

HILLCREST NEWS



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41ST ANNUAL NICKY AWARDS: NOV. 13, 2016

THE 41ST ANNUAL **NICKY** AWARDS



It is that time of year again, time to recognize outstanding achievement and contribution within San Diego's LGBT community. The nominees have been notified, their categories announced, and their glasses toasted in celebration at Martinis About 4th. Now the nominees must wait, and the people must vote. Read all about it on **PAGE 10**

WHAT'S INSIDE?



Louis Kahn Exhibit

The San Diego Museum of Art welcomes "Louis Kahn: The Power of Architecture," the first retrospective of the American architect's work in two decades. The exhibition presents over 200 objects related to Louis Kahn's selected buildings and projects in several forms. **PG. 6**



Southern Culture on the Skids

Mixing hillbilly twang, vintage rock 'n' roll and swamp rhythms, North Carolina trio, Southern Culture on the Skids, returns to the Casbah on Nov. 7. Currently touring behind their new album, "The Electric Pinecones," not much has changed in the band's 33-year history. **PG. 9**



Girl Scouts Honor Volunteers

Girl Scouts San Diego presented a Courage, Confidence and Character award to Patti Roscoe of Mission Hills. Other local honorees included Community Partner Award recipients Mike Hess Brewing and Chelsea's Light Foundation. **PG. 20**

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 **ASCENT**
Real Estate, Inc.

Self Love & Care Challenge, 2016

BY LEO CHRISTOPHER

We have entered the fourth quarter of 2016, and for many the year has been a tough one. Personally the stress of a career change and looming medical bills eventually caught up. I simply could not get in front of the curve.

The more difficult making ends meet became, the more practical I became in my choices and actions. I ignored everything else, simply buckled down and focused. I cut back on spending and worked harder. I ignored the things in my life that previously brought me joy.

Feelings of frustration, self-loathing, and fatigue took over. I became detached. Over the course of a few months I was completely lost, a mere shadow of my former self.

Something had to shift. I wanted my sparkle back. So I let my knees hit the ground, and I asked the universe for help.

Ten years ago one of the nation's leading orthopedic surgeons suggested I receive reiki to help heal an injury I had, an injury he was about to surgically repair. Being the renowned expert he is, I complied. The experience was NOT what I expected.

I expected my reiki master to

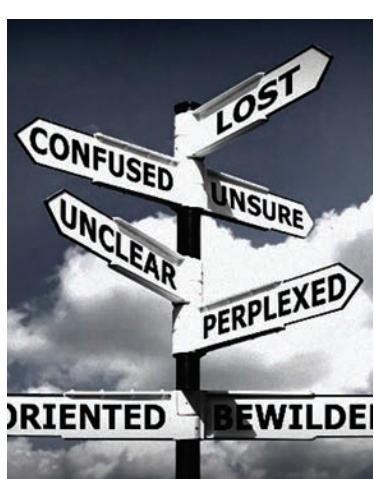
wave his hands over my decimated joint, maybe do some weird breathing, and I would be on my way. Instead, I found myself being lead through a detailed meditation that took me back to my early childhood. I won't elaborate on the details, but a virtual journey ensued. Two days after the treatment I was laid out in bed.

I felt like I was coming down with the flu, but something in the back of my mind told me otherwise. I simply rested and listened to my body. It felt as though I was experiencing a violent detoxification of everything negative that had occurred in my life. As it turns out, that is exactly what was happening.

My first reiki session 10 years ago changed my life in profound ways. A clarity I had not previously understood, layers I had not yet explored, became a way of seeing life daily. So how was it, I could now be so lost. I was doing all the right things, or was I?

Money might have been tight, but I knew I was worth the investment.

With a lot of research and a little luck, I found myself face-to-face with Rev. Dr. Natalie Vail of Soulistic Total Health. An alternative health and wellness practitioner, Natalie



has more degrees than I can count and pulls from all areas of her expertise to heal her patients.

As was my experience 10 years ago, two days following my appointment with Natalie I was laid up in bed. The experience, I learned, is referred to as "healing crisis." This is the effect of having large amounts of toxins pulled from your tissues as they re-enter your blood stream to be flushed out. Plenty of water is highly recommended.

While in the office, during my appointment, I did not feel any huge metaphysical shifts. Nothing cried

out to me that things were altering and my life would get better. I simply showed up. Some 48 hours after my appointment I rested for a day in bed. 72 hours later, I felt a little better. And on the fourth day, the weight and ruins previously residing on my shoulders were gone. I was better person for my wife, a better person for my company, a better person for my dog, and a better person for myself.

So, I want to present a challenge to all of you. Give yourself the gift of healing, the gift of self-love. We went out and tested practitioners for you, so you know you are visiting a healer you can trust and who will deliver.

I cut out my lattes for a month, instead investing those funds in myself. A friend, who tested healers with me, cut out a few nights at the bar. We can say with confidence, it is worth every effort. It feels amazing to be back and vibrant, slaying life and having a blast!

Wanting to offer a few options for clarity we also met with Marcus Fisher for a psychic reading. For my friend John, it was his first healing experience outside of western medicine. Here are his comments:

"As I first walked in to meet Marcus, I didn't really know what to expect. I have never experienced spiritual healing work before. I knew what I had heard and what I have

been repetitively explained about it, but I knew this would be completely my own experience.

"I sat down and started my session not knowing where to begin, but he immediately made me realize that it was ok, showing up was the biggest part. When we were going through what he found, and as he explained what it all meant, I started to feel a clear view opening up. I was able to see things that I never truly took the time to realize before. It was extremely refreshing and helped me find a point to re-center and start appreciating everything that I should.

"Opening my perspective does not begin to properly describe the feeling I experienced. I can only try to explain the feeling of change and the shift in weight and energy. The truth is that it will always be completely your own experience, and that is one of the most beautiful things about it."

Soulistic Total Health,
3990 Old Town Ave.
Suite B-107
San Diego, 92110. (619) 206-
6260. Rev. Dr. Natalie Vail.

The Skeleton Key
Psychic Readings. Magic & More.
416 University Ave., Suite 200.
San Diego. (619) 980-3409.
Marcus Fisher.



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CaliLifeCo.

Hillcrest Business Association's upcoming Annual Meeting & Mixer



Each quarter we have our HBA Open House which we invite and encourage all our members and the community to attend. HBA Open Houses are a great way to bring the Hillcrest community together and find opportunities to get everyone more involved in the neighborhood. You get a chance to let us know what we can do to better serve the business community. This month is our Annual Meeting, so it's the most important meeting of the year. The Board of Directors and Parking District elections will be held. You'll be the first to see a copy of our Annual Report.

When

October 11th from 5:00pm-7pm

Where

H20 Sushi & Izakaya located at 3930 Fifth Ave.

About the organization

The Hillcrest Business Association (HBA) is a non-profit organization, which promotes, beautifies and advocates for the neighborhood of Hillcrest. Our core services include marketing programs, beautification projects, and parking and transportation improvements.

For further information, please contact:

Michael Cox,
Marketing and Member Services Director
Hillcrest Business Association
Phone: (619) 299-3330
Website: HillcrestBia.org



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Experience the Carnival of Creepy Curiosities

Save the date for Nightmare on Normal Street October 29, 2016 6:00pm-11:00pm at the intersection of University Ave. and Normal St.

The anticipated "Nightmare on Normal Street" Halloween street party is taking place on October 29, 2016. Come join us for a scary good time and enjoy the biggest dance party celebration. If you are in San Diego this is the place to be and you don't want to miss out!

There will be late night live entertainment, multiple costume competitions with sassy judges, and two gigantic bars. If that doesn't convince you, then maybe a Complimentary Hosted Cocktail Hour between 6PM – 7PM (for the first 300 guest) will.

The evening's chills and thrills include:

- An "American Idol" style costume competition with local celebrity guest judges and prizes
- Rich's Nightclub sponsored, Main Stage with local DJs
- Food trucks with delicious assortments
- Massive block party with an outdoor dance floor

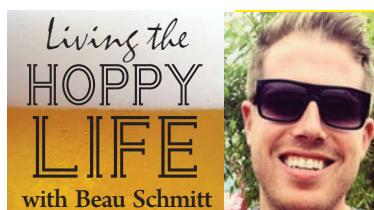
Tickets are on sale now and are just \$15 for general admission. Eat, drink and be scary with our VIP pass for \$45, which includes one complimentary food item, two cocktails, private restrooms with lounge seating and private stage viewing. Visit fabuloushillcrest.ticketleap.com/nightmare-on-normal-street to get your presale tickets, which are guaranteed to sell out!

Proceeds from the evening will go towards the San Diego LGBT Community Center and the Hillcrest Business Association.

*This event is 21 and over.

For further information, please contact:
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Hillcrest Business Association
Cell Phone: (818) 466-4172
Email: Michael@Hillcrestbia.org
Website: Fabuloushillcrest.com





An Oktoberfest for San Diego Beer

During our search a few months ago, we couldn't find an Oktoberfest showcasing a notable lineup of San Diego beers. And we were shocked. I mean, we're in San Diego, the global Mecca for craft beer. So we decided to create one, which we aptly named: BIER.

Every September & October in San Diego, there are numerous Oktoberfests. Their locations range from Ocean Beach to La Mesa and offer notably different atmospheres. Some are drunk-fests and some are family friendly. Some incorporate macro beers like Goose Island, Elysian, Bud Lite & Stella for sponsorship dollars (neither German-styles nor local). And some focus more on Oktoberfest's history and education.

It's no secret that San Diego is America's craft beer capital. With over 130 licensed and operational breweries within county lines, there's a beer for everyone. Duck Foot, Amplified & Green Flash have

gluten-reduced beers. Council & Cellar 3 make fruitful varieties of sours. Monkey Paw & Pizza Port make crazy, uniquely flavored beers. The weirdest one we've had on draft is Monkey Paw's Funky Sea Monkey, a charcoal colored Gose brewed with Squid Ink. Yeah, weird, but salty good.

