Walk A Mile In Their Shoes

LUCIA VITI | Downtown

Glenn and Claudia Sinkule lost their 25-year-old daughter Nicole to domestic violence. The “artistic beauty” was bludgeoned to death with a hammer – 13 blows to her head and neck – by her boyfriend who was high on methamphetamine. Upon arrival, the police removed the hammer’s claw still protruding from Nicole’s neck.

The young couple’s relationship ran rabid with the red flags of domestic violence. Incredibly, the police were called to the couple’s apartment earlier that fateful day. Assured that the incident in question lacked physical violence, they left. Three hours later Nicole was dead.

In exchange for a guilty plea for first-degree murder, Nicole’s abuser and murderer received the minimum punishment, 16 years to life in prison. Nicole’s story of domestic violence is sadly a familiar tale, one that the Sinkule’s have dedicated themselves to ending.

Glenn and Claudia will be among the many participating in San Diego’s YWCA’s Walk A Mile In Their Shoes event to be held on Saturday, Oct. 13, at Downtown’s Martin Luther King Promenade at K Street.

Men, women and children will don high heels – although heels are optional – and walk a mile to raise awareness for domestic violence.

SEE WALK A MILE, Page 4

Landscape architects from all over the world meet in San Diego

BELLE WILLETI | Downtown

From Nov. 15-18, more than 6500 attendees will take part in the American Society of Landscape Architects’ (ASLA) Conference on Landscape Architecture at the San Diego Convention Center. This is the largest gathering of landscape architects and allied professionals in the world.

From the overview of large-scale facilities improvements

DAVE FIDLIN | Downtown

With high marks for convenience, fewer than average flight delays and robust dining options, the San Diego International Airport recently took the top spot in a nationwide analysis on venues across the U.S.

The Points Guy, a travel resource website, recently released its annual report on the best and worst airports in 2019. The researchers associated with the analysis worked within several parameters, including limiting the scope to the 50 busiest airports in the U.S.

In the report, issued in August, San Diego International Airport was noted especially for its proximity to Downtown — a feature few other venues in major cities across the U.S. can claim.

Points Guy contributor Carissa Rawson conducted the review of San Diego’s airport in her report, describing it as “phenomenally located.”

“San Diego’s airport is one of the most pleasant I’ve had the opportunity to experience, far from the angry hordes of LAX and its nightmarish construction,” Rawson wrote. “Though the air quality is subpar, it’s still a breath of fresh air compared to others.”
The I.D.E.A. District in Downtown’s East Village is starting to live up to its core concept. The plan is to create a cultural mecca where people can work and live in the same area, while growing a community of like-minded individuals. I.D.E.A. is an acronym, which stands for innovation, design, education and arts, and the district is now being populated by a collection of innovators.

Marko Mandaric is one of those innovators and has jumped head first into this sea of creativity by launching his unique automotive aftermarket security device known as Bmmpr. The idea is simple: the device lets you know via your smartphone if your vehicle has been bumped into. Mandaric is the founder and CEO of Bmmpr and has an office located on 13th Avenue in the I.D.E.A. District.

“The idea came to me when my wife and I were traveling northbound from Los Angeles up to Seattle to do some work with Microsoft,” Mandaric explained. “She had a hankering for some yogurt late night and we pulled off into a very dark and dingy part of Oregon. In that grocery store, while she was picking out her yogurt, it dawned upon me how stupid it is that car alarms don’t actually text you when they go off. It’s a simple concept, but really frustrating reality because every single car out there is just like that. So we got to work on that immediately afterward.”

The Bmmpr.com website features a video of Mandaric bouncing a tennis ball off a vehicle which results in a notification on his phone within seconds. This video went viral and now Mandaric is shipping stacks of boxes of his product to excited customers everywhere. The device is plugged into the diagnostic port of the vehicle, which then syncs up to an app installed on your phone. The device senses any vibration to the chassis of the car much like standard car alarms do. The difference is that it measures the impact to differentiate between a small bump or something more severe. Bmmpr rates the impact and with future firmware updates, will identify break-ins, and towing attempts. Additionally, Bmmpr will integrate with GPS to assist in locating stolen cars and helping with vehicle recovery.

Mandaric says that these software updates will be implemented by the end of the year increasing the value of the app. “In the near future, we’re going to be implementing break-in detection and towing situations. So you’ll be able to tell what’s been happening to the vehicle and have an appropriate response. If somebody backs into your car and it’s a significant amount of damage, you should probably go take a look. But if somebody has broken into the vehicle, you should probably stay away and call the authorities. Each individual car installation has its own cellular connection so you don’t have to be near the vehicle whatsoever. We actually had one of our original investors on his honeymoon in Taiwan get a notification on the other side of the earth about his car in Los Angeles.”

