The first annual Mission Hills banner art contest culminated on Wednesday, June 5, with a Color on Canvas Awards Reception. Inside The Frame Maker, art contestants, their families and community members gathered to view the top-scoring banners up close that were hanging from light poles throughout the city just weeks before.

The contestants were tasked with painting an iconic place and scenes that make up the city, many children chose to feature some of the businesses that make up the city’s core. When the banners were hung up throughout the city, 14 judges visited each street and scored them. Those invited to judge were community leaders ranging from business owners to representatives from Councilmember Chris Ward’s office.

“There was clearly a lot of enthusiasm — from the children, the judges, the parents. One of those things that everyone can get involved with,” said John Bertsch, the owner of City Council District 3 debate P. 14

Residents fight proposal from Council member Ward, Mayor Faulconer

The fight to add more housing to address the homelessness crisis across the city intensifies as Mission Hills locals oppose converting a vacant library into permanent supportive housing (PSH). Many came to a recent
"We first contacted Mary because of all the sold signs we saw all around North Park – we figured these people must be doing something right! :) And now we know why: because from the very beginning, Mary and Z treated us like family. We had an intense timeline of buying/selling, all the while juggling a deploying husband and two babies under two right in the middle of it. But they pulled it all off and carried us through it every single step of the way.

Not only are they wonderful realtors, they are wonderful people. They are true professionals, know North Park and South Park inside and out, and are EXCELLENT at what they do. But they are also kind, warm, and thoughtful, and made the selling/buying process an adventure, not a hassle.

Thank you Mary and Z for giving us the gift of our forever home, where we’ve always dreamed of raising our family. We love you!"

– Kathryn L

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Changing the face of cafeteria cuisine

JOYELL NEVINS | San Diego

(Editors note: Part two of a two-part series on school lunch programs.)

To read part one, “San Diego Unified program fights food insecurity” from Volume 11, Issue 9, visit bit.ly/2wRAELM.

When you think of a school cafeteria, do extra-sloppy Joes and mystery meat come to mind? If so, you can stop cringing and start salivating, because San Diego Unified Food & Nutrition Services (SDUFNS) is changing the face of cafeteria cuisine.

They have incorporated the regulations of the Healthy and Hunger-Free Kids Act, from the Michelle Obama Let’s Move! campaign, and added specific programs to their own to produce healthy, fresh, and local meals. With menu options like St. Louis-style ribs, Baja fish tacos, mango salsa, and dairy products are purchased from California growers.

According to SDUFNS Director Espinosa, restaurants, right? Wrong. The goal is to source its ingredients from California farms specifically within this region. Placed on the menu is “Your Farmers” trading cards, explaining where the produce comes from.

The cards display a picture of the farmer(s) themselves on the front, and interesting facts on the back, such as the farm’s size, tractor, cattle, animals. Featured farms include Sahu Subtropical, and Sunrise Farms. Stehly Farms Organic, Salty Farms, the “awesome sauce,” and their dairy products are purchased from Hollandia Dairy in San Jacinto. A majority of the antibiotic-free-range chicken comes from Mary’s in Sanger. On Thursdays, cafeterias sponsor “California Style” concoctions featuring locally grown ingredients.

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California tenants just scored a rare victory in the state Capitol — emphasis on the rare.

A high-profile bill passed by the state Assembly would impose a “rent-gouging cap” on annual rent increases for the vast majority of renters. If approved by the state Senate and signed by Gov. Gavin Newsom, it would make California the second state to provide such protections.

“I’m thrilled that the Assembly has taken one step forward to providing some relief to millions of tenants one rent increase away from losing their homes,” said Assemblyman David Chiu, Democrat from San Francisco and author of the bill.

Tenant rights group can right-fully celebrate the vote as an achievement — mostly because it’s been very helpful in making California renters more aware of their rights, said Assemblyman David Chiu, Democrat from San Francisco and author of the bill.

Tenant rights group calls victory a rare victory in the state Capitol. A twin bill that would have mandated landlords to expand rent control to more residences was withdrawn by its author when it became clear the bill couldn’t even muster enough support to pass its first committee hearing. A proposal that would have created a statewide rental database to reliably track evictions and prices — data that’s hard to come by for anyone but landlords — was quietly buried before it could advance to a full floor vote.

“We have in California in both houses a supermajority of Democrats, many of whom will tell you that they’re concerned about the housing crisis,” said Brian Augusta, legislative advocate for the California Rural Legal Assistance Foundation and a lobbyist for tenant interests who has watched a handful of tenant protection bills die or get watered down in recent years. “And yet when we go to try to secure their vote for what seem like very reasonable policies, they’re not going up to vote.”

So why can’t tenant groups wield the political muscle you’d think their numbers would warrant?

Money is the easy answer: Landlords have it, renters don’t.

“We still have to have plausible arguments, and our arguments still have to resonate,” said Deb Carlton, lobbyist for the California Apartment Association. “A lot of these bills are extreme and they’re not willing to compromise on these issues.”

But there’s more to it than that. California renters are more likely to be lower income, younger and immigrants—all demographic blocs less likely to vote.

Who’s your typical California renter?

Picture a Latina woman in her early 40’s, making around $26,000 a year. There’s about a 1 in 3 chance that she’s foreign-born.

Contrast that to your typical California homeowner — white, ten years older, making about $12,000 more a year. There’s about a 25% chance she was born in another country.

Almost all of the demographic characteristics of renters are associated with homeownership — nativity, race and ethnicity, income level, age — make homeowners much more likely to vote than renters. And lawmakers are acutely aware of who votes and who doesn’t.

“When you think about renters, you’re looking at a lower socioeconomic status, younger people, people who move more often. That’s all negatively correlated to turnout,” said Paul Mitchell, a political consultant with Political Data Inc. which provides voter roll services to state political campaigns.

Despite comprising more than 40% of the population, renters make up only about 20% of registered California voters, according to data analyzed by the non-partisan Public Policy Institute of California.