Our confidence in the San Diego brewing culture led to BIER's creation. The ultimate goal is to throw an annual Oktoberfest wholly dedicated to San Diego breweries. The next step was creating a portfolio of German-style beers from the local brewing community. And they did not disappoint. Over 45 San Diego breweries responded with a list of German-style beers, which were curated into the following draft list:

Tickets: BierSD.com
 Promo Code: "tbpbeerclub"

About The Brew Project:

The Brew Project, located on 5th Ave in Hillcrest, is a restaurant that specializes in San Diego craft beer and upscale bar food. Contact: Beau@TheBrewProject.com"



URBAN GARDENING Creating an Indoor Oasis

BY: NINA RUUD, ART & GARDEN ENTHUSIAST



It's October in San Diego, and summer feels far from over! Although the days are getting incrementally shorter and the Autumn Equinox has passed, it is not too late to take your green thumb off that smart phone and start gardening! The benefits of growing plants in and around your home range from purifying the air you breathe, to eating fresh and delicious foods.

Not all gardens need to be edible, or even outdoors for that matter! Did you know you can turn your home or office into a living, breathing plant oasis, with very little maintenance? Like most people, your spare time may be scarce. Leafy plants, cacti and succulents are all easy to care for and can live for many years. Not only that, they also provide fresh oxygen and purify toxins in the air that often go undetected by our senses. Our houses are filled with toxic substances we may not always think of. Wall paint, adhesives, inks, cosmetics, fabrics,

even cleaning products can all emit micro-toxins into the air. You can purchase expensive air purifiers with debatable results, or you can invest in beautiful house plants that have scientifically proven success in purifying the air you breathe.

Some popular varieties for indoor plants are ivy's, anthuriums, peace lilies, and succulents. Studies show these plants and others purify contaminants like xylene, acetone, ammonia, and formaldehyde. All can

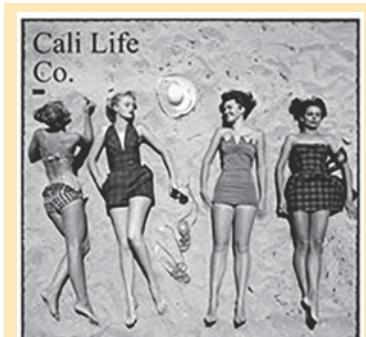
be found in modern day household items and their byproducts. NASA's Clean Air Study, which began in 1989 on space stations, used plants to purify the vulnerable air from toxins and remove carbon dioxide. There studies suggested that one plant per 100 square feet in an office or home can make a difference, so don't be ashamed of starting with just one! Once you get the hang of propagating plants, or you find your favorite nursery to buy them, you will find endless joy in creating your beautiful and relaxing space.

Purchasing house plants from garden centers can turn into an expensive errand. Even though they are a great investment to you and your family's health, it's still good to know of other options. Propagating house plants you or your friends already have can be a fun activity that costs very little. There are different propagation methods for different kinds of plants. For example, plants with stems; you can take stem "cuttings" by cutting diagonally with a sharp knife below the "nodes," which are

the knobs on the stem where leaves emerge. Remove any flowers and place in a moisture-retentive soil. For less mess, less expense, and a higher success rate, I recommend purchasing Rockwool cubes. You can order them online, \$5 for 100 cubes, and they are also great for seeding! The trick is to keep them moist, and add a rooting serum to encourage healthy growth.

Once the plant has a newly established root system, you can plant it in a soil mix, and even add it to other plant containers for a striking visual contrast. Most house-plants enjoy a soil made with peat moss, vermiculite, and perlite. Cacti and succulents require a very well-drained soil, and should not be in the same container as leafy green plants due to different water requirements. When plants are growing outdoors, they have earthworms and weather to aerate the soil they grow in. You probably don't want to invite earthworms in your home! A more appropriate solution is to add sand, vermiculite, or perlite to increase the soil aeration and prevent it from becoming too compacted for the roots to grow.

The most interesting house-plants do not even need soil to grow. Epiphytes are plants that absorb nutrients and water from the environment around them. Examples include mosses, lichens, bromeliads, and air plants. Even orchids are epiphytic plants! Epiphytes grow best on a host plant or tree, although they do not bring harm to the host. They do require occasional water if you are in a dry location like San Diego.



Cali Life Co. is a San Diego-based company, employing local artists to create unique designs for sunglasses, hats, and accessories. Sourcing high-quality lenses with polarized, UV-400 protection, our sunglasses not only look good, they also provide stellar eye protection from the gleaming SoCal sun!

Check us out at, CaliLifeCo.com Or, come and see us in person!

Before You Cut the Restaurant Ribbon

Tips from some of San Diego's successful restaurateurs

There are more than 600,000 food service operations across the U.S. and a few thousand in San Diego. Even with a plateful of enthusiasm, a delicious restaurant concept and the best restaurant staff in town, aspiring restaurant owners should know the odds are against them.

For readers who are considering opening a restaurant and embarking on this journey, here are some of San Diego's best restaurateurs sharing tips for success.

From hiring smart to better budgeting, consider:

TIP NO. 1: Mission, Vision, Values

John Sarkisian – Owner, Encontro North Park:

"Restaurant owners face countless decisions, day in and day out. From location selection to restaurant and menu design, through staffing and operations, there are a myriad of considerations for each decision."

"To avoid becoming frustrated and overwhelmed with the decision making process, I highly advise having a clear mission, vision and values in place. Also, acknowledge the restaurant business is founded on the principals of hospitality and service. With these structural ideas top of mind, you will succeed beyond your wildest dreams."

TIP NO. 2: Teamwork Makes the Dream Work

Luis Pena – managing partner, Romesco and Bracero, Bonita and Little Italy:

"It is crucial to have the right people on your team. You need to find talent; people with drive and passion. This is your motor and these are the people that will power it to get you where you need to be. This includes having an excellent PR and marketing firm than can help you push the expectations of your new establishment through social media."

TIP NO. 3: Better Budgeting

Jeff and Laura Ambrose – Owners, Woodstock's Pizza, Pacific Beach:

"Opening a restaurant takes cash for a lease, equipment, supplies, computer systems, insurance, utilities, hiring and training employees — all before you even open the doors. You're not going to make money the first several months because you'll still be trying to pay off all of the pre-opening expenses. Make sure that your budget includes a cushion."

TIP NO. 4: The Value of a Customer

Lauren Passero Brookes – Owner/Operator, Del Sur Mexican Cantina, The Haven and Kensington Café, South Park, North Park, Kensington:

"Never underestimate the value of a good customer. I am constantly grateful for the amazing customer

support we have. Spending time getting to know our customers and connect with them has made our jobs so much more enjoyable and has really helped with the success of our restaurants. A good, loyal customer is your best form of marketing... they recommend you to others, bring in their friends and family, and can become your second family. Nurture those relationships!"

TIP NO. 5: Expect the Unexpected

Johan Engman – Owner of Rise + Shine Group, Fig Tree Café, three locations, and Breakfast Republic, 2 locations; and opening soon, North Park Breakfast Company and Pizza Republic:

"Expect things to go wrong the first few days. Have people on hand to help with credit card terminals not working, printers not printing, servers making mistakes, etc. Try taking the pressure off by adding some humor, thank guests for being one of the first to come in and buy them a drink or two."

TIP NO. 6: Organization is Key

Pete Cich – Partner, The Duck Dive, Pacific Beach Shore Club, Miss B's Coconut Club, Pacific Beach, Mission Beach:

"Keep detailed notes and checklists, and be sure to audit them every night or before you start the next day. You never want to waste good ideas or forget tasks. Shared note apps such as Evernote or Google Keep; they have been clutch for me in the past. Also, put together an opening team and divide and conquer. You can't do it by yourself. What fun would that be?"

TIP NO. 7: The Fun Factor

John Anderson – Owner/Operator, True North Tavern, North Park

"Most of us chose this industry because it's fun. With that said, we know our technologies, products and structures can be copied. A Jack and Coke at our place is the same as a Jack and Coke down the street. For us, business is about passion and creating new things. We work each and every day to ensure what we do energizes our staff and is fun for the guest."

"We take care of business, but we don't take ourselves too seriously. Our customers want to spend their hard-earned money with us because they feel our energy and they like it. Running a business should be fun for you, and there's every reason why you should be able to communicate that sense of fun to your customers. Have fun and show enthusiasm in everything you do."

So before you cut the restaurant ribbon, gobble up these words of wisdom from some of San Diego's best restaurateurs who've had their taste of success.