Also in the works will be a feature to allow car owners to hot dial 911 from within the app. “We’ve been working on this for a good solid four years and are really excited to have our units out in the world. Our customers have been waiting for those units it was amazing watching them get installed the day they got delivered. They were eager for our hardware to start doing what we’d showcased on our tennis ball test. It speaks to us that what we’ve created is really something that people want.”

The Bmmpr device is available at Bmmpr.com

—Vince Meehan can be reached at vinniemeehan@gmail.com.
YES, PLEASE.

OVER 24,000 SQ. FT. OF HOTEL-INSPIRED AMENITIES?

New high-rise condominiums and hotel-inspired amenity collection, all just steps to Little Italy and the Downtown waterfront. Move-in ready with model home tours now available. 2 bedroom homes priced from the high $700s and penthouses from the low $2.2Ms.

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Walk A Mile
CONTINUED FROM PAGE 1

San Diego Downtown News
October 2019

violence while supporting the many programs offered to victims of abuse by YWCA’s Becky’s House.

The Sinkules also participate to “keep Nicole’s memory alive.”

“We walk to help others spread the word about a topic few are willing to talk about,” said Claudia.

“Domestic violence is a non-issue until people become victims,” added Glenn. “Walk A Mile In Their Shoes is a lighthearted day that brings exposure to the victims shamed by domestic abuse.”

The self-described “poster children” for a club they never wanted to belong to, promise to walk at the annual event, now in its 12th year, until the cycle of abuse ends.

“Walk A Mile In Their Shoes engages men and women to discuss the issues surrounding domestic violence,” said Heather Finlay, YWCA’s chief executive officer.

“Men walk in heels as a symbolic gesture to initiate a conversation and raise awareness of the issues surrounding domestic violence, although heels are optional; all shoes are invited.”

“Everyone walks in their chosen shoes to raise money as we – the YWCA and Becky’s House – educate the community to the services that we provide for victims too frightened to ask for help,” she continued.

Finlay described the endemic of domestic violence as “pervasive.” One in 4 women and 1 in 7 men experience domestic violence, usually at the hands of a spouse or partner. One in 7 children are added into the mix. No one is exempt.

“Domestic violence knows no boundaries,” she said. “Domestic violence affects everyone regardless of race, gender, age, creed, income or socio-economic status. Walk A Mile In Their Shoes engages the community to understand the issues of domestic abuse while reaching out victims to let them know that they’re not alone.”

Finlay noted that the programs offered by the YWCA and YWCA’s Becky’s House are dedicated to helping victims and their families secure safety from their abuser and recover from the trauma of violence. In addition, counselors work with victims to obtain permanent housing so survivors may ultimately achieve independence.

Finlay encourages everyone to join Walk A Mile In Their Shoes and speak out against domestic violence.

“Join us to walk a mile with your friends, family and colleagues in solidarity with domestic violence survivors,” she said. “Everyone and every shoe is welcome!”

Post-walk activities will include fresh Mediterranean fare provided by Luna Grill, the musical trio Mo Jo Jackson, and family-friendly activities and games including a “best-looking shoes” competition.

SEE WALK A MILE, Page 8
The future of sidewalk vending Downtown

Lana Harrison | San Diego Partnership

Residents and visitors of San Diego may have recently noticed a new sound around town—the jingle of small, mobile carts announcing the presence of sidewalk vendors with a broad array of goodies. It can be hard to ignore the call of a refreshing ice cream while walking around town on these beautiful San Diego days.

These sidewalk vendors are, formally, a recent phenomenon in San Diego, at least since Senate Bill 946, signed in September 2018 by then-Governor Jerry Brown, went into action in January.

As with any new policy that impacts the business and social environment, there are undoubtedly a lot of questions: How did this start? Why the change? Where do things stand today and what kind of input can vendors expect regarding regulations coming through the legislative pipeline? SB946, also called the Safe Sidewalk Vending Act, decriminalizes sidewalk vending, citing opportunities for entrepreneurship and economic growth, especially for low-income and immigrant communities, and the dissemination of culturally significant food and merchandise as the benefits of this approach to sidewalk vending.

Indeed, since the law went into effect at the beginning of this year, these small-business owners seem to have quickly utilized the change in policy. Concerns have been raised, however, that unregulated sidewalk vending poses unintended risks.

Under SB 946, local governments can establish parameters that regulate how the enterprises operate within the public right of way and impact public health and safety. As a result, Mayor Kevin Faulconer has proposed an ordinance that would establish permitting and operating procedures. Below is a non-exhaustive list of some of those regulations.

PERMITTING

Vendors would need to obtain a $30 permit (with a valid business tax certificate and release of indemnification) through the City Treasurer's Office, valid for one calendar year. Food vendors would need a valid County Health Permit and Food Handlers Card.