Last November, tenant advocates hoped that a rent control initiative put on the ballot would gin up turnout from renters who finally had a clear and compelling economic interest to show up to the polls. Although precise data on the rental status of voters is hard to obtain, an analysis of voters identified as renters by Political Data Inc. shows that registered homeowners were still about 25% more likely to vote than registered renters. The rent control initiative lost by an overwhelming margin. It’s not just a tax that’s associated with being a renter that depresses turnout. Just being a renter, itself, makes you less likely to vote.

— The rest of this article can be read at bit.ly/2I3tUzu.
The world of residential real estate is ever-evolving, and so is Berkshire Hathaway HomeServices California Properties. Imagine a company where highly motivated agents bring their global capabilities directly to your door. Where cutting-edge marketing merges with digital-age strategies to help you buy the forever home you’ve always dreamed of. Or expose your home to the widest audience imaginable through hyper-targeted social media, advertising, and publicity.

That's the type of localized real estate environment we’re reimagining.

Our local agents are your great neighbors. They work, live, and play in the Mission Hills region, and are always available to assist with your real estate needs. Call or email them for the professional attention you know, trust, and deserve. You also can call 619.299.8020 or visit bhhscalifornia.com/agent-search to get in touch.

*We can only imagine how much you’re going to like what’s coming.*
Letters to the editor

Thank you for the excellent articles in the May 31-June 13 issue of the Uptown News — especially the ones dealing with San Diego’s CAP (climate action plan) goals. Your paper is outstanding! All of the disjointed ideas from Sophie Wolfram (director of programs at Climate Action Campaign), such as improving sidewalks and crosswalks to make walking more viable; adding clunky (UNUSUAL) bike lanes on already narrow, much-used city streets — are ludicrous. Ms. Wolfram says we need to “wean people from their emission-belching cars.” So, before Ms. Wolfram lectures furiously, let her lead the “health, safety and survival of future generations,” let her lead the city to action. They must take mass transportation everywhere or bicycle or stay home. No “strong political” will can change this. No one will ride two buses to get to work when it’s a 15-minute drive.

— Phyllis Hoardin, Normal Heights

P.S. I’m sure our city leaders will agree with me that we should also forbid tourists to drive in San Diego, those rental cars belch too many emissions to be allowed. They will be content, I’m sure, to use our mass transportation or the many rentable bicycles and scooters. We need everyone to get around. We also see very few on bikes. Our bus system is poor at best and SD was built to serve the automobiles — thus, the freeways. No “strong political” will can change this. No one will ride two buses to get to work when it’s a 15-minute drive.

— Lisa D. Tyburski is the chief marketing officer for the George G. Glenner Alzheimer’s Family Centers. The Hillcrest Glenner Center is located on the corner of 4th Avenue and Pennsylvania and is open Monday—Friday, 8:45 a.m.—5:15 p.m. As a local nonprofit organization, the Glenner Center’s mission is to provide affordable and accessible adult day care and their full day rate is less than $1.2 per hour for hands on, expert care with supervision by a registered nurse. They accept long-term care insurance and veteran’s benefits as well.

Adult day care — the hidden gem in the search for Alzheimer’s care

By Lisa D. Tyburski

If you are caring for a loved one with dementia, you know all too well that the demands can be overwhelming. You are doing your best, but you are tired, frustrated and behind on other responsibilities in your life causing you great stress. If this stress is left untreated, it can take a significant toll on your health, your relationships and your state of mind, eventually leading to “caregiver burnout.” Caregiver burnout is real and can be very dangerous. When you are experiencing it, it is difficult to do anything, let alone care for someone else.

The stress from caring for someone with Alzheimer’s can be particularly damaging since it is typically a chronic, long-term challenge. You may face years, or even decades, of caregiving responsibilities. It can be even more discouraging when there’s no hope that your family member will get better.

Without adequate help and support, you may become vulnerable to a wide range of physical and emotional problems, ranging from heart disease to depression. Other signs and symptoms of caregiver burnout include anxiety, depression, irritability and trouble concentrating. Feeling tired and run down, difficulty sleeping and overreacting to minor situations are other common symptoms. Learning to recognize the signs of caregiver stress and burnout is the first step to dealing with this problem.

Once you have recognized the symptoms of caregiver burnout and you realize that full-time caregiving is no longer a healthy option for you or your loved one, it is time to seek help. Remember, you won’t be able to care for someone else if you don’t take care of yourself. Seeking respite care is vital.

The professional care choices, however, can be equally overwhelming and often, families do not know where to start. They may entertain hiring care inside their home or placing their loved one in an expensive residential community. Those services can be expensive for some, but what if you are not ready for either? You want to keep your loved one living at home, but you just need a break! Are there any other options? There is another option that is unfortunately often overlooked, yet it provides an extremely helpful and affordable solution. Perhaps it is time to consider an adult day program.

Adult day care programs offer your loved one a change of pace and a place to go during the day where they will be safe and supervised by professionally trained care staff. Your loved one will have an opportunity to socialize and participate in activities that keep them active and engaged.

Enrolling your loved one in an adult day program can also help to decrease the risk of dangerous falls and wandering and can reduce the incidence of hospitalizations and readmissions.

The George G. Glenner Alzheimer’s Family Centers, Inc. is one such day program and offers a variety of services including socialization, intellectual stimulation, physical activity, transportation, and hospitalizations and readmissions.

The George G. Glenner Alzheimer’s Family Centers, Inc. is a hidden gem in San Diego. Founded by Joy Glenner and the late Dr. George G. Glenner, the famous researcher and physician who discovered the link between the beta-amyloid protein and Alzheimer’s, this center offers respite for distressed caregivers.

A day program allows your loved one to continue to live at home while still receiving the expert care and socialization they need during the daytime hours. It simultaneously allows you, as the caregiver, to get the break that is essential for your own health.