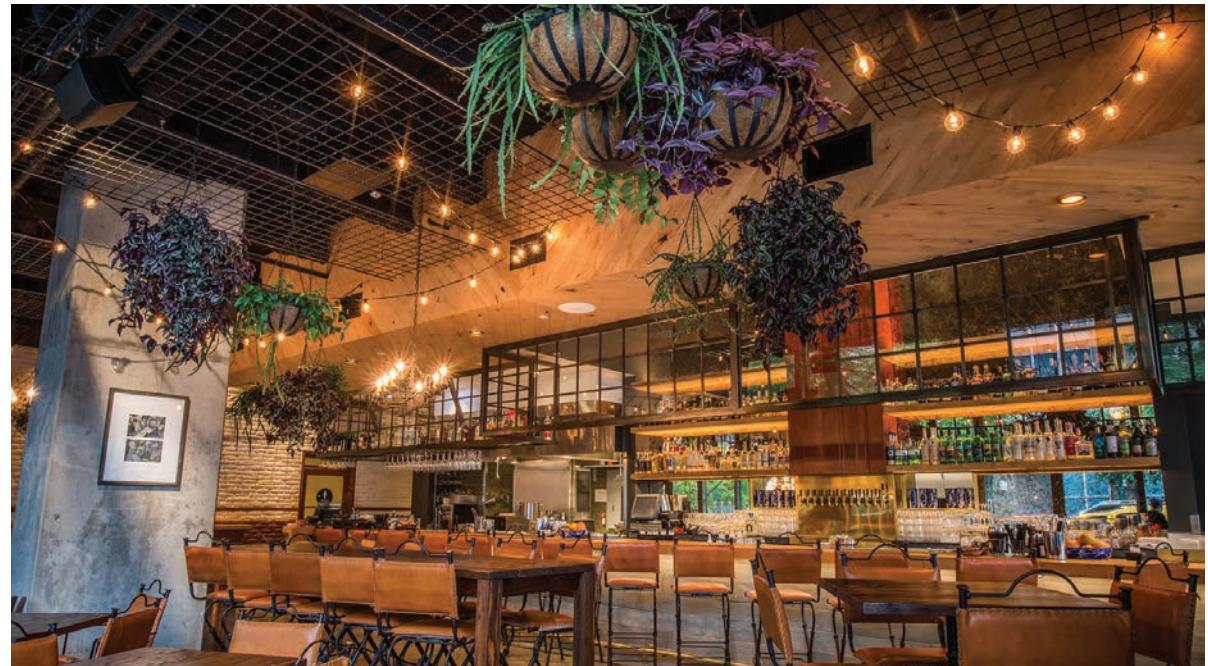
Encontro North Park



Breakfast Republic, North Park



True North Tavern, North Park



Bracero interior



Johan Engman, owner of Breakfast Republic



Del Sur Mexican Cantina, South Park



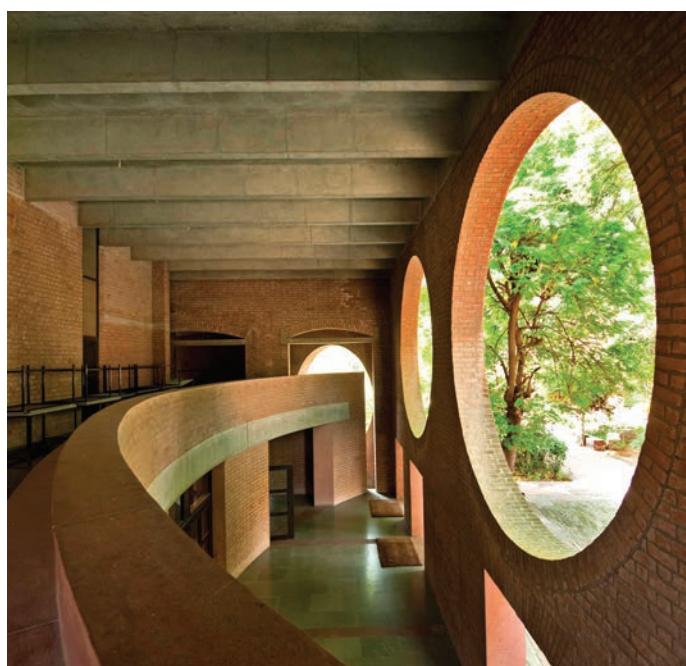
Kensington Café

BALBOA PARK

LOUIS KAHN: THE POWER OF ARCHITECTURE



A RETROSPECTIVE OF THE WORLD-RENNED ARCHITECT'S WORK



Indian Institute

The San Diego Museum of Art welcomes "Louis Kahn: The Power of Architecture," the first retrospective of the American architect's work in two decades.

On view Nov. 5, 2016 through Jan. 31, 2017, the exhibition presents over 200 objects related to Louis Kahn's selected buildings and projects in the form of architectural models, plans, original drawings, photographs, films and more.

The late Louis Kahn is regarded as one of the leading architects of the 20th century. With complex spatial compositions and a mastery of light, Kahn created buildings of dignified beauty and powerful universal symbolism, believing buildings should be monumental and spiritually inspiring. Among his most famous architectural works are the Salk Institute in La Jolla; the Kimbell Art Museum in Fort Worth, Texas; and the National Assembly Building in Dhaka, Bangladesh.

Kahn was an esteemed lecturer and professor at Yale University and the University of Pennsylvania for many years; however, he did not experience his international breakthrough as an architect until he was nearly 60 years old, as his early work in the 1940s and '50s was devoted to residential building and urban planning.

After serving as the Architect in Residence at the American Academy in Rome in 1950 and visiting ancient buildings in Italy, Greece, India and Egypt, Kahn developed his own international style. This marked a turning point in his career, and from 1960 onward he became renowned for his institutional structures: museums, laboratories, sacred edifices, a university and a legislative building. The Salk Institute, opened in 1963, is considered a modern architectural masterpiece, designed to "create a facility worthy of a visit by Picasso," as instructed by Jonas Salk, the founder of the research institute.

The exhibition begins with an extensive biographical section that displays films, personal documents and drawings to introduce visitors to Kahn's life and work, and is followed by six thematic areas that illustrate the evolution of his work over time. Numerous sketches, study models, and archival images show the design pro-



Salk Institute



National Assembly, Dhaka



Korman House

cess and building history of Kahn's most important projects. "Louis Kahn: The Power of Architecture" is the first time Kahn's architectural work is enriched with a selection of watercolors, pastels and charcoal drawings created during his world travels, which document his skill as an artist and illustrator.

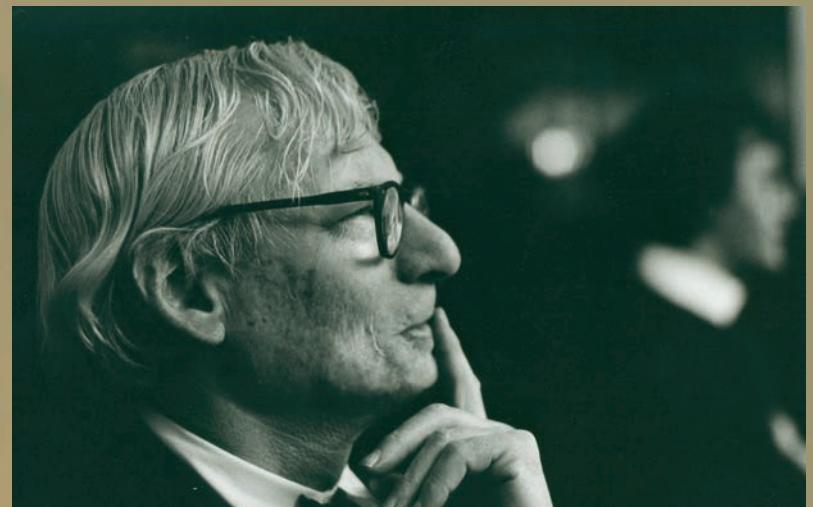
"This is an extraordinary opportunity to showcase the power of architecture as an art form through this immersive exhibition on Louis Kahn," said Roxana Velásquez, Maruja Baldwin Executive Director of The San Diego Museum of Art. "We're honored to share Louis Kahn's artistic vision and his design process behind his many masterpieces, including the Salk Institute—a San Diego landmark regarded as one of the most inspirational works of architecture in the world."

The Louis Kahn exhibit will be accompanied by "Shape, Shadow, and Space: Photographs of the Salk Institute," an exhibition featuring architectural photography from students of the Woodbury University School of Architecture. The museum will also present a symposium on Saturday, Nov. 5, featuring Ariel Plotek, curator of modern and contemporary art, The San Diego Museum of Art; Sara Lardinois, project specialist, The Getty Conservation Institute; Wendy Lesser, editor of The Threepenny Review and author of the forthcoming biography, "You Say to Brick: The Life of Louis Kahn" (due in spring 2017); and William Whitaker, curator and collections manager, Architectural Archives of the University of Pennsylvania School of Design. The museum will also screen the film "My Architect, A Son's Journey," presented by the director and Kahn's son, Nathaniel Kahn.

An exhibition of the Vitra Design Museum, Germany, in collaboration with the Architectural Archives of the University of Pennsylvania and the New Institute, Netherlands, the Louis Kahn exhibit is sponsored by Swarovski and has been organized in San Diego by Ariel Plotek, curator of modern and contemporary art at The San Diego Museum of Art.



Library, Exeter Academy



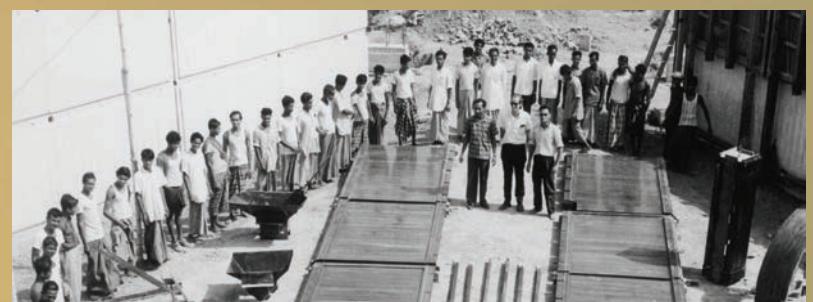
Kahn Portrait



Yale University



Medical Research



Sher E Bangla Nagar, Dhaka City

National Assembly Building



OCTOBER: National Women's Small Business Month

Nearly 9.1 million women-owned firms employ 7.9 million workers and generate over \$1.4 trillion in revenues

October marks a very important milestone for women and for the U.S. Small Business Administration (SBA).

In October, the Association of Women's Business Centers (AWBC) will celebrate National Women's Small Business Month and the 26th anniversary of the signing of the Women's Business Ownership Act of 1988 that established the Women's Business Center Program and the National Women's Business Council.