The following areas in Downtown San Diego would be prohibited:

- Fourth and Fifth avenues between Broadway and Harbor Drive
- Imperial Avenue from Park Boulevard to 17th Street
- Petco Park and the Ballpark District on event and Padres game days
- Sixth Avenue through 14th Street between Market Street, Harbor Drive, and Commercial Street
- Within 500 feet of the Convention Center during conventione

Additional proposed requirements:

Vending would be allowed in public parks except during the summer moratorium in Balboa Park, Mission Bay Park, Presidio Park, Belmont Park, and the beach from Ocean Beach to La Jolla.

Prohibited within 5 feet of any fire hydrant, fire escape, or above ground facility (i.e. streetlight, tree well, parking meter, scooter corridor).

Within 15 feet of another sidewalk vendor, intersection, driveway, building entrance, parking space, access ramp, outdoor dining or patio area, public restroom.

Within 25 feet of any fire lane.

Within 100 feet of any vehicle entrance, emergency facility, major transit stop, city street or sidewalk closure.

And within 500 feet of any permitted special event, school during recess or within 30 minutes before or after operating hours, and city sports facilities on event days.

The proposed ordinance was unanimously forward ed to the City Council by the Economic Development and Intergovernmental Relations Committee, with additional local prohibitions that include cross streets bounded by Kettner, Columbia, Beech, and Laurel.

In an effort to communicate the regulations outlined in the ordinance as well as receive input from sidewalk vendors and community members, the city of San Diego is hosting a number of workshops, which can be found at sandiego.gov/sidewalkvending and is inviting additional comments at sidewalkvending@sandiego.gov.

Lana Harrison is the communications coordinator for the Downtown San Diego Partnership. She can be reached at lharrison@downtownsandiego.org.

Attendees will also have the opportunity to explore San Diego in 12 different field sessions, which include tours of Balboa Park, Torrey Pines State Park, the San Elijo Lagoon, UCSD, historic biotech campuses, outdoor learning labs, waterfront and urban parks, a major urban mixed-use development, and Tijuana.

The ASLA Expo will explore hundreds of new products, services, technology applications, and design solutions. With nearly 300 exhibitors, the expo is the largest trade show in the

CONTINUED FROM Page 1

The conference features over 100 speakers and experts, discussing a wide variety of subjects, including climate change and resilience, and the design of parks, streetscapes, and other public spaces.

Waterfront Park at the County Administration Building (Photo courtesy Schmidt Design Group)
**Guest Editorial**

**What San Diego County is doing to prevent suicide by first responders**

NATHAN FLETCHER // DAVID LEONHARD | LaKerns

More first responders lose their lives to suicide than in the line of duty. We’re doing something about it.

In the past, when something happened in our country—remembered the first responders and innocent Americans who lost their lives during the Sept. 11, 2001, terrorist attack on America.

A lot has changed over the past 18 years, but one thing remains the same: firefighters, law enforcement officers and other first responders in counties and cities across our nation continue to risk their lives to protect complete strangers.

First responders run toward danger when others are running away. They have taken an oath to serve and protect. First responders are highly trained tacticians. They are conditioned to be tough, stoic, and stand up in the face of menacimg situations, all to protect us.

But while first responders are protecting us, who is protecting them?

First responders see traumatic situations daily. Violence, injury and chaos are inherent to the first responders’ line of work and are triggers for trauma and behavioral health challenges.

What San Diego County is doing to prevent suicide by first responders

Guest Editorial

The San Diego County Board of Supervisors supports our policy for a confidential, stigma-free behavioral health support program that was named after a young, talented first responder who tragically took his own life.

The Fire Captain Ryan J. Mitchell’s First Responder Behavioral Health Support Program will help any first responder during a mental health crisis — any municipal or branch of public safety in San Diego County, active or retired.

We want to help first responders make an instant connection with a peer support specialist. They will receive free, confidential help and be connected to a licensed clinical professional. To combat the stigma of getting help, we will also launch a public education campaign about how to get help, manage stress, trauma and behavioral health challenges.

We must do more to protect those who put their lives on the line every day to protect us.

—Nathan Fletcher is a San Diego County Supervisor. Nathan.Fletcher@sdcounty.ca.gov. David Lombardi is president of the San Diego County Deputy Sheriff’s Association, dlombard@sdasd.org. They wrote this commentary for CalMatters.

On Point

**CONTINUED FROM PAGE 315**

The Points Guy recognition comes at a time when airport communications with the San Diego County Sheriff’s Department cited that 526 counseling hours took place from Jan. 1, 2019-March 2019. CalFire reported 72 counseling hours took place during that same period. This is encouraging, but the equity of support services varies across our county.

A recent article in the Journal of Psychiatric Research concluded that stigma and barriers to care are experienced by a significant proportion of first responders, which can lead to delays or refusal to obtain mental health care; increasing the risk of worsening post-trauma mental illness for this group.