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Adults enrolled in day care socialize with each other (Photo courtesy George G. Glenner’s Alzheimer’s Family Centers, Inc.)

Adult day care — the hidden gem in the search for Alzheimer’s care

You are caring for a loved one with Alzheimer’s or another form of dementia and need a break?

By Lisa D. Tyburski

If you are caring for a loved one with dementia, you know all too well that the demands can be overwhelming. You are doing your best, but you are tired, frustrated and behind on other responsibilities in your life causing you great stress. If this stress is left untreated, it can take a significant toll on your health, your relationships and your state of mind, eventually leading to “caregiver burnout.” Caregiver burnout is real and can be very dangerous. When you are experiencing it, it is difficult to do anything, let alone care for someone else.

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Congress must codify Roe v. Wade into law

District 53 Dispatch
Susan A. Davis

Women’s health care is under assault like we’ve never seen before.
States around the country are racing to enact bans on abortion, which will do nothing more than put women’s lives at risk.

So far, eight states have enacted bans. Georgia, Kentucky, Missouri, Mississippi, and Ohio have been described as passing bills that fall short of an outright ban. These so-called heartbeat bills prohibit abortions after six to eight weeks. Since most women don’t realize they are pregnant until around 15 or 16 weeks, the laws in these states are outright bans.
The most extreme laws are coming out of Missouri and Alabama, where there are punitive measures included with their bans.

Alabama would jail a doctor for performing the procedure for 99 years. Missouri would subject women who seek an abortion to prison for up to five years. This law is not about preserving life, it’s about punishing women.

It’s also difficult to believe these laws are about protecting life when many states with restrictive abortion laws also have some of the highest rates of infant mortality. Where’s the legislation to bring down these rates?
The supporters of these bills are clear in their objective: to repeal Roe v. Wade.

It’s time to settle this issue once and for all.
Congress must pass the Women’s Health Protection Act (WHPA) to codify the Roe v. Wade decision into law. I joined in introducing this legislation in May.

The WHPA is straightforward. It simply prohibits states from imposing the limits and restrictions being put on women.

Existing restrictions in some states require women to drive miles to visit a clinic, incurring travel expenses and having to miss work.

No one is pro-abortion. It’s an incredibly difficult decision for a woman to make. If abortion opponents want to really reduce the number of abortions, I invite them to join us in making child care more affordable.

Seventy-five percent of women seeking an abortion are economically disadvantaged. Financial constraints are regularly cited in a decision to end a pregnancy. We need to help working families afford child care.
The Child Care for Working Families Act would also have a positive economic impact, creating 770,000 new child care jobs.

This new workforce of child caregivers will allow 1.6 million parents, primarily mothers, to go back to work. It would also lift 1 million families out of poverty.

Another way we can help hardworking Americans with family-related costs is to pass the FAMILY Act.

Taking time off work to care for a sick child or loved one can create an economic hardship. It’s time we provide paid leave for families who find themselves in this unfortunate situation.

These are proven policies that help bring down abortion rates. Bans don’t end abortions, they just make them less safe, putting women’s lives at risk.

A recent study by the Guttmacher Institute found that countries with the most restrictive abortion laws have the highest rates of abortions.

Some states are recognizing this and moving in the opposite direction. In Nevada, where women are a majority of the state’s legislature, legislation has been passed to reduce restrictions.

Nevada is ending requirements mandating doctors to explain the emotional and physical implications of having an abortion. Nevada is also ending the more ridiculous provision requiring doctors to inquire about a woman’s marital status.

Illinois is also looking to reduce restrictions.
Congress needs to follow the lead of states like our own state of California as well as Nevada that understand a decision to get an abortion is best left to a woman and her doctor.

Let’s pass the Women’s Health Protection Act now.

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

POLITICS|HEALTH

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San Diego Uptown News
June 14-27, 2019

FROM PAGE 3

SCHOOL LUNCH

Global accolades
The district has been getting recognition from local, national, and global entities for its efforts. Feeding San Diego CEO Vince Hall, who partners with SDUFNS for Love Food Not Waste, called the district the “mothership” for undertaking so many health and food initiatives simultaneously.

Japan’s assistant secretary of the interior came with a governmental group to tour the cafeteria operations. They are looking

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CANNABIS YOU CAN TRUST
Paras Newsstand started as the Cigar and Newsstand in 1952. It was listed as Baker's in the City Directory. Later, it became L. Hill, then Melody Beauty Shop in 1930, and finally a beauty shop, gift store and convenience items since the early 1950s.

By the mid-1940s, the family had all come to California. They initially lived in Escondido and later in Jersey City, where his last name was changed from Paras to Ellis Island, where his last name was changed. Paras Paras was born in 1923. He served in the Navy as a Machinist Mate on the aircraft carrier Intrepid during World War II, participating in many harrowing battles in the Pacific. By the mid-1940s, the family had all come to California. They initially lived in Escondido and later in Jersey City, but in 1959 they were listed in the City Directory at 3910 Kansas St., just one block west of Paras Newsstand.

Paras operated the North Park store, middle brother Stratzie, born in 1928, ran the Paras Shop in Ocean Beach from 1952 to 1995. There was a third Paras store in La Mesa from 1952 to 1995. There was a third Paras store in La Mesa from 1952 to 1995. There was a third Paras store in La Mesa, but in 1959 they were listed in the City Directory at 3930 Kansas St., just one block west of Paras Newsstand.

While Chris operated the North Park store, middle brother William, born in 1929, also clerked in the stores. Youngest brother, born in 1929, also clerked in the stores.
there is no guarantee another site would not face the same opportunity for ocean views that many people on the streets each night. A shelter is an emergency place we want a homeless person to be,” Ward said to a room that was overflowing with businesses on the ground floor, because using public property means the development will happen faster as the city scrambles to react to a crisis that is already well underway.