According to Marsha Bailey, AWBC Board Chair, "The expanded opportunities created from the Women's Business Ownership Act have given women entrepreneurs increased access to counseling and training, capital, and contracts."

Women are helping to drive economic growth and create jobs. In the 2014 State of Women-Owned Businesses Report commissioned by American Express OPEN and conducted by Womenable, these findings were released:

It is estimated that there are nearly 9.1 million women-owned enterprises, employing nearly 7.9 million workers and generating over \$1.4 trillion in revenues.

Between 1997 and 2014, the number of women-owned firms grew at 1½ times the national average. And revenue and employment growth among women-owned firms tops that of all other firms

— except the largest, publicly traded corporations.

Since 1997, the growth in the number and economic contributions of firms owned by women of color is nothing short of remarkable. Comprising just 17 percent of women-owned firms 17 years ago, firms owned by women of color now account for 32 percent women-owned firms in the U.S.

The states with the fastest growth in the number, employment and revenues of women-owned firms since 1997 are North Dakota, the District of Columbia, Nevada, Arizona, Georgia, Wyoming, Virginia, Maryland, Texas, and Utah.

Since the inception of the WBC program, all kinds of women have come to WBCs for help — disabled women, divorced women, unemployed women, homeless women; single mothers, grandmothers; women who've escaped from political oppression and from violent husbands. They have been caregivers and caterers, dog groomers and dog trainers, clothing designers, and web designers. They have also been doctors and lawyers, artists and teachers, veterinarians, therapists, corporate executives, and PhDs. These are the women we celebrate this month.

Advice From the Top

Women CEOs Offer These Tips to New Female Business Owners

- #1** Maintain a healthy cash flow
- #2** Make time for your family members
- #3** Don't be afraid to ask others for help
- #4** Recruit the best talent you can find
- #5** Always work on your leadership skills



Sources: NAWBO.org, Womenable.com, American Express OPEN, National Association of Women Business Owners

This infographic was produced by Balboa Capital, a leading independent direct lender that specializes in equipment leasing, small business loans, commercial financing, equipment dealer financing and franchise financing.

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Strength in Numbers

11.3 million

The number of women-owned businesses in the U.S.

45%

The increase in the number of women-owned businesses from 2007 to 2016

\$1.6 trillion

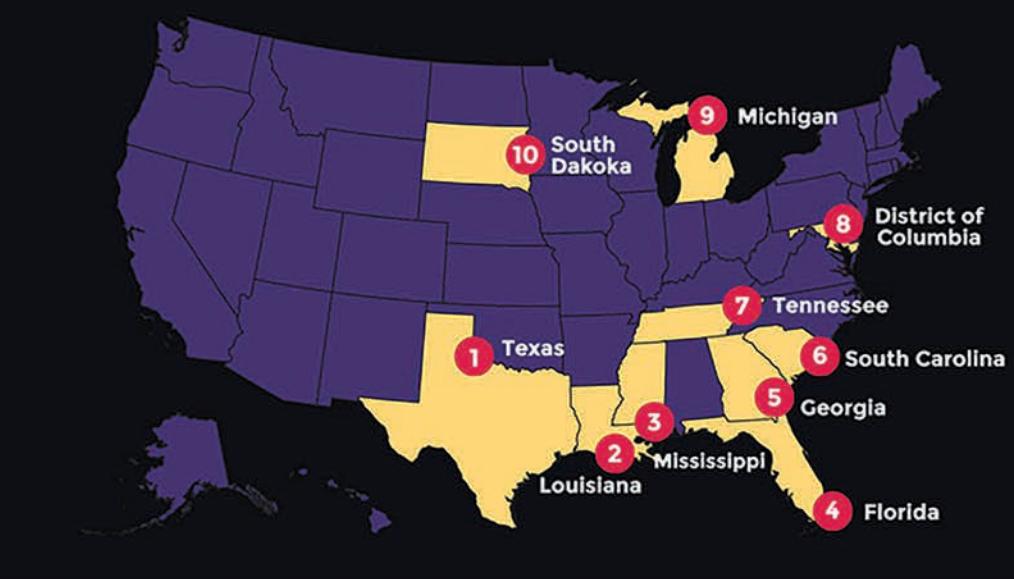
The amount of revenue generated by women-owned businesses in the U.S. in 2015

9 million

The number of people employed by women-owned firms in the U.S.

Top States for Women Owned Firms

Fastest Growth Rates of Women-Owned Businesses Since 2008



SDMUSICSCENE

By Bart Mendoza



Steph Johnson

October 21

The Up-And-Coming Jazz Talent Steph Johnson

San Diego is fortunate to have many jazz legends living in the area, but just as important is the wonderful crop of up-and-coming talent that has emerged over the past decade. Near the top of the list would have to be guitarist Steph Johnson who appears at Bread & Salt on Oct. 21. For this event, Johnson will be backed by an all-star combo that includes bassist Rob Thorsen and drummer Fernando Gomez, with the occasion being a special CD release concert for her latest album, "Music Is Art," complete with opening reception and art show, as well as a post-concert party with DJ Sachamo. Johnson will perform all of her new album, which includes soul / funk gem, "Feel Better," plus favorites from her catalog for a show that will please both long-time fans and newcomers to her sound. www.stephjohnsonband.com



Diamond Head

October 21

Amen BK's Video Release Party

Rap and hip-hop listeners will want to check out the Sunset Temple on Oct. 21, when solo performer Amen BK will host a free video release party at the Sunset Temple. From 7–9:30 p.m., fans will be able to stop by the venue as the video for his latest track, "One Sky Above," is screened several times throughout the evening, with munchies and drinks available to those who RSVP at their website. Though the party is for a video, the night's highlight will be a live performance from Amen BK himself, backed by the band Surly Bonds and singer Stephanie Amadeus. www.amenbk.com/amen-bk-tour



Amen BK

November 5

The Resurgence of Diamond Head

Though British heavy metal band Diamond Head never made much of an impact in its mid-1970s heyday, thanks to the re-recording of several of their tunes by rock superstars Metallica, today the band has a much wider audience. Appearing at Brick by Brick on Nov. 5, Diamond Head has been hugely influential to succeeding generations of musicians. The band has a new self-titled album out, but you can expect the night's biggest cheers to be for Metallica-covered favorites such as "Helpless," "Am I Evil," and "The Prince." www.brickbybrick.com



Terry-Bozzio

October 26

Terry Bozzio and the Largest Drum Set in the World

One of the most acclaimed drummers today, Terry Bozzio, makes an appearance at Dizzy's on Oct. 26. Bozzio is perhaps best known to the pop world as the drummer in '80s new wave hitmakers, Missing Persons, or with Frank Zappa's band. However, that's just the tip of the iceberg. His drums have turned up on countless hit recordings over the last four decades, with a long list of credits including Duran Duran, The Knack, Jeff Beck and Korn. For this show, Bozzio will play the largest tuned drum and percussion set in the world, but even without that gimmick, this show is a must. Any chance to hear a music legend like Bozzio up close shouldn't be passed up. www.dizzysjazz.com



Southern Culture on the Skids



Rocket from the Crypt

October 31

Casbah's Halloween Extravaganza

There will be numerous Halloween parties around San Diego County this Oct. 31, but nothing will compare to the Casbah's extravaganza, being held at the Lafayette Hotel's Mississippi Ballroom. The bill includes Mrs. Magician, Beehive and the Barracudas, The Creepy Creeps, DJ Claire and DJ Vaughn Avakian, but the night belongs to the evening's headliner, Rocket from the Crypt, making their only local appearance this year. The band's Halloween shows have been legendary costumed nights of punk and garage infused rock 'n' roll. This year's event promises to keep that tradition going. Definitely a concert worth staying out on a school night for.

www.casbahmusic.com/event/1321249-halloween-rocket-from-crypt-san-diego

November 7

Mixing it Up With Southern Culture on the Skids

Mixing hillbilly twang, vintage rock 'n' roll and swamp rhythms, North Carolina trio, Southern Culture on the Skids, returns to the Casbah on Nov. 7. Currently touring behind their new album, "The Electric Pinecones," not much has changed in the band's 33-year history. The combo of frontman / guitarist Rick Miller, drummer Dave Hartman and bassist Mary Huff are still playing their tunes with passion, humor and manic fun. This latest album does expand their sound a smidge, with a bit more '60s jangle to the tunes but the basics are firmly in place. If you've been a fan for years or are just curious about this long-lived band, you won't want to miss this show.

www.casbahmusic.com/event/1286319-southern-culture-on-skids-san-diego



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41ST ANNUAL NICKY AWARDS: NOVEMBER 13, 2016



It is that time of year again, time to recognize outstanding achievement and contribution within San Diego's LGBT community.

The nominees have been notified, their categories announced, and glasses have been toasted in celebration at Martinis About 4th. Now the nominees must wait, and the people must vote. It is an important tradition to honor the efforts and victories of this vibrant and diverse community. Amidst the current shifts in our political climate, acknowledging out loud LGBT beauties and strengths is as essential as ever.

Beginning in 1975 the Nicky Awards set out to shine the spotlight on outstanding achievement in arts, social service, entertainment, nightlife, business, dining, activism, philanthropy, volunteerism, and individual accomplishment from San Diego's thriving LGBT community.

The Nicky Awards lists its mission by quoting Former Governor Gray Davis, "By showcasing excellence in the community, The Nicky Awards serve as proof that every person has something important to contribute, that each of us can make a difference. This celebration is a tribute to the men and women of San Diego's LGBT community who work hard to improve the quality of life for all."