The San Diego County Sheriff’s Department is named after a young, talented first responder who tragically took his own life. First responders run toward danger when others are running away. They have taken an oath to serve and protect. First responders are highly trained tacticians. They are conditioned to be tough, stoic, and stand up in the face of menacing situations, all to protect us.

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Parents and their little ones can trick-or-treat in a safe environment. On this spooktacular night, little ghouls and witches will walk door to door to fill their bags with tasty treats and Halloween candy from participating Little Italy businesses. Kids will get to enjoy a Halloween event without the rain. In the Little Italy neighborhood, trick-or-treating throughout the neighborhood will provide an unboolievable night! Treat on India Street will provide an evening of family-friendly Halloween fun. Families, residents and visitors everywhere are invited to enjoy this one-of-a-kind Halloween event and an evening under the stars in this historic neighborhood. Don’t miss out on an unboolievable night!

To stay connected with Little Italy, check out the San Diego Firehouse Museum and learn more things happening in the neighborhood by following @LittleItalySD and Facebook: LittleItalySD. To see you at one of our events!

—Christopher Gomez has been Little Italy’s district manager since 2006. Reach him at chris@littleitaly-sd.com.
From hardware to hardcore to haute cuisine

SANDIE VOLKOFF | JEWELRY SNEAK

Although this structure, adjoining Old City Hall on the northern lot, appears to be a continuation of the Old City Hall building, it is actually a separate building with an entirely separate history. It was built by John P. Backesto, owner of both sites, after the larger property was underway and was the first building in the Gaslamp to be built of all local materials. Architect William Lacey was also responsible for the design of the larger site, now owned by the Consolidated Bank, so the similarities in both buildings are not only notable but understandable and indicate a common bond.

The lower front of the two-story building was of iron with the castings done at the San Diego Foundry according to Lacey’s designs, and the remainder of the building was of brick with a stone finish of Portland cement. All the subcontractors were also local from the roofer to the plasterer to the painter and plumber.

Construction was completed on the bank building in May of 1874, and the “new Backesto brick building,” as it was dubbed by the San Diego Union, was completed approximately a year later.

By the late 1870s, George Marston, well-known civic leader and businessman, was operating a clothing store on the lower level, and the upper level was listed as “Dr.” In September of 1881, Marston sold his stock and interest in the building to Jacob Schiff and F.D. Marth, who remained there until 1892. Both men were prominent businessmen. Upon their departure, they moved their business further up Fifth Avenue to 600-610. During their tenancy, the upstairs was occupied by the Turn Verein Hall, a German fraternal society.

Their departure made way for Todd and Hawley, a wholesale and retail hardware store, which only remained for a year. Enter San Diego Hardware, a San Diego landmark! This move to Fifth Avenue by founders Fred Gasly, John Wood and George T. Hawley, enabled them to establish a storefront and presence on Fifth Avenue. In 1923, they moved to 840 Fifth, where they remained into the 21st century and were still family owned.

In 1924, the Rovilo, first of a succession of motion picture theaters, opened its doors. This enterprise was sold two years later to Alton Stoll, who operated the theater as the Diana Theatre. The Diana was affectionately called the “Flea-ana” by Tom Hom, our first American City Councilman, when he and his brother occasionally went to see a show there. Unfortunately for Mr. Stoll, his theater came with an infestation of fleas! He sold the Diana to Benjamin Hayward in September of 1935.

As the Downtown area deteriorated, so did the quality of cinematic purviews. After WWII, Downtown became a haven for “grindhouses,” or theaters grinding out films from 9:30 in the morning until 5:30 the following morning. Many of these film houses were infamous for their pornographic movies and peep shows.

The Diana was no exception. It changed owners and names regularly, becoming the Roxy and the Savoy in the 1940s and finally, in the early 1970s, the Bijou. The Bijou was operated by Pussycat Theaters and their franchise owners, Vincent Miranda and George Tate. They advertised the Bijou as screening adult films. Miranda and Tate also owned the casino across the street from the Bijou, the Tower, the Antec and the Balboa on Fourth. Additionally, they owned the William Penn Hotel and the Hotel St. James. The Bijou operated until the late 70s, when it became the Cinema XXX — showing very adult films! Cinema XXX closed in 1981.

The restoration of the Gaslamp in the 80s resulted in the closure of all these cinematic ventures. The buildings, including the Bijou, have been restored to their original appearances and have been preserved and repurposed into thriving attractions for the multitudes of tourists and locals who frequent the historic Gaslamp Quarter.

The Bijou was reopened in 1999 as Greystone Steak and Seafood. It is one of San Diego’s highest rated restaurants and a top dining destination in the Gaslamp.

Sander Willcott is the historian for the Gaslamp Quarter Historical Foundation. She can be reached at swhillott@gaslampfoundation.org.