“Stepping outside of Mission Hills, the concept is good. I’ve been asking for us to use city land smarter because we can actually get units created at a far more cost-effective rate to be able to support the provision of additional housing opportunities and truly help solve some people’s homelessness,” Ward said to a room that was overflowing with businesses on the ground floor, because using public property means the development will happen faster as the city scrambles to react to a crisis that is already well underway.

“We’re not talking about building homeless shelters. We’re talking about building homes for San Diegans who have been crushed by this economy,” Stephen Russell, executive director of San Diego Housing Federation, said at the community meeting.

He described shelters as a temporary fix that still leaves 5,000 people on the streets each night. “That is a shelter is the last place we want a homeless person to live. A shelter is an emergency place to live,” Russell said.

One point the opposition made to the proposed PSH is that the site is worth millions of dollars. The library, which has been replaced by the new Mission Hills-Hillcrest/Knox Library, sits at 925 W. Washington St. and is at the entryway of Mission Hills. They argue the profits from selling it could be used to buy a different, larger parcel where even more units could be built.

“That site is worth at least $3 million according to the neighboring site’s sale. It has the opportunity for ocean views that many of us can’t afford, including myself, so I don’t feel it’s fair to pay for someone else’s ocean view,” Curtis Patterson said at the community meeting. “If we want a site in Mission Hills, let’s find a site that doesn’t have the same benefits that one does and house 50 or more for the same price.”

There is no guarantee another site would not face the same opposition and one of the reasons Ward is championing this solution is because using public property means the development will happen faster as the city scrambles to react to a crisis that is already well underway.

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Cucina Urbana in Bankers Hill celebrates its 10th anniversary with a special three-course dinner presented in part by two original staff members: Former executive chef Joe Magnanelli (now chef-partner with Brian Malarky’s upcoming Animae), and former wine director-general manager Ben Kephart (currently director of operations at Ojai Valley Inn).

They will be joined by Cucina’s newest executive chef, Tim Kolanko, and beverage director Augusto Ferrarese.

The family-style dinner will be held at 6 p.m. June 24. The cost is $55 per person with optional wine pairings that can be purchased a la carte from a selection of about 10 labels specially chosen for the occasion. In addition, an after-party will be held from 8:30 to 10 p.m., featuring a mini “Cucina 10” menu. 505 Laurel St., 619-239-2222, cucinaurbana.com.

A wide range of cuisine is in the offing during the return of “Food Truck Fridays” at the El Prado walkway in Balboa Park. The event, now in its fourth year, runs from 4 to 8:30 p.m. every Friday through Sept. 27. It features about a dozen different food trucks each week as well as live entertainment.

Trucks scheduled for June 21 will include Eat Your Heart Out, Curvywurst Frankfurt, Born in Brooklyn and the Pierogi Truck.

The series is presented by the Balboa Park Conservancy and the city of San Diego’s Parks and Recreation Department. Free round-trip shuttle service is provided until 8 p.m. from the Inspiration Point parking lot, located at the corner of Park Boulevard and President’s Way. Plaza de Panama/El Prado, 619-531-7626, balboaparkconservancy.org.

The much-anticipated Sisters Pizza opened June 3 in Bankers Hill. (Courtesy photo)

Former “Top Chef” contestant Rich Sweeney has taken on the role of area culinary director for Los Angeles-based Tocaya Organica, a popular health-conscious eatery with locations in the Gaslamp Quarter (755 Fifth Ave., UTC in La Jolla (4301 La Jolla Village Drive), and another opening this summer at One Paseo in Carmel Valley.

Sweeney, who is also known for the comfort fare he dished up when operating the former R Gang Eatery in Hillcrest for five years, most recently served as executive chef for North Italia in Fashion Valley Mall. Before that he helmed the kitchens at Waypoint Public in North Park and the former Florent Restaurant & Lounge in the Gaslamp.

“I’ll be doing quality control and training-development for locations in San Diego and Arizona,” Sweeney told us, adding that he is fond of Tocaya’s culinary concept.

“The entire menu starts out vegan, and then if you’re a meat eater, you can add meat and cheese to the dishes. We buy just about everything we can organic. And the environments are cool and welcoming — not hoity.” tocayaorganica.com.

A Bankers Hill hot spot celebrates 10 years in business. (H2 Public Relations)

Owned by restaurateur Djeni Brown of The Hopping Pig in the Gaslamp Quarter, the commodious 3,500-square-foot restaurant is still in its soft opening with portions of the menu still in development, we’re told. 2835 University Ave.

The long-shuttered Al Reef Mediterranean Restaurant at the corner of University Avenue and Utah Street has sprung back to life as Two Blu Ducks, a combination restaurant and bar that operates from 8 a.m. to 3 p.m., daily.

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Sweeney, who is also known for the comfort fare he dished up when operating the former R Gang Eatery in Hillcrest for five years, most recently served as executive chef for North Italia in Fashion Valley Mall. Before that he helmed the kitchens at Waypoint Public in North Park and the former Florent Restaurant & Lounge in the Gaslamp.

“I’ll be doing quality control and training-development for locations in San Diego and Arizona,” Sweeney told us, adding that he is fond of Tocaya’s culinary concept.

“The entire menu starts out vegan, and then if you’re a meat eater, you can add meat and cheese to the dishes. We buy just about everything we can organic. And the environments are cool and welcoming — not hoity.” tocayaorganica.com.

After about 18 months in the making, Sisters Pizza is up and running in a charming 1930s-era building in Bankers Hill. The newly opened pizzeria, which specializes in a range of other Italian-comfort food such as chicken or eggplant Parmesan, spaghetti with house-made meatballs and hearty submarine sandwiches, occupies a quiet corner at Fourth and Brookes. It greets with an expansive patio and a cozy interior with midcentury touches.

Owner Emily Green Lake is a former literacy teacher who became motivated to open the restaurant after the unexpected passing of her sister, Kate Green.

“I always wanted to run my own restaurant, and my sister and I were big pizza lovers,” she said. Helming the kitchen is Long Island transplant Marc Damiano, who previously worked at Mr. Moto Pizza House and Surf Rider Pizza.