RICK AWARD CO-HOSTS



MIA PEARL



BENNY CARTWRIGHT

AMERICA'S GOT TALENT - MIA PEARL & BENNY CARTWRIGHT

**SEE ALL THE NOMINEES
AND VOTE FOR YOUR FAVORITES AT
nickyawards.org**

One of the longest running gay award shows, this November 13, 2016, will be a night to remember in a long history of nights to remember. Taking place at the Handlery Hotel San Diego, this evening of glitz and glam is a moment for the nominees to bask in the same wonderful feeling they spread to others throughout the year.

This year's ceremony will be co-hosted by former "Man of the Year," Mr. Benny Cartwright and America's Got Talent, Mia Pearl. Combine the two personalities with phenomenal live entertainment, and you have an exceptional fall evening to enjoy.

We spoke to Benny earlier today and he had this to say,

"Nicky Awards season is an exciting time for our community. It's when we honor those who give of their, money, energy, and talent to serve, support, and entertain us. We are such a diverse community and it's so much fun to vote - but can also be hard to pick sometimes because there are so many great choices! As a former "Man of the Year" Nicky recipient and this year's co-emcee, I'm looking forward to a very fun, entertaining evening on Nov. 13 to recognize our community's finest!"

Tickets for the Nicky Awards are \$60.00 for general admission and \$85.00 for VIP admission. Tickets and tables are on sale now and available at Eventbrite. Simply type in "41st Nicky Awards." Or you can hit the live link on the Nicky Awards Facebook page.

To vote go to their main website and click at the top of the page. San Diego hosts one of the most beautiful and exceptional LGBT communities on the planet. Let your voice be heard in celebration of its best. <http://www.nickyawards.org/>

For further information on the 2016 Nicky Awards please call: (619) 692-1967, or (619) 862-8654.



WINNIE'S PICKS!



NORA'S WILL – A film by Mariana Chenillo. A beautiful, serious and funny movie. This is like nothing you've seen before. A little gem of a movie. Try to take time and watch this one.

RISEN - Joseph Fiennes. One of the best films about the life of Jesus, since The Passion of the Christ. Risen is the epic story of the Resurrection told through the eyes of a non-believer. Very uplifting.

GOD'S OUTLAW - The Story of William Tyndale. A classic story of how one man can change the world for good.

I HAVE NEVER FORGOTTEN YOU - The life and legacy of Simon Wiesenthal. This man spent his life to get justice. He was only going to give a few years to this project, but decided to dedicate his entire life. He tracked down 1,100 Nazi war criminals. Be sure and get this video to learn about the history and the wonderful man who loved his people. It was very hard on his wife, but she stuck by him. A great film!

SPECIAL BRANCH – An entertaining British spy drama presented by Acorn on 4 discs.

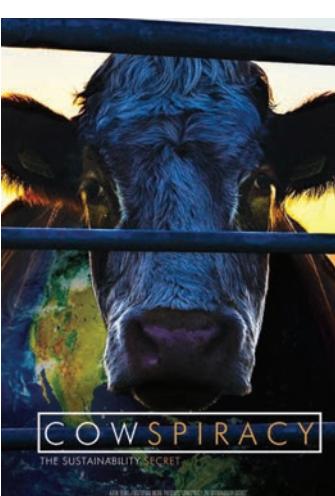
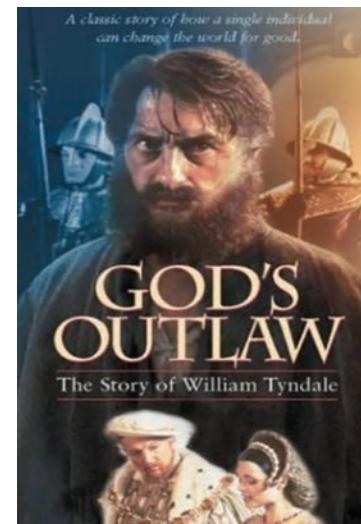
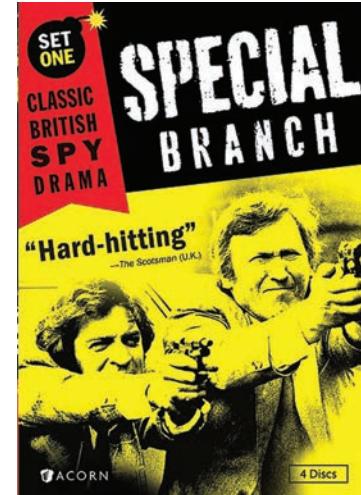
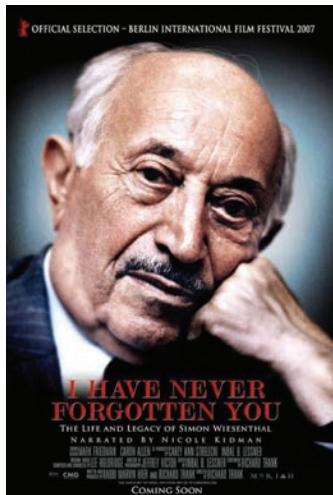
MONEY MONSTER - George Clooney and Julia Roberts. They star as a financial TV host and a producer. They are put in an extreme situation, when a client has lost everything and takes over the studio. A very tense thriller.

ME BEFORE YOU - This is the most beautiful, sad story I have ever watched. I love the story and I think you need to see it. Especially, if you need to cry.

COWSPIRACY - This film may be the most important film to help save our planet. Please see it!

SEE YOU NEXT MONTH – Winnie

Winnie Hanford is matriarch of the family that has owned and operated Kensington Video on Adams Avenue since 1984.





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Outstanding Restaurant
Outstanding Brunch

vote here:
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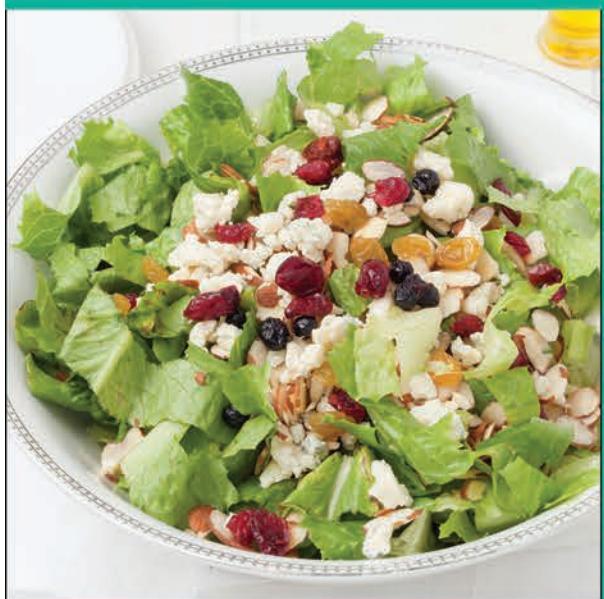
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2. Add diced apples, dried cranberries and sliced almonds.
3. Enjoy!

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INGREDIENTS:

- 3 oz. VOM FASS Orangecello Liqueur
- 1 oz. VOM FASS Fernandez Brandy de Jerez
- 1.5 oz. VOM FASS Fassmix Grenadine Syrup
- sparkling water
- Maraschino Cherries (Luxardo if available)
- 1 orange for garnish

DIRECTIONS:

1. Combine Orangecello, Brandy and Grenadine in a cocktail shaker with ice.
2. Shake vigorously, pour into a cocktail glass, fill the rest of the glass with sparkling water.
3. Garnish with a cherry and an orange wheel.

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NEWS FROM THE CENTER

October Guys, Games & Grub Postponed

The October edition of Guys, Games & Grub, originally scheduled for Wednesday, Oct. 5, will be postponed due to another important event taking place in the space that evening. GGG is a fun, monthly social event that is popular in the community, and we apologize for the schedule change. Keep an eye on this newsletter and the Men @ The Center Facebook page for details on a special late October social event for The Men @ The Center community. The next regularly scheduled GGG is on for Tuesday, Nov. 2 from 6-8:30 pm in The Center's Auditorium. For more information call 619-692-2077 or e-mail men@thecentersd.org.

Wednesday, Oct. 5, 5:30 - 7:00pm, Senior Housing Informational Session

Looking for more info about the new senior housing development? Be sure to attend the information session at The Center on Wednesday, Oct. 5 at 5:30pm. For more information contact LaRue Fields at seniors@thecentersd.org or 619.692.2077 x205. Visit the FAQ page at chworks.org/real-estate-development/current-projects/north-park-seniors.

Tell Us What You Think!

At the Center, we have always valued the input of the community and we are always looking to make sure we're providing great services for years to come. We invite you to fill out this quick survey to let us know how we're doing. Thanks!

Your Vote Matters

Our community can't afford to sit out this election! Register and pledge to vote at events.thecentersd.org/vote.
Presidential Election: Nov. 8

Nightmare on Normal Street, Saturday, Oct. 29, 6-11 pm

The highly anticipated "Nightmare on Normal Street" Halloween street party is taking place on Oct. 29, 2016. Guests are in for a scary good time as they enjoy this Halloween dance party celebration. The event will include late night live entertainment, multiple costume competitions with sassy judges, and two gigantic bars. A portion of the proceeds from Nightmare on Normal Street will benefit the programs of The Center. More information and tickets at www.fabuloushillcrest.com.

Conversations with Cara

Aging can be challenging for any senior. In addition to struggling with isolation and trying to stay healthy, some LGBT seniors experience discrimination as they move to new senior neighborhoods or assisted living facilities. The Center is here for our seniors, with dozens of social events every day and case management to help navigate services and stay healthy. Next year, in partnership with Community Housing Works The Center will also open a new affordable senior living facility. To learn more about our new facility, join the info session on Oct. 5th. To get involved and help serve our seniors as a volunteer sign up at www.thecentersd.org/programs/volunteer-resources. To give a gift to our senior services program, give online at events.thecentersd.org/donate - even better, make it a monthly, sustaining gift!