Connecting generations through technology

Snapchat is another option for sending and receiving custom pictures or videos with a variety of fun filters and lenses.

How to Help Your Grandparents

Only 44% of grandparents identify as tech-savvy.

Teaching non-tech savvy family members how to use video chat and social media can be a bonding experience. You can also set your grandparents up with useful home features like the SAGE Universal Remote, which allows them to control their TV and other devices from their smartphone. Less tech-savvy grandparents may not realize they can watch their cable TV content from their mobile device or schedule DVR recordings with apps like Google Home and Connect.

Giving your elders the power to connect helps build relationships with the people you love most, and that’s priceless at any age.
A quixotic musical production in ‘Man of La Mancha’

By Jean Lowerson

What is it about “Man of La Mancha” that always brings me to tears, no matter how many times I see it? It’s the reminder of what we do to ourselves and others, and the chance to consider what we might be if we dared give our better nature free rein.

San Diego Musical Theatre offers a sterling production of the five-time Tony-Award-winning show through Oct. 27 at the Horton Grand Theatre. Scott Thompson directs.

The setting is Spain during the Inquisition, where the writer Miguel de Cervantes has just been arrested and is tossed into jail to await trial, not for any violent crime but for the temerity of foreclosing on the monastery of La Merced in his other job as tax collector.

There, tradition has it, he must first be judged by his fellow prisoners. Cervantes will defend himself by telling the story of his faithful sidekick Sancho, who early on tries to explain to Aldonza why she sticks with this crazy guy with his lunatic ideas in four simple words: “I Really Like Him.”

Meyer gives us the most convincing Aldonza I’ve seen, with a voice that can make you believe she’s either a slut or a princess at will.

Townsend is spectacular as royalty rather than “a strumpet men use and forget.” On a suitably tacky-looking rented set, the Captain of the Inquisition (Brian Doig) occasionally descends the famous, ominous retractable staircase to snatch the next victim, while the remaining detainees listen to Quixote’s story.

Whether Quixote goes off with corkscrew-shaped sword to fight a “monster” that turns out to be a windmill, or charges off to the “castle” he sees in the distance (where he hopes to be dubbed a knight), his trusty squire and friend Sancho humors and protects him.

There isn’t a weak spot in the show, nor in this production. Kudos to director Scott Thompson, who keeps the circus moving, and to Don Le Master, SDMT’s conductor extraordinaire, who leads his capable if invisible 13-member band from their perch above the audience.

The actors do the rest, enchanting the audience from the first moment. Don’t miss this show.

—Jean Lowerson is a long-standing member of the San Diego Theatre Critics Circle and can be reached at infodame@cox.net.

Theater Review

The details

“Man of La Mancha” plays through Oct. 27, 2019 at the Horton Grand Theatre, 444 Fourth Ave., Downtown.

Wednesday and Thursday at 7:30 p.m.; Friday and Saturday at 8 p.m.; Sunday at 2 p.m.

Tickets: 619-560-5740 or sdmt.org

Before facing a judge, Cervantes first faces a jury of his fellow prisoners.

The Grande Colonial & NINE-TEN extend their timeless elegance and unwavering hospitality to holiday occasions of every description. Whether planning a luncheon for 10 or a sit-down dinner for 60, guests can count on custom menus paired with the perfect holiday wines — all inspired by master sommelier Edret Swett. Call for a custom proposal.

For reservations and information, call 858-729-5382.

The Grande Colonial & NINE-TEN

Restaurant & Bar

Executive Chef: Jason Knitt
Pastry Chef: Jose Alonzo

910 Prospect St., La Jolla, CA 92037

528.279.2596

TUES THE SEASON TO BE JOLLY.

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gcj.com/holidays | nine-ten.com/holidays
**Food & Drink Blotter.**

*BY FRANK SABATINI JR.*

The most talked-about restaurant to open Downtown in a while is *Animae*, a $5.5 million architectural wonder combining sexy Art Deco elements and heavy draperies with an abstract interpretation of an ancient cedar forest on Japan’s Yakushima island.

Launched by the Puffer Malarkey Collective (Herb & Wood, Herb & Eatery, and Farmer & the Seahorse), the pan-Asian menu begins with various crudos and extends to a pan-Asian menu that starts with Farmer & the Seahorse Wooden, Herb & Eatery, Malarkey Collective (By Dustin Bailey)

Brewmaster Benjamin “Benny” Shirley of 10 Barrel Brewing Co. is basking some of his fall/winter beers on the 2004 American cult film, “Anchorman: The Legend of Ron Burgundy.” Fans of the movie, which is set in San Diego, will easily make the connections to the names of the debut beers.