On any given day there are nine specialty pizzas available by the slice. The pies are also sold in 16-, 18- and 20-inch sizes, in addition to a 14-inch gluten-free option.

Sisters Pizza is open daily from 11 a.m. to 10 p.m. Brunch service on Saturdays and Sundays is expected to begin in July. 3643 Fourth Ave., 619-255-4200, sisterspizzasd.com.

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Todd and Gia Schultz, who opened the original Modern Vegan last year in Las Vegas. The dual-residency couple say the menus are the same at both locations, a compendium of “all-American comfort favorites” that include loaded nachos, Louisiana fried “chicken” and “lobster” rolls. There are also shakes, smoothies and organic juices and sodas. A full liquor license is in the pipeline. 4332 30th St., 619-310-5712, tmvegansd.com.

Frank Sabatini Jr. is the author of ‘Secret San Diego’ (ECW Press) and began his local writing career more than two decades ago as a staffer for the former San Diego Tribune. You can reach him at fsabatini@san.rr.com.
A sudsy lunch with a touch of brunch

Restaurant Review
Frank Sabatini Jr.

If there is one commonality between Bankers Hill and North Park, it’s that the former embraces a serious beer bar.

The Corner Drafthouse, which sits at the prime intersection of Fifth Avenue and Laurel Street, rivals North Park’s most popular watering holes in terms of the number of craft drafts it offers — more than what you’ll find at Toronado, Waypoint Public, Beerfish and the like.

With 70 taps in all, beer aficionados can loll over brews in a sudsy lunch with a touch of brunch.

Next to these tidy streets. Yes, there is Edison-style lighting, but it proves a delicious stabilizer to the exposed bone in each serves as a side of house-made ranch dressing, which was excellent.

For example, he does wonder with chicken drummies by frenching the meat so that the meat’s gentrified in comparison.

If there is one commonality between Bankers Hill and North Park, it’s that the former embraces a serious beer bar.

If there is one commonality between Bankers Hill and North Park, it’s that the former embraces a serious beer bar.

In a visit shortly after the establishment opened three years ago, I drank a lot and ate a little. House-made leather cheeseburger with pretzel bites, I recall, proved a delicious stabilizer to my enthusiastic beer intake. This time around, a friend and I delved into both the lunch and brunch menus on a Sunday afternoon, and washed down our chow with a customized beer flight.

Students can choose as many 4-ounce tasters as they prefer from the entire beer selection, which hails 100% from California breweries. They cost $3 apiece. We chose four.

Among them was a stunning blonde coffee stout by North Brewing Company. We would have never guessed from its light-gold color that the alluring flavor of coffee, as though milk and a touch of sugar were mixed in, would be so evident.

A Reuben sandwich on marble rye sourced from locally based St. Tropez Baking & Beyond came with an appealing twist. Zamarripa gives the house-roasted corned beef a faint brown-sugar glaze, which results in a hint of sweetness that plays into the sauerkraut and Thousand Island-type sauce inside the sandwich.

A few different flame-broiled burgers are in the offing. We chose the classic “Drafthouse” burger with cheddar, lettuce, tomato, raw onions and “secret sauce.” It completely sated the burger craving I had for weeks.

As for the french fries that came with it, we became quickly obsessed. The medium-cut spuds — 888-999-9844

The house cheeseburger and fries

The L-shaped layout features a large bar, multiple indoor-outdoor seating areas, natural textures and windows that look out to these tidy streets. Yes, there is Edison-style lighting, but it

For dipping, we asked for a side of house-made ranch dressing, which was excellent.

As if our meal couldn’t get any naughtier, we turned to the brunch menu that was still in effect and ordered the chef’s latest creation for dessert — bananas Foster French toast.

Beer suddenly becomes a footnote in the face of puffy egg-battered bread slices drenched in battery bacon-rum syrup and topped with candied pecans and whipped cream. It was as though a sugar angel descended on our table and said, “Put down the beer and come with me.”

We basically did while forgetting for a moment that we were in one of Uptown’s finest tap houses.

Frank Sabatini Jr. is the author of Secret San Diego” (ECW Press) and began his local writing career more than two decades ago as a staffer for the former San Diego Tribune. Reach him at fsabatini@san.rr.com.
The book is long…
…and the ending has not been written

ALBERT FULCHER | Gay San Diego

Diversi onary Theatre is wrapping it up its 33rd season with a marvelous uproarious “unromantic” comedy “Significant Other” that illustrates that love is an elusive reverie for some in the world. Looking for romance is center stage in this production as Jordan (Tom Zohar) seeks his “matching half of a human whole” as in Aristophanes, Plato’s “Symposium.” Filled with love from his best friends, one by one, began dating, marrying and having children. Jordan is an energetic emotional wreck as he watches his life slipping past him while others are fulfilling his lifelong dream of love, marriage and children. What follows is a hysterical look at the life, emotions, and drama between friends and lovers as Jordan wonders if he’ll ever find the Mr. Right in his life. This message is a driving force as he goes through a barrage of bachelorette parties, baby showers, weddings as he tries to navigate his own way through his unstable single life. Playwright Joshua Harmon is a master of words in the play bringing an age-old theme into a bright limelight with his witty writing and comedic timing. There is never a dull moment and when you least expect it, there are some hidden treasures of heartening insight scattered throughout the play. And this entire cast got it, portrayed it and delivered it with an outstanding performance from the first line to the last. Simply a deliciously entertaining play that makes you laugh, tug at your heart and gives hope that love is waiting out there for everyone. Casting for this play was spot on. Zohar ruled the stage with his emotional delivery, whether showing love for his friends, discourse with their impeding future, visiting is superiorly wise grandmother (Dagmar Krause), fielding potential mates for his girlfriends and looking for love for himself. And the rest of the cast followed the same course. Bryan Bannville and Wil Bethmann did a superb job in multiple roles as friends, husbands and dates, never leaving you wonder what character was on stage at the moment.