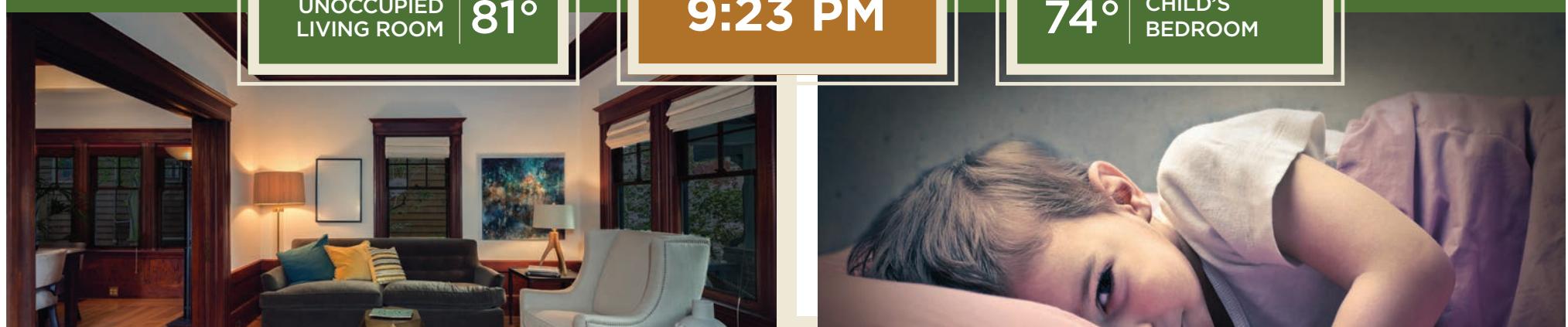
In the Know with Ian

October has arrived and next thing you know the holidays will be here. Yes, I said it! With the holidays comes the Annual Charity Wreath Auction at Martinis Above Fourth. This year's event will be on Monday, December 5 and once again will not disappoint. But we can't have a wreath auction without the wreaths. If you have that crafty gene and would like to give back in a fun and creative way, I invite you to create your own fabulous wreath for the auction. Wreaths have been auctioned off for anywhere from \$25 to over \$2,000! The only limitation is for wreaths to be artificial - so they last longer. If you're interested or have any questions, feel free to contact me at ijohnson@thecentersd.org.

Wednesday, Oct. 5 & 19, 12 noon, Diamonds in the Rough: Etiquette with Miss Pepper

Project TRANS invites you to join Miss Pepper Price every other Wednesday for a fun and informative class on etiquette designed especially for trans women. The group meets from 12 noon-1:30pm in Latino Services. For more information, contact Connor Maddocks at trans@thecentersd.org or 619.692.2077 x109.

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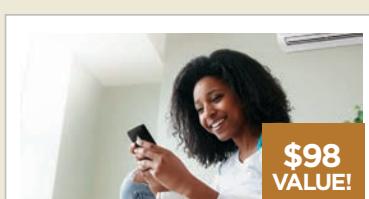


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Facing Change in Parenting

As the end of August approached, I could see the looks on the parents' faces at the park — that end of summer face. You know the one I mean: full of love for their children but overwhelmed by the exhaustion that comes from juggling everything while navigating the summer heat, camps, sleepovers, family vacations, fights over video games, and seemingly endless cries of, "Mom, I'm bored!"

Recently my 4-year-old daughter and I did the long avoided chore of going through her dresser to see which clothes no longer fit, and then we went back-to-school shopping. We had been talking about her return to school for several weeks and the big day finally arrived last Wednesday. She was excited and could not wait to see her teacher and school buddies.

Between the money we spent having fun over the break and now on new school clothes and supplies — plus the stress of varying summer routines — our whole family has felt overwhelmed. By Wednesday morning I was looking forward to having four glorious hours to myself, but when we arrived at my daughter's school, she felt nervous and asked me to stay with her. Research shows that healthy detachment is as important as healthy attachment, so I stayed. As I see it, part of my role as her mother is to always be a touchstone for her, a safe harbor. I remained in the background as a calming presence throughout her day.

Expectations always get me. This isn't what I planned to do! I was happy to be with my daughter and help her ease back into school but I would be lying if I didn't admit I was disappointed to not have a moment alone. I snuck

away to grab a coffee and those 10 minutes were glorious. Sometimes you squeeze a day's worth of self-care into 10 minutes.

Most of your children have been back in school for over a month now and maybe you're only just starting to find your footing. This is one of the busiest times of the year and you have your hands full: driving carpools, shuttling kids to afterschool activities, supervising endless amounts of homework, and getting dinner on the table. Not to mention working and trying to keep up with the house. Being a parent is hard. You are doing it all — and you're doing an amazing job!

So why is this time of year especially difficult for so many families? There is a lot of change.

Transitions are hard on all of us, particularly children. We see an increase in meltdowns, shifts in cooperation, and new levels of exhaustion all round. Our children hold it together all day at school (or at least try so hard to) and then come home and empty their emotional backpacks into our laps because we are their safe harbor. Parenting is the hardest work there is but you do not have to do it alone.

With everything seeming a bit overwhelming, one thing a parent can do for them and their family is schedule something that can help take stress away. I can be a safe harbor for parents to come and discuss skills and techniques to be able go back into the rough seas of school with a map to success.

I'm Lisa Howe. I am a Master of Social Work and an Aha! Parenting Certified Peaceful Parenting Coach, one of only 15 parenting coaches personally trained and certified by Dr.

Laura Markham of AhaParenting.com. I work one-on-one with parents to help them develop and strengthen their connection with their children, leading to increased cooperation. We will work together to meet your parenting goals in a way that respects and makes sense for each member of your family. I give you the opportunity to talk through your challenges and then use my knowledge, training, and experience to put together a plan that addresses your concerns and helps you achieve your parenting goals. I would love to work with you and encourage you to make an investment in yourself, your children, and your family.



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KIDS' KORNER

Shelby's DIY Pick for September No-Bake Clay

BY SHELBY NIXON JESSICA BRADSHAW (A.K.A. MAMA)

You will need:

- 1 cup water
- 4 cups flour
- 2 - 4 tablespoons cooking oil
- 1.5 cups salt
- Food coloring (optional)
- Glitter (optional)

Step 1:

Combine salt, flour, and glitter in a large bowl.

Step 2:

Add food coloring to the water, and then stir the water into the flour mix with spoon until mix has dough-like texture.

Step 3:

Add cooking oil in small amounts as needed to make the clay soft and prevent it from becoming crumbly.

Step 4:

Using your hands, press, squish to knead the mixture until it turns into a clay-like dough.

Step 5:

Play with the clay you made. You can play with it over and over if you keep it in a dry storage container, or sit it out to let it harden in the shape you created.

wikihow.com was used as a source for this method to make clay. There are also many other recipes make clay at home there.



What's Happening, Shelby?

BY SHELBY NIXON | EDITED BY SHELBY NIXON AND MAMA

Have you started your new school, K12, yet?

Yes! I love my new school. I am taking a break from doing it right now to do this.

What is your favorite part of your online school?

I love vocabulary. My favorite part is Noodle Verse. I get to play learning games. They are fun. I also like that I can take breaks to go outside and play in the garden during the day.

What have you been reading?

I have been reading Dr. Seuss, of course. I also read The Life of a Butterfly, I See a Honeybee, The Lion and the Fox, and The Fox and the Hare. They are stories from my K12 reading. There are too many I can't think of right now.

What are some exciting things have you done since last month's Kid Korner?

I went picking apple with mom. It was in Julian. We walked in the town, and it looked a little old timey. Mima and I made an apple pie with the apples. I had an art event at Ceramic Heights with Amanda too. There were a lot of kids there. I made a rose. I picked up a bat that I made for Papa weeks ago. They had to cook it in the kiln first. It cooks clay like an oven to make it hard. It was fun to play with the clay.

What do you have planned for this month?

Shelby's Gardens is planning a family art event at Pachis Kids Art Studio. I am very excited. We are going to do colorful art and celebrate Día de Muertos. It is my birthday that weekend too. We can celebrate both. (See the details in the event schedule section of this page.)

What have you been growing for the farmers market?

Papa and I started our fall crops. They should be done soon. We planted beets, cabbage, broccoli, cauliflower, more tomatoes, lettuce, and other things that I can't remember right now.

Which veggie are you most excited about?

I am excited about the cauliflower. We make it taste like mash potatoes. I love it! I like broccoli, second best.

Tell us about the Kids Korner art this month?

Well, gymnastics is one of my other favorite things to do. I take classes at the YMCA. My favorite move is Skin the Cat. I love to hangout with my family also. We garden together all the time. My mom and I cook the vegetables we grow. They are yummy.

Tell us about the Kids Korner art this month?

My friend Dakota drew the art this month. She is new to San Diego. She moved here from Hawaii. Dakota drew Hawaii for everyone to color.

Cali Life Co. Kids is an art project inspiring local youth to develop their creative skills, building confidence and experience within and beyond their communities. Have FUN coloring! Share your work with us on facebook, twitter or instagram and be entered to WIN prizes for the new school year!



Shelby's Gardens' Events and Farmers Market Schedule

La Mesa Certified Farmers Market

4901 Spring Street
La Mesa, CA 91941
Every Friday
2pm – 6pm

Come hangout with Shelby. She would love to give you a sample of her delicious veggies.

Clay Play with Shelby at Ceramic Heights

4105 El Cajon Blvd.
San Diego, CA 92105
Tuesday, September 27th
4pm – 6pm

Join Shelby and friends to create your very own clay masterpiece for only \$10. There will be healthy snacks and refreshment provided by Shelby's Gardens and Cali Life Co.