The series kicks off with a session IPA called “Afternoon Delight,” which is made with an experimental hop. Later this fall, look for a pungent black IPA named “Sex Panther,” followed by another session IPA, “Rich Mahogany,” and concluding with the lightly spiced “Scotch Ale.” (By Fox Restaurant Concepts)

**DINING**

**San Diego Downtown News**

October 2019

**SHOP ORGANIC! JIMBO’S**

**IT’S BACK!**

A Los Angeles-based French cafe and wine bar has nuded into Little Italy within a new mixed-use structure on Kettner Boulevard. The 3,000-square-foot Zinque greets with a chic design featuring wrought iron, wooden tables, a fireplace and central bar. It was founded in 2012 by restaurateur Emmanuel Dossetti, who currently has three locations in the LA area.

The bill of fare centers on French classics for breakfast, lunch and dinner such as house-made croissants, sandwiches using bread imported from Paris, various tartines, ratatouille, steak frites, and more.

French fare reigns supreme at the new Zinque in Little Italy. (Haley Hill Photography)

**Bobboi Natural Gelato**

has set its sights on Little Italy for launching its third and largest San Diego location. Due to open by late fall, Bobboi has attracted gelato lovers with its vegan options and unique line of flavors since opening in 2014 in La Jolla.

Cool your palate with charcoal-vanilla gelato. (Bread & Butter PR)

They include “quattroberry,” grape nectar, and charcoal-vanilla. The gelato shop also added a satellite operation in the Little Italy Food Hall, although its newest spot will feature ample seating, weathered-wood accents and windows that open to the street.


Over in Coronado, a spacious all-day restaurant known as *The Henry* is stealing the show with an inviting design that combines midcentury appointments with industrial elements — and with menus that cater to many tastes.

The Henry is now in full swing in Coronado. (Fox Restaurant Concepts)

Founded in Phoenix by Sam Fox of Fox Restaurant Concepts, the Coronado kitchen offers dishes unique to this location, such as fish and chips, tuna over crispy rice, and shrimp cocktail with a Southern California spin.

Established entrees include spaghetti Bolognese, rotisserie chicken, Scottish salmon and more. There is also a full bar that runs along the roomy front patio.

1031 Orange Ave., 619-762-1022, thehenryrestaurant.com.

—Frank Sabatini Jr. can be reached at fsabatini@san.rr.com.
Complimentary house-made potato chips dusted in Parmesan cheese are the first clue the Sicilian-inspired meals you’re about to eat at Barbusa are not of the old-school ilk. Yet after your first chomp into the crispy spuds, traditional table bread served with olive oil becomes an afterthought.

Barbussa is owned and operated by the legendary Busalacchi family — patriarch Joe, his two sons, Joey and PJ, and nephew Nino Zizzo, who serves as head chef.

This is papa Joe’s umpteenth restaurant since he first opened the acclaimed Busalacchi’s Restaurant in Hillcrest some 33 years ago. That had its run along with several other kitchens over time, although Barbusa and nearby Nonna, with its adjoining Zucchero café, have risen as chic destinations for dining with an open invitation to make your own order as a side of the room becomes an afterthought while a large bar on the other wall sets a whimsical tone. If you’re bored with everyday peppers, it’s the place to come to burn, a double order as a typical entree. Although if you have money to spend, they rank on the top of the menu, they’re soon coming off the appetizer menu, but will be offered occasionally as a special. Take full advantage if you see them.

JULIO’ AND RYE WHISKEY-CENTRIC
Extending to signature cocktails, the family’s surname.

Your passport to Sicily on bustling India Street. (Photos by Frank Sabatini Jr.)

Bang-up meals from a trusted, Sicilian family

Restaurant Review

By FRANK SABATINI JR.

“Siciliano.” There’s also local craft beers and numerous wines, including a memorably smooth Mongranua super Tuscan that calls for a little red meat on your table.

Aranzini is a Sicilian favorite involving crispy rice balls stuffed usually with cheese and meat ragu. Zizzo adheres largely to the classic recipe, filling them with ultra-tender beef short rib as well as mushrooms, tomatoes and Parmesan. They’re soon coming off the appetizer menu, but will be offered occasionally as a special. Take full advantage if you see them.

My companion’s choice was funghi e tartufo, which involves tube-shaped pasta tossed in coated oyster mushrooms and cloaked in a whipped sauce of cream, sheep cheese and black truffle oil. Chalk it up to one of those pasta creations that makes you turn a blind eye to the caloric consequences of eating the whole portion in one sitting. Other pasta choices include capellacci (square-shaped pillows) stuffed with pistachio pesto and sun-dried tomatoes; orecchiete (little ears) topped with Sicilian sausage and cream. From a choice of five pizzas, which includes a vegan pie using Beyond Meat sausage and cheese, we opted for the “dolci e picante” accented with soppressata — the poppy cousin to American salami. Covered judiciously with mozzarella and Granna Padano cheeses, it was the stunning in- terplay of the proteins, the tricky Calabrian chili peppers, and drizzles of lavender honey that made this pizza unlike any I’ve previously encountered. Even though I’d vouch for a little less honey, it’s a brilliant construct that pushes the envelope, yet without sending the combined flavors into Kookyville.