‘Significant Other’

Runs through June 23
Diversi onary Theatre
4545 Park Blvd. #101
Diversi onary.org
619-220-0097

Although sometimes outrageous, the friendships are relatable and feel real. They make this play a safe place to get lost in a story, and this is a rare thing to witness.

— Albert Fulcher is the editor of Gay San Diego. He can be reached at albert@sdcnn.com.

Theater

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FROM PAGE 7

RARE

to incorporate many of SDUFNS’s initiatives in their own public education facilities. SDUFNS isn’t resting yet. They continue to seek ways to feed kids throughout the year in the most healthy and cost-efficient method possible. “We are nourishing minds and bodies,” Marten declared. “We want to do it well, and we want to do it right.” Production kitchens, such as the one at Pershing Middle School, are available for kitchen tours by appointment. To set up a tour, view all school menus and resources, or learn more about the “Summer Fun Café,” visit sandiegounified.org/food or follow @sdfarmtoschool on Twitter, Instagram, and Facebook.

— Freelance writer Joyell Nevins can be reached at jnevins@gmail.com. You can also follow her blog Small World, Big God at swbgblog.wordpress.com.
Eleven-year-old Ava Patri was a first-place winner in the sixth-eighth grade category. Here she poses with Mission Hills Nursery owner Toni Palafox. (Photo courtesy Jaimee Brant)
Upton Democratic Club makes District 3 endorsement
Club voted to support longtime member Stephen Whittburn’s bid to replace Chris Ward

Kindra Sitter

The four Democrats vying to replace Chris Ward in City Council District 3 descended on the latest Upton Democratic Club on May 28 to share their vision for the city. Two of them, Adrian Kwiatkowski and Stephen Whittburn, had already faced each other in 2008 while running for the same seat. However, they both lost to Todd Gloria. The other two are first-time candidates: Toni Duran and Chris Olsen.

In a question about San Diego police, including marginalized communities losing trust in the force, Kwiatkowski spoke with derision of the many controversial policies through. He did not focus on his work at the California State Treasurer’s Office or his more recent work as head of a grassroots organization (HOA) to illustrate his understanding of the politics of city hall, the HOA can certainly be a microcosm of the barrier to getting things done.

Kwiatkowski is a lobbyist who has successfully advocated taking power away from the City Council he is now running for through his support of a strong-mayor structure of government which gave the mayor a large degree of control and responsibility once held by the City Council. He also touted his experience pushing controversial but effective programs like clean needle exchanges. In a puzzling turn during the forum, he did not focus on his work at the Strong Mayor-Council Institute or on ending smoking on local beaches, but instead used situations in his more recent work as head of his neighborhood’s homeowner association (HOA) to illustrate his effectiveness as a leader. While an HOA can certainly be a microcosm of the details of his ideas. He may not have served in a high government office before, but with his neighborhood input is needed to make sure new development is in line with the community. Whittburn is the director of the American Cancer Society in Southern California and a former top executive at the American Civil Liberties Union (ACLU). He has also done neighborhood advocacy on the North Park Planning Committee and is a longtime member of local Democratic groups.

While he made calls for bold, progressive leadership, he is qualified for the role after decades of community service and volunteering.

Top issues: Making city’s Independent Budget Analyst evaluating San Diego’s budget proposals each year. Rather than making him a fiscal conservative, this role convinced him San Diego needs to increase spending in order to proactively face the top issues the city is facing. Olsen has a stunningly detailed knowledge of policy and it’s clear that policy is the driving force of his campaign. His biggest challenge at the debate was trying to fit in major proposals into a minute. Olsen did prove himself to be a likable candidate as he shared stories about his personal life. In some cases, this did mean when he jumped into the solution for the issue, he used terms like “last-mile problem.” Anyone with knowledge of public transit advocacy is familiar with this term, but the average Democrat may not be. Making his proposals accessible to everyone, not just the policy wonks, will likely be a continued concern during his City Council run.

He is also trying to overcome having less financial and formal support than some of his opponents with high-levels of community engagement. I have encountered all of the candidates at planning group meetings and this is one of the reasons why. Olsen has attended the most of those meetings by far and has not just used his time to pitch his own campaign. Instead, he went to Uptown Planners to urge people to attend a budget town hall meeting and spoke in favor of the controversial move to add a protected bike lane on 30th Street at a heated North Park Planners meeting. Olsen did not receive the endorsement of the club but did show Whittburn will not have an easy race to the end.

After hearing each of their pitches and answers to five questions, more than 60% of the 30 or so club members decided to endorse Whittburn in the first round of voting. He already has endorsements from several prominent San Diego politicians and groups, including state Assemblywoman Lorena Gonzalez and retired City Council member John Hartley. This latest endorsement shores up his position as frontrunner in the race with the most backing and support from traditional party mechanisms (in turn, this creates three underdogs which Americans tend to romanticize, so the race is far from over).

The following are Upton News’ analysis of the four candidates a year before the actual vote.

Toni Duran

AKA Regular Joe Jane

Top issues: Police reform, fixing infrastructure, homelessness crisis.

Standout quote: “We have to really relook at all of this (adding housing) if we really do want to solve the homelessness crisis, if we really want to do something about making sure people can live in the neighborhoods they want to live in. I wanted to live here in District 3. It took a lot to live here, thanks to my family.”

Interesting proposal: Cracking down on scooter companies so scooter companies will stop customers from leaving scooters on sidewalks, riding dangerous, etc.

Adrian Kwiatkowski

AKA Mega-Mayor Maker

Top issues: Instead of going into depth on policies he endorses, Kwiatkowski focused on his track record, which involves successful implementation of a clean needle exchange, veterans housing, and smoke-free beaches and parks.

Standout quote: “We have an organizational and employee crisis in the city of San Diego. San Diego is historically a cheap city. We talk a big game but don’t want to pay for things. That has been the case forever and we need leaders who are gonna go up there and make the case that we need to invest in our community.”