*Additional farmers markets are being added to Shelby's Gardens' schedule. Please find them on Facebook and Instagram to stay up to date for your fresh veggie needs.

Youth Hero of the Month: Namor Cayres



At age 17, aspiring pro-surfer Namor Cayres has been selected as our Youth Hero of the Month! His dedication not only to the art of surfing, but to his family, friends, and academics have shaped him into the courageous and talented person he is today. He is sponsored by Cali Life Co. TM, a San Diego-based sunglass and clothing company who could not be more proud of his achievements and positive attitude!

Hello Namor! How old were you when you started surfing?

Hello! I began surfing at 9 years old when I moved with my mom to a house on the beach.

What is your favorite part about surfing?

The surfing lifestyle! Going to the beach all the time, travelling to surf with friends. Going to sleep early and getting up early, getting sunburn and meeting new people!

If you could surf anywhere in the world, where would it be?

Lower Trestles, California, with perfect waves and my mom filming on the beach.

Sounds lovely! You compete a lot, how many competitions have you participated in?

That's a hard one! More than 100

contests at least. Here in California, every weekend I have a contest! I took 1st place in 3 out of the 5 West Coast Surf (WSA) Championships that I've done so far. I think that's one of the most important contests that I'm doing this year.

How do your friends inspire you? Do they attend your competitions?

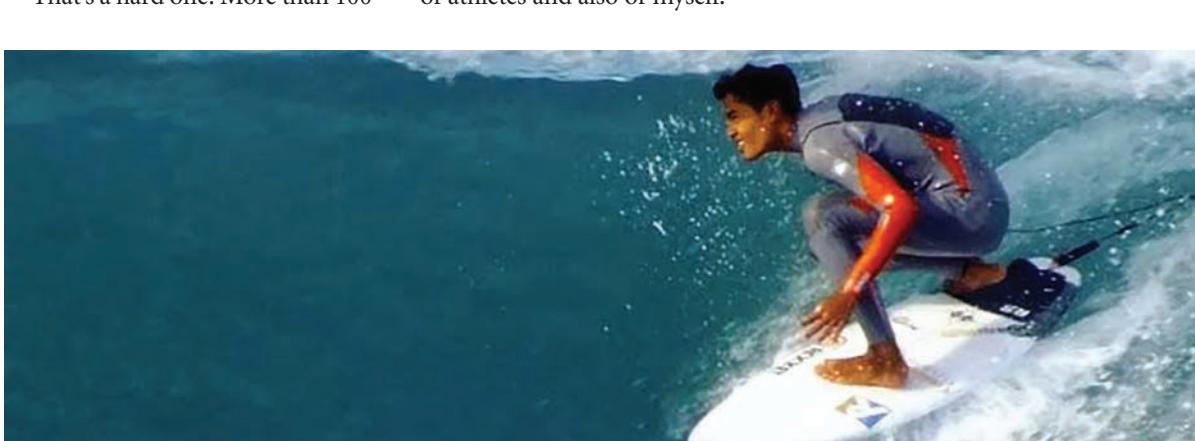
All my friends inspire me and push me to always try harder! They are surfers like me, and they are pretty good! Every time we surf together or go to a contest together, each one of us wants to be the best. It's an indirect and healthy competition, and we always support each other! When one of us does a big air, the rest of us want to fly even higher.

Do you ever wake up before school and surf?

I am so lucky to go to a school that has a surf team, so my first class every morning is ...SURF! We go to the beach and train with the coach for first period and then go to school for second period.

What do you want to do after high school? Any careers in mind?

I want to be a professional surfer! If that career doesn't succeed I would like to go to college and be a physiotherapist. I want to take care of athletes and also of myself.



PaddleFest 2016 is a celebration of Stand Up Paddling!

Event features a 6 mile course, a 2 mile course, and a "What's SUP" 1 mile NON Competitive Paddle (entry fee include board rental, great 4 new/beginner paddler's).

Enjoy LIVE MUSIC by Ryan Broliar and visit our Children's Non Profit Village and learn about some incredible non profits that are serving local San Diego youth!!

FREE Sup 4 Kids Lesson!

Join us as we spread the "Aloha" & "Ohana" to our next generation!

This is a SUP (stand up paddle board) race fundraiser for the community to come together along with foster youth to help raise awareness and financial support for them to earn a trip to Hawaii during the Triple Crown on the North Shore of Hawaii.

Many sponsors and supporters make this event great!

Go to PaddleGuru.com to sign up with this Complimentary Code (nonprofit) for \$15.00 off of race fee to join in on the fun, food, music, games and Ohana this day will bring.



Your Neighborhood Source
LocalUmbrella.com

A Craftsman Weekend

Pasadena Heritage presents its annual tribute to the Craftsman movement

Pasadena Heritage, one of the oldest historic preservation groups in Southern California, will present its 25th anniversary Craftsman Weekend of tours, exhibits and programs on Nov. 11-13.

The preservation group began the program in 1991 to provide a West Coast focus for interest in the Craftsman movement. This year's offerings will include historic property tours, an exhibition sale, silent auction and exclusive programming in celebration of the Arts and Crafts movement.

The weekend will mark a quarter century of honoring the Craftsman movement, featuring house tours of notable Craftsman properties, along with bus and walking tours of the surrounding neighborhoods.

Other events scheduled include a Show and Sale with over 50 exhibitors of antique and contemporary furniture and decorative arts, a silent auction, workshops and presentations. In recognition of its 25th year hosting the event, Pasadena Heritage will be offering exclusive receptions at historic locations throughout the weekend.

The Craftsman Movement

The city of Pasadena is home to some of the most notable examples of the Craftsman Movement on the

West Coast. Also known as the American Arts and Crafts Movement, the architectural style emerged in the early 1900s and is noted for its emphasis of ceramics, art, and other features developed by skilled craftsmen. Tracing its roots to England, Craftsman design has nevertheless developed a unique and internationally lauded aesthetic in Pasadena, with the work of architects Charles and Henry Greene, tile maker Ernest Batchelder, and writer/photographer Helen Lukens Gaut, among others.

Ticket Information

For tickets and information, visit www.pasadenaheritage.org/CraftsmanWeekend, or call (626) 441.6333.

Pasadena Heritage is a nonprofit organization dedicated to historic preservation in and around Pasadena. The organization advocates on behalf of historic resources, educates the public about local history and the benefits of preservation, and demonstrates quality restoration through its own preservation projects. Its 2,000-plus members are drawn from Pasadena and neighboring communities, and throughout Southern California.

www.pasadenaheritage.org



One of the houses on the tour. (Photo by Dennis Hill)



Ceramic exhibit



The Henry M. and Laurabelle A. Robinson House designed in 1905 by Charles and Henry Greene. The site of the Craftsman Weekend Saturday Evening Reception.



Fabric workshop



From the tile-making workshop

Girl Scouts and Leaders Welcome New CEO

Carol Dedrich introduced at 'Urban Glampout' fundraiser

PHOTOS BY PAUL NESTOR

During Girl Scouts San Diego's recent "Urban Glampout" fundraiser in Balboa Park, attendees met and mingled with the organization's incoming CEO, Carol M. Dedrich.

For the last eight years, Dedrich has been the chief external relations officer for Girl Scouts Greater Los Angeles (GSGLA). Like GSGLA, Girl Scouts San Diego's priorities include serving a geographically broad and diverse membership and volunteer base, reaching out to underserved communities.

"Carol's deep understanding of Girl Scout programs, impacts, structures and strategic opportunities will enable her to hit the ground running as she steps into the role of CEO," said Rick Brooks, who chairs the Girl Scouts San Diego Board of Directors. "She will be a great community leader and public advocate for girls."

Detricich grew up a Girl Scout and is a lifetime member. She has more than 20 years of executive level leadership experience in the government/military, corporate and nonprofit sectors. She began her career as Patriot Missile officer in the U.S. Army and is a veteran of Desert Shield and Desert Storm.

She replaces Jo Dee Jacob, who retired as Girl Scouts San Diego's CEO in April.

"I could not be more honored and more humbled to step into this role after Jo Dee Jacob, who made this one of the most respected councils in the country," Detrich told the Urban Glampout audience.

Detricich was among the 500-plus Urban Glampout guests who helped raise more than \$500,000 for Girl Scouts San Diego. Event proceeds will help keep Girl Scouting available and affordable for more than 35,000 members.

Urban Glampout took place on Sept. 9 at Girl Scouts' Balboa Park headquarters. The popular vacation trend of glamping — glamorous camping — inspired the theme.

Tents, chandeliers and lanterns set the mood for an evening of dining, dancing and doing good under the stars. Partygoers earned earn fun badges while playing camp games, crafting and trying archery. They bid on auction merchandise, enjoyed live music by The Heroes, and dined on gourmet camp fare. The evening ended with s'mores around the campfire.

Sue and John Major were Urban Glampout event co-chairs, and Girl Scouts San Diego board member Liza Crisafi served as committee chair.

Major Executive Search was the 2016 platinum sponsor, while the silver sponsors were Qualcomm and Wells Fargo. Nadine and Carlo Daleo, Barbara Dickey, Mission Federal Credit Union, Patti Roscoe and Jim Tiffany were bronze level sponsors.

To learn about Girl Scouting opportunities for girls in grades K-12 and adult volunteers in the North Park area and surrounding neighborhoods, contact Membership Recruitment Specialist Christa Browning at (619) 619-0706 or cbrowning@sdgirlscouts.org, or visit www.sdgirlscouts.org.

Girl Scouts San Diego provides activities for more than 35,000 girl and adult members, trains volunteers, and maintains two camps in the Cuyamaca Mountains and program and service facilities in Balboa Park, Escondido and Carlsbad.