As for the crust, it was soft, springy, and easy on the choppers, and with a discernible yeast flavor that commonly goes missing in San Diego pizzas.

Other menu items include seafood from the crudo bar; sirloin meatballs; duck ragu polenta; whole fish of the day; tomahawk pork; and a 20-ounce bone-in rib-eye with “Sicilian seasonings.”

Barbussa is one of the few restaurants in town actually offering a tangible, money-saving deal on Oct. 17 for National Pasta Day. The one-day special allows guests to eat all the pasta they can consume for $35 from a choice of three preparations — with seafood, with meat sauce, or in the form of veggie ravioli. The cost includes salad and dessert.

—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.

The varied drink offerings include a choice of three preparations — with seafood, with meat sauce, or in the form of veggie ravioli. The cost includes salad and dessert.

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(Photos by Frank Sabatini Jr.)

Main entrees, $24.94 to $48.57; pasta dishes, $16.42 to $24.92; main entrees, $24.94 to $48.57; pizzas, $14.31 to $17.25; appetizers, $14.85 to $23.87.

Prices: “For the table” appetizers, $14.85 to $23.87; crudo bar items, $13.76 to $19.88; salads, $12.22 to $12.78; pizzas, $14.31 to $17.25; pasta dishes, $16.42 to $24.92; main entrees, $24.94 to $48.57. (L-R) Mushroom-rich funghi e tartufo pasta; Sweet and spicy ‘dolci e picante’ pizza; Spaghetti ‘granchio’ conceals sarrano chilies and dungeness crab

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Your passport to Sicily on bustling India Street. (Photos by Frank Sabatini Jr.)

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The 15th annual Strut for Sobriety was presented by A New PATH (Parents for Addiction Treatment & Healing) on Sept. 21 at the Sheraton San Diego Hotel & Marina. The luncheon and fashion show is about reducing the stigma of addictive illness and finding quality treatment rather than incarceration. This signature recovery event began with a Champagne social hour and fun shopping in booths set up by local boutiques. TV personality Geni Cavitt was the “Mistress of Ceremonies” for the afternoon. She got the program rolling by announcing the 2019 Path to Recovery honorees. Awards were given to Claudio Cabrejos, M.D., Mary Jo Grubbs, Grace Micetich, and Donald Stewart, Ph.D., for their service and countless hours of volunteering.

Radio and television’s Little Tommy Sablan was the guest speaker and he presented a special award to Geni Cavitt for her years of volunteering efforts. The honorary chairs were Shirley and Hank Murphy. During the luncheon, guest auctioneer Joe Bauer oversaw the live auction. You may remember him from the “Hudson & Bauer Show,” which is San Diego’s longest running and most successful morning radio team. Chairs for this wonderful event were Liz Crocker and Colleen Ruis, Inc. Professional models as well as guest models who are in recovery strutted down the runway for a special segment wearing Macy’s fashions.

Gretchen Productions produced the theatrical fashion show, which began after the lunch. This entertaining show features a combination of dance, theater, and fashion. The opening number began with models wearing all combinations of black and red. Gretchen Bergman’s trademark has always been to come out in the first segment dancing and singing and greeting the audience. The fashions on the runway were provided by Macy’s Fashion Valley and local boutiques. One of the standout trends in the fashion show was a section with animal prints and models rocked the runway with this fashion trend.

Gretchen Productions is an internationally renowned couture milliner based in the historic Gaslamp Quarter. Learn more about our hat designer, teacher and blogger at DianaCavagnaro.com.
Architects
CONTINUED FROM PAGE 5

Kotchakorn Voraakhom, CEO and founder Landprocess; and Hitesh Mehta, president, HM Design.

Co-chairs of this convention are San Diego landscape architects Vicki Estrada of Estrada Land Planning and Martin Flores of MSF-Landscape Architecture+Urban Design Associates.

Said Estrada, “Our profession is incredibly significant to our future quality of life. Mitigating for climate change, improving and protecting water and air quality, protecting open space, providing for recreation, improving public health, restoring damaged environments, honoring the past, designing for urban resiliency, and providing opportunities to interact with nature are all aspects of landscape architecture. This conference will provide an opportunity for landscape architects to learn from each other as to how we can continue to make our word all it should and can be.” Landscape architects analyze, plan, design, manage, and nurture the built and natural environments, having a significant impact on communities and quality of life. They design master-planned communities, parks, campuses, streetscapes, trails, plazas, hospital grounds, commercial sites, residential landscapes and other projects that help define a community.