Interesting proposal: Cracking down on scooter companies so scooter companies will stop customers from leaving scooters on sidewalks, riding dangerous, etc.

Chris Olsen

AKA Policy Pro

Top issues: Instead of going into depth on policies he endorses, Kwiatkowski focused on his track record, which involves successful implementation of a clean needle exchange, veterans housing, and smoke-free beaches and parks.

Standout quote: “I’m definitely running as a neighbor who wants to make sure everyone and that means definitely being pro-growth, but not pro-growth just for the benefit and profit of developers. Pro-growth for our climate, for bringing people closer to the where they live, to where they work, to shorten commute times, and for making sure people of all different income levels have access to different pricing options of new housing we’re putting online.”

Interesting proposal: Olsen has worked for the city’s Independent Budget Analyst evaluating San Diego’s budget proposals each year. Rather than making him a fiscal conservative, this role convinced him San Diego needs to increase spending in order to proactively face the top issues the city is facing. Olsen has a stunningly detailed knowledge of policy and it’s clear that policy is the driving force of his campaign. His biggest challenge at the debate was trying to fit in major proposals into a minute. Olsen did prove himself to be a likable candidate as he shared stories about his personal life. In some cases, this did mean when he jumped into the solution for the issue, he used terms like “last-mile problem.” Anyone with knowledge of public transit advocacy is familiar with this term, but the average Democrat may not be. Making his proposals accessible to everyone, not just the policy wonks, will likely be a continued concern during his City Council run.

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Stephen Whittburn

AKA Chronic Candidate

Top issues: Housing crisis, homelessness, hardworking people struggling to make ends meet

Standout quote: “You know me. You’ve seen me advancing our values for many years and you can count on me to advance our progressive values on the San Diego City Council.”

Interesting proposal: Whittburn supports adding affordable and middle-income housing but emphasized neighborhood input is needed to make sure new development is in line with the community. Whittburn is the director of the American Cancer Society in Southern California and a former top executive at the American Civil Liberties Union (ACLU). He has also done neighborhood advocacy on the North Park Planning Committee and is a longtime member of local Democratic groups.

Of all the candidates, he was the most polished and clear. He rambled less than Kwiatkowski, who often went overtime. Plus, he struck a middle ground between the empathy-first approach of Duran and the policy-heavy proposals of Olsen. He gave clear and concise endorsements of several policies, including the clean election ballot measures, ending police surveillance, and improved transit options. Whittburn focused on making his stance clear over explaining the details of his ideas. He may not have served in a high government office before, but with his personable approach to greeting each attendee of the meeting, it was obvious this is not his first campaign.

In some ways, he has less experience in traditional government roles than his opponents. Still, his long list of endorsements from many party leaders he is qualified for the role after decades of community service and volunteering.

While he made calls for bold, progressive leadership, his style made clear is he is the palatable and polished sort of candidate party officials expect to win with in the blue district. If District 3 turns out to be looking for fresher and unique candidates, then he may be in trouble.
**Dining & Entertainment**

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**Business & Retail**

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Friday, June 14

**Significant Other** – As Jor- dan Berman bonders the new world, the search for Mr. Right, he wards off lonely nights with his trio of close-knit girlfriends. As single's nights turn into bachelor- ette parties, Jordan must face his own capacity to love and be loved. This hilarious and heartwarming story is a Broadway comedy dives into the trench- ests of life, love, and an aspirational gay wedding, reminding us that you can't hurry love but you can help how you wish you could. Diver- sity Theatre. Runs Friday, June 23. $15–25. Dates and times vary. 4545 Park Blvd. bit.ly/2EOmRN

2019 Rainbow Prom – An en- chanting celebration awaits you on the lawn of 2019 Rainbow Prom! The theme this year is “Haunted Fairy- tails” and every single detail has come dressed as a spooky fairy tale. We are here to create an af- firming and magical prom for LGBTQ+ students from all levels. CorePower Yoga is offering a special offer to Rainbow Pride to give back to the community. With CorePower open- ing a new studio in Little Italy, we thought it would be best to give back, show our true colors, and encourage our friends and loved ones to come, con- nect, and give back the community. The class will be lead by Juan Ayala, the Little studio manager; assistants and fellow teachers will also be in attendance. For reservations and more information, call 619-231-0222. More information will be hearing about how the day will be! For reservations and more in- formation, go to bit.ly/2EGU5H.

Saturday, June 15

**Father’s Day**

Bank & Leaf, a restaurant located at 2202 Fourth Ave., will celebrate with a dad- themed dinner and wine pairing. Chef de cuisine Jason Gethin will prepare a 10-ounce New York strip, paired with a glass of Chappellet Mountain de Cuisine Jason Gethin will prepare a 10-ounce New York strip, paired with a glass of Chappellet Mountain. Tickets are $75 per partici- pant age 5 and up and include the day pass to the Space is limited. Adults must accompany youth under 18. For reservations and more in- formation, guests can visit sdnews.com or call 619-234-9153 ext. 122.

**Upcoming Events**

**RECURRING EVENTS**

**Mondays**

Lestat’s West Open Mic
Weekly open mic event host- ed by Robby Robertson every Monday, 6:30–11 p.m. at Lestat’s, 3343 Adams Ave. bit.ly/LestatWest

**Tuesdays**

Introduction to Buddhism & Meditation
Join an all-ages introductory class to learn the basic Bud- dhist concepts as well as par- ticipate in a discussion and si- lent meditation. Weekly event led by Jeff Zlotnik. Free, 7-8 p.m. at Dharma Temple 4144 Campus Ave. Also held on Saturdays at 11 a.m.–noon bit.ly/Jharmmond

**Thursdays**

North Park Thursday Market
Shop at more than 90 tents for locally grown produce, fresh seasonal items, fresh and hand-crafted arts and crafts, 3-7 p.m. at 30th and University Ave. bit.ly/ThursMarket

Brightside Barber opens

A new barber shop in Hillcrest is trying to blend the best of classic hair care experience with the convenience of modern technology. Co-owners Landon Strauss and Chris Hjerling got their start in the barbershop industry but decided to try something different. They said their shop is not trying to be trendy but hard to be trendy. They are looking for a need for a general, simple, but classic business that also offered modern tech- nology along with some of the classic experience. Hjerling said.

