivering pizzas on his skateboard at age 15. In between deliveries, he had the chance to be a line cook and learn the process behind the scenes. He was then hired as general manager of that pizza shop at age 17.

He went off to college but came back during the summers at his same salary and continued to hone his craft and develop his love for pizza.

After college, Lyons continued working in the pizza business and got a job taking pizza mobile in a different way, with a woodfired oven that he pulled around town on a trailer.

His next gig was as the general manager of the Miho Gastro Truck, which was one of the first gourmet food trucks in San Diego and can still be found rolling through neighborhoods in the area.

A year later, when he was told of an opportunity for a pizza chef to start a restaurant in Nairobi, Kenya, Lyons jumped at the chance and was awarded the position over 1,000 applicants. His goal was to make the best pizza on the continent, and there were more than a few fans who thought he succeeded in that.

Now back from halfway around the world, the seasoned pizza maestro is ready to bring his pies to North Park.

After looking at multiple locations around the metro San Diego area, the old North Park Post Office proved to be the right spot for Lyons

to launch his project. The location on the corner of Grim and North Park Way bridges the residential and commercial corridors in the neighborhood, and will be a welcome repurposing of the old mail hub.

Building out a full restaurant kitchen in an old government office has come with challenges, and has not been cheap. Tapping friends and family was the entrepreneur's means to finance the project, and when it's all said and done, Lyons expects to have maxed out at the allowable 35 members for a California LLC.

The investment group is made up of everyone from his general contractor to past neighbors. Lyons explained that the building has excellent natural light which will put the art of pizza making, and his American-made Renato Oven, in the spotlight. By putting the oven in the center of the restaurant, it will give diners a front row seat to the action. And although farm to table has been quite en vogue over the last few years with San Diego eateries, when it comes to pizza, this isn't always the case.

The chef explained that most pizzerias aren't using local tomatoes or cheese from nearby farms. Tribute's menu will be dedicated to using products from regional farms, and integrating local produce and ingredients for all of his pizzas whenever possible.

Based on Lyons' unique experiences and the palpable passion he has for his craft, San Diego should have plenty of appetite to support this entrepreneur paying tribute to the great pizzas of the world. Keep up to date with the opening and other on goings at [www.tributepizza.com](http://www.tributepizza.com).

*(Jim Sakrison is a loan officer at V.I.P. Independent Mortgage Inc. in North Park.)*



Matt Lyons demonstrates his pizza talent. (Photo by Sergey Kolivayko)



Putting a final touch to a pizza. (Photo by Sergey Kolivayko)



Putting a final touch to a pizza. (Photo by Sergey Kolivayko)



Matt Lyons twirls pizza do during a Taste of North Park event. (Photo by Jared Gase)





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# SDSU DOWNTOWN GALLERY PRESENTS: 'ENERGY: MADE IN FORM'

The SDSU Downtown Gallery is presenting the exhibition, "Energy: Made in Form," through March 27. It was inspired by San Diego State University's current campus-wide Common Experience theme "Experience Energy."

From 19th century technology to handmade craft and the fantasy of science fiction, "Energy: Made in Form" explores the intangible concept of energy, visualized through the creative process. Varying approaches examine the amount of energy required in creating art, energy as a social issue and energy as a state of being.

The exhibit brings together works by SDSU School of Art + Design students and faculty with regional artists from California and Arizona

including David Emitt Adams, Dia Bassett, Kevin Cooley, and TML Dunn. The exhibition highlights artists working in diverse media, showcasing art making that yields impeccable craft, calls on our participation or kinetics to demonstrate energy, and explores conceptual approaches that challenge our definition of energy.

"Putting together Energy: Made in Form has been an incredible opportunity to see new work from SDSU faculty and students, all of which are very unique interpretations of the idea of 'energy,'" says Chantel Paul, Downtown Gallery program coordinator. "I'm especially excited about combining regional artists from San Diego, Los Angeles, and Phoenix with SDSU student

and faculty work. This element adds a very interesting layer and conversation among the individual works and approaches. There is a great variety of work from photography to sculpture, painting, and mixed media using unconventional materials."

"We are thrilled to partner with MCASD's Downtown location for Downtown at Sundown, their new after-hours offering on the third Thursday of every month" says Paul. "It's a great opportunity for us to connect with the San Diego community by bringing in dynamic programming from SDSU artists and performers as well as local DJs and visual artists. We're livening up our area of Downtown through grassroots collaboration. In addition to

us and MCASD, Stone Brewing Company and The Flight Path Wine Bar & Bistro are offering specials."

The SDSU Downtown Gallery is at 725 West Broadway. Hours are Thursday through Monday, 11 a.m. to 4 p.m. The gallery is open to the public and admission is free.

Energy: Made in Form is organized by the SDSU Downtown Gallery, in collaboration with SDSU Common Experience. The exhibition and events are sponsored by the San Diego State University Art Council. Additional support is provided by the School of Art + Design, the College of Professional Studies and Fine Arts, the fund for Instructionally Related Activities, and Arts Alive SDSU.

**Coming Up Next:**  
**"Cathedrals" by Jeff Ray**  
**April 7-May 29**

San Francisco-based artist Jeff Ray creates a site-specific, multi-sensory installation of his current project, "Cathedrals" at the SDSU Downtown Gallery. Realized through sculpture, sound recording and video, the project explores large, cavernous spaces, such as Chicago's Union Station.

*The SDSU Downtown Gallery is a part of the School of Art + Design within the College of Professional Studies and Fine Arts at San Diego State University.*



'Microbial Life' – woodcut letters, bacteria, agar, plastic tray in incubator. Photography by Laura Weinbrenner, courtesy of the artists, Anca Segall and Arzu Ozkal.



'Navajo Refinery' – Artesia, New Mexico, wet plate collodion tintype on 55-gal. oil drum lid, courtesy of the artist, David Emitt Adams.

## little dames



'Spy Satellite Launch' – archival pigment prints, Kevin Cooley. Courtesy of Kopeikin Gallery, Los Angeles. artists, Anca Segall and Arzu Ozkal.





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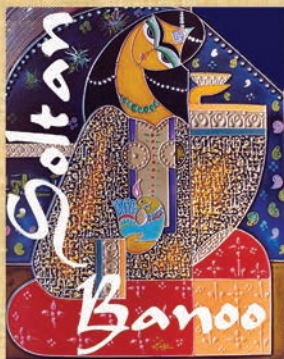
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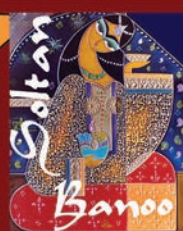


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