Downtown San Diego has a plethora of spaces designed by landscape architects, some highly popular such as Waterfront Park at

14 Once in each row, column and 3x3 block. Use logic and process elimination to

15 Keynote speakers for the conference include Gina McCarthy, former EPA administrator, director of the Center for Climate Health and the Global Environment, who will address the opening session. The closing session is open to the public at no charge but requires

16 The conference and sessions are

17 open to the public; however, paid

18 registration here: aslaconference.com

19 The conference will provide an opportunity for landscape architects to learn from each other as to how we can continue to make our world all it should and can be. Landscape architects analyze, plan, design, manage, and nurture the built and natural environments, having a significant impact on communities and quality of life. They design master-planned communities, parks, campuses, streetscapes, trails, plazas, hospital grounds, commercial sites, residential landscapes and other projects that help define a community.

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Here are some things you can do this season to save between 4 p.m. and 9 p.m. when energy prices are highest:

1. Do laundry before 4 p.m. or after 9 p.m. when energy prices are lower.
2. Caulk/weatherstrip doors and windows to save 10-20% on heating.
3. Let hot foods cool off (1 hr max.) before placing them in the fridge.
4. Turn off computers, TV’s and other electronics when not in use.
5. Prepare meals in a slow cooker outside the hours of 4 p.m. and 9 p.m.

A FEW SMART IDEAS TO HELP YOU SAVE.

Find more tips at sdge.com/whennatters

Time to save.
**BUSINESS & SERVICES / CLASSIFIEDS / NEWS**

**Lung Cancer**

Asbestos exposure in industrial, construction, manufacturing jobs, or the military may result in illnesses. In the home were also exposed. Call 1-866-795-3684 or email cancer@breakinginjurynews.com. $30 billion is set aside for asbestos victims with cancer. Valuable settlement monies may not require filing a lawsuit.

**Get FAA approved maintenance training at campuses nationwide! Get FAA approved maintenance training at campuses nationwide! Call Aviation Institute of Maintenance 800-481-7894.**

For more information about the ASLA conference, visit aslasan.org. For more information about EarthLink, visit earthlink.net/ and for ACE Mentor Program, visit www.acementor.org.

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the waterfront sunset will spin around your address and put your evening workout into high gear. Cool down after class with complimentary Flying Embers hard kombucha to start winding down the day, 8:15 at InterContinental. 5:30 p.m.-6:45 p.m.

Friday, Oct. 11

How to Support Youths Who Engage in Nonsuicidal Self-Injury

The Center for Child and Adolescent Mental Health is proud to present a screening of the documentary, “Mending the Gap: A Healing the Skies.” This powerful film documents the story of a young woman who has lived with depression and is now on a mission to support others going through similar situations. The event will take place at The Westgate Hotel, 111 W. Harbor Drive, 6:30 p.m.-9:30 p.m.

Saturday, Oct. 12

TCYOUD Conference and Health Fair

Taking Control of Your Diabe-
tes (TCYOUD), a national and re-
cognized nonprofit organization, is hosting its 25th annual life-changing conference and health fair for people living with diabetes, their loved ones and medical professionals seeking to advance their credentials. This will be a day of education, engagement and personal growth featuring enlightening lectures and intimate sit-downs with the nation’s leading experts in diabetes care and management as well as a chance for people living with diabetes to take an active role in their health through education, motivation, empowerment and humor. 8:30 p.m.-3:30 p.m.

Saturday, Oct. 19

National Dessert Day

Panda Paddle World Wildlife Fund, a conser-
vation organization dedicated to saving the future of hu-
man and nature, will host its second annual standup paddle-
boarding event. The peer-to-
peer athletic fundraising event aims at raising awareness and funds for global conserva-
tion work all while having fun on the water with a bayside festival atmosphere. Registration starts at $25. Panda Paddle, on October 10, 9 a.m.-12 p.m., San Diego Bay, 9 a.m.-12 p.m.

Sunday, Oct. 6

San Diego Team Hope Walk

The San Diego Team Hope Walk is a fundraising event that will consist of the community coming together to support HDSD’s fight to improve the lives of people affected with Huntington’s disease as well as their families. 5:30 a.m.-1 p.m., 101 W. Railroad Drive, 9 a.m.-3 p.m. Donations go towards The Huntington’s Disease Society of America.

Thursday, Oct. 10

Sunset Takeoff: Rooftop Spin at Layover

Cycle into the setting sun at Layover, InterContinental San Diego’s newest rooftop bar and lounge. Led by an Elevate Training instructor, this 40-min-
ute outdoor class overlooking the rooftop bar will raise a sweat and put your evening workout into high gear. Cool down after class with complimentary Flying Embers hard kombucha to start winding down the day, 8:15 at InterContinental. 5:30 p.m.-6:45 p.m.

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Neuman & Neuman Real Estate successfully represented more buyers and sellers in 92101 than any other agent, team, or brokerage during the past 12 months with 97 closed transactions.