The pair plans to make Brightside Barber a chain by opening more store fronts in high-density urban areas, where people live, work, play, and get their hair cut.

Opening hours are Monday through Saturday from 9 a.m.- 6 p.m. 3-190-140. The HUB Center, 1050 University Avenue REU1. bit.ly/BrightsideBarber
The students of Monarch have been learning to make their own ice cream and will serve their own flavor at the festival.

More than 10 businesses other than ice cream and gelato shops are also participating.

“I decided to invite them because some of them are either associated with the ice-cream shops, [selling] their products at the shops,” he explained. “Some are nonprofit organizations that I’m friends with the CEOs of, local businesses near my house here in North Park.”

Jason Gould of 10th Street’s Visual art gallery began painting Scoop San Diego’s selfie wall during the North Park Festival of Arts last month.

Other work from the gallery will be showcased at the festival.

These sorts of collaborative efforts are the exact type of relationships Szpak hopes will come from the festival, just as its dessert often brings friends and family together for social gatherings.

“This is our first year in San Diego, so we want to participate and become a true part of the community, said David Aguilera, a managing partner of An’s Dry Cleaning gelato shop on Adams Avenue. “We want to create a culture. We all have to support each other.”

An’s Dry Cleaning — which takes its name from the previous owner of its building — will debut a new flavor at Scoop San Diego and be providing trivia about the differences between gelato and ice cream, as well as the history of the two cold desserts.

More than 2,500 locals are expected to visit the festival. Tickets can be purchased at ScoopSanDiego.org.

A single ticket will enable patrons to sample 10 different scoops of ice cream for $20. A shareable pass can be purchased for $35 and allows access to a sample from all vendors at the festival.

— Jorden P. Bales is a multimedia journalist based in Southern California. Follow him on twitter: @JayPGatsby.
In poorer areas like City Heights or in undeveloped, rural parts of the county, however, under the mayor’s plan, each council district would need to build 140 units of PSH to spread the burden equally.

Many also spoke in support of small businesses using the space. In his January memo to the mayor, Ward already requested the first floor be commercial and reiterated that statement in the meeting.

“All of this is not necessarily mutually exclusive. We can actually have an integrated project that does something even better for multiple purposes,” Ward said.

While responses covered the entire spectrum, even those who came to support the proposal raised questions about how it would be implemented in the affluent enclave.

Council member Chris Ward is behind a recent push to add permanent supportive housing to address San Diego’s homelessness crisis. (Photo by Helen Rowe Allen)

Some Mission Hills residents were concerned about who would be allowed to live there. Russell assured them that sex offenders do not qualify to be in PSH and although residents can be enrolled in drug rehab programs, if they are caught with drugs or breaking any other rules, they will be kicked out of the residence.

PSH can sometimes be for particular populations, like veterans or seniors, but there is nothing public yet on who would qualify to live in the proposed Mission Hills housing. PSH is always for particularly vulnerable populations like people who are disabled, mentally ill or suffering from drug addiction who have been homeless for more than one year or have faced repeated periods of homelessness. PSH is part of a housing-first approach that evidence has shown ends homelessness for individuals hardest to serve and also decreases public costs.

In an email to constituents, Ward promised to ask the mayor that information on the proposed population be shared with the community. He also said he would share the community desire for city staff to evaluate the potential sale of the property and use of funds to build more PSH in another location as well as the possibility of city staff to work with adjacent property owners to potentially combine parcels for enhanced development.

When Uptown News reached out to the mayor’s office last week, Ward had yet to brief Faulconer on the community input. Faulconer’s Senior Director of Communications Craig Gustafson confirmed a request for proposals (RFP) will be issued this month for at least five of the eight proposed sites and another RFP will be issued later.

“The choice is simple: We either help people find a place to sleep inside or we condemn them to sleeping outside. Homelessness affects every community. Which is why Mayor Faulconer is working with council members to add nearly 200 permanent supportive housing units across the city,” Gastaldon said in a statement.

Any winning proposal would be presented to the City Council and require approval before heading to the mayor’s desk.

The plan still has other avenues of opposition. Mission Hills Heritage is applying for the library to receive local historical designation because the library is the only midcentury modern building remaining in the core business district of Mission Hills. Local firm Legacy 106, Inc. is helping the group with that nomination.

The Town Council also held another meeting about the library on June 13. The Town Council joined Mission Hills Heritage and Mission Hills Business Improvement District in calling on the city to preserve the building and repurpose it.

—Kendra Sitton can be reached at kendra@sdnews.com.

6 SMART HOME ESSENTIALS

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

- A home speaker that doubles as a virtual assistant. Current models can answer questions, turn on lights, play video, access virtual assistants like Siri or Alexa, share weather and news updates, act as a timer, and play music on demand. Some models even help you shop online.

- Home cameras. The latest in home monitoring such as Cox Homewell allows for remote live video viewing from your smartphone, video recording and customizable notifications.

- Smart lights. Replace existing light bulbs with energy efficient bulbs that can be controlled remotely with a few taps on your smartphone or tablet. Cox Homewell has an automation feature to control indoor and outdoor lights, bringing you and your pet peace of mind while you’re away from home, as well as saving energy and money.

- Smart locks. Remotely control doors in your home. Features can include voice commands, customized chimes, activity logs, integration with other smart devices, and special codes for friends, dog walkers, and delivery services.

- Smart thermostats. Programmable thermostats allow you to remotely turn the air and heat in your home up and down, and on and off. Save money and energy, and arrive to a warm or cool home.

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