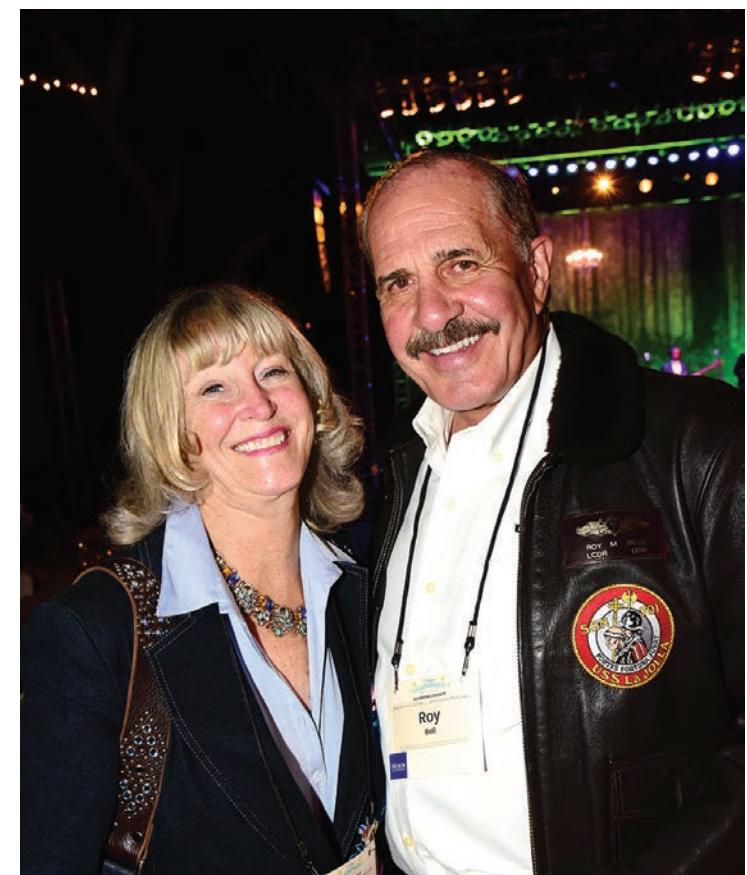
Revelers tried their hand at camp traditions like archery, games and roasting marshmallows.



Tony and Liz Crisafi, left, joined Sue and John Major in welcoming guests to Girl Scouts' Balboa Park headquarters.



Girl Scouts Melanie Rodriguez and Elena Crespo spoke at the event and starred in a video.



Diane and Roy Bell were among the Urban Glampers.jpg



Attendees danced under the stars to tunes by The Heroes.



San Diego Police Chief Shelley Zimmerman, a member of Girl Scouts San Diego's board of directors, and incoming CEO Carol Dedrich were among 'Urban Glampout' guests.

Girl Scouts San Diego Honors Volunteers

Patti Roscoe, Mike Hess Brewing and Chelsea's Light Foundation

During its recent Volunteer Celebration at the San Diego Convention Center, Girl Scouts San Diego presented a Courage, Confidence and Character award to Patti Roscoe of Mission Hills. Other local honorees included Community Partner Award recipients Mike Hess Brewing and Chelsea's Light Foundation.

Roscoe, a prominent community leader and longtime Girl Scout supporter, is renowned for her organizational effectiveness, widespread connections, generosity and volunteerism. She leverages all of those qualities to benefit Girl Scouts San Diego.

Roscoe's first foray in business was selling Girl Scout Cookies in Buffalo, N.Y. Later in life, she came to realize that her extensive marketing, finance and product management skills stemmed from her Girl Scout leadership experiences. Together with her life partner Jim Tiffany, Roscoe has contributed to the success of numerous Girl Scout fundraisers and campaigns — from last month's "Urban Glampout" fundraiser to capital campaigns to improve and expand program and camp properties.

Most recently, Roscoe and Tiffany funded a state-of-the-art kitchen for the new lodge at Girl Scouts San Diego's Balboa Park headquarters.



Mike Hess (center, with Girl Scouts San Diego Vice Chair Regina Buckley and Board Chair Rick Brooks), accepted the Community Partner Award on behalf of North Park-based Mike Hess Brewing.

Mike Hess Brewing received a Community Partner award for its creative collaboration with Girl Scouts San Diego to produce Cookies on Tap. Held during National Girl Scout Cookie Weekend in February, the event took place at all three Mike Hess Brewing locations, including the North Park tasting room and production facility. During the unique cookie-plus-craft-beer fest, grown-ups enjoyed innovative offerings like Thin Mints paired with Umbrix Rye Imperial Stout and coconut and chocolate Samoa cookies with Grapefruit Solis

IPA. Cookies on Tap proceeds benefited Girl Scouts San Diego and its Operation Thin Mint program.

Chelsea's Light Foundation (CLF) representatives taking the stage during Girl Scouts' award celebration included Girl Scouts San Diego board member Brent King and his wife, Kelly King. The couple founded CLF in memory of their daughter Chelsea, who was a Girl Scout. Since 2014, Girl Scouts and CLF have joined forces to co-host Finish Chelsea's Run, a run/walk and community festival that draws more than 8,000 people to Balboa Park to



Mission Hills resident Patti Roscoe (left), with fellow Girl Scout supporter Debbie Day, received the Courage, Confidence and Character Award at the Girl Scout organization's Volunteer Celebration.



Brent and Kelly King, founders and co-presidents of Chelsea's Light Foundation (a Community Partner Award recipient), speaking to crowds at the 2016 Finish Chelsea's Run in Balboa Park.

celebrate Chelsea's indomitable spirit. The annual event helps fund college scholarships for changemakers, as well as Girl Scout Gold Award projects, and initiatives to protect children.

The public is invited to attend the next Finish Chelsea's Run, slated for Saturday, March 4. Watch for details

at www.chelseaslight.org.

For information about Girl Scouting opportunities for girls or adult volunteers in the North Park and surrounding areas, contact Christa Browning at (619) 610-0706 or cbrowning@sdgirlscouts.org, or visit www.girlscouts.org/join.

SAVE SAN DIEGO HIGH



BY ASSEMBLYWOMAN TONI ATKINS

What do Olympic athlete Meb Keflezighi, the late Actor Gregory Peck and San Diego City Councilman David Alvarez have in common?

Yes, they're all handsome and talented men, but they, along with tens of thousands other people, have also graduated from San Diego High School since its founding in 1882.

In the years to come, we want to watch countless more San Diego children attend and graduate from this venerable institution. That's why we're strongly urging local voters to vote yes on Measure I on

Tuesday, Nov. 8, and save this historic educational and community resource from being shut down and demolished.

The only comprehensive high school in Downtown San Diego, San Diego High educates more than 2,000 students annually and has some of San Diego Unified School District's highest performing students.

San Diego High School is part of a longstanding partnership between San Diego Unified and the city of San Diego for the shared use of public property. Last year, San Diego High School and its stadium hosted 1,073 events — with more than 39,993 community attendees — including events sponsored by youth and adult sports organizations, nonprofit groups, religious and civic organizations and the annual Stand Down for homeless veterans.

While the 35 acres that San Diego High sits on is the only city-owned property that San Diego Unified uses for educational purposes, San Diegans enjoy 70 "joint-use" neighborhood K-8 school-recreational sites covering 283 acres of land.

In addition, the public has access to 15 additional San Diego Unified high-school sites, with more than 100 acres of public-use fields, plus 100 additional gyms, auditoriums, sports fields and open space.

The city of San Diego and San Diego Unified pay zero rent for the use of each other's facilities. After all, the same taxpayers fund the city and the school district, and the same citizens use city and school district facilities.

Voting yes on Measure I is a vote for allowing the San Diego City Council to consider extending a 50-year lease for San Diego High School to continue to use the current site it has occupied since 1882.

Voting yes is a vote for making it so youth sports and community groups can continue to use San Diego High's facilities.

Voting yes is a vote for ensuring that these community facilities will continue to be maintained by San Diego Unified at no cost to San Diego taxpayers.

If Measure I fails, thousands of San Diego High School students would be displaced. Each year, San Diego High School serves more than 2,000 Mid-City and Historic Barrio District students who would otherwise be forced to leave their neighborhood school and be bussed to high schools across town, resulting in crowded campuses and larger class sizes.

If Measure I fails, San Diego Unified would likely have to condemn neighborhood homes to acquire land in the immediate area and build a new high school. Such a pro-



ject could cost taxpayers up to \$300 million.

There is simply no compelling reason to vote no. San Diego High School and its students, teachers and other employees have become part of the fabric of this Downtown neighborhood. Forcing the school to leave its current home would result in abandoned property — there is no plan for it going forward if the high school is forced to shut down.

We urge all San Diegans to vote yes on Measure I to save San Diego High School, save community parks and taxpayers hundreds of millions of dollars.

We stand with a diverse, biparti-

san coalition that includes Mayor Kevin Faulconer; City Councilmembers David Alvarez, Todd Gloria and Scott Sherman; state Sen. Joel Anderson; the San Diego Unified School Board and Superintendent Cindy Marten; San Diego TaxpayersAdvocate.org; the League of Conservation Voters; the San Diego and Imperial Counties Labor Council, the San Diego High School PTSAs, ASB, Alumni Association and Foundation; the 7,000 teachers of the San Diego Education Association; and Navy Rear Admiral William A. Kowba, chairman of Veterans Village of San Diego.

Stand with us. Vote yes on Measure I and save San Diego High.

North Park's Hannah Martine Braves Cancer

She is the Honorary Survivor of the 2016 Race for the Cure

Susan G. Komen San Diego has chosen Hannah Martine, a 30-year-old North Park resident, to be the 2016 Race for the Cure Honorary Survivor, a tribute to the young woman's valiant fight against breast cancer. She will be featured at this year's 20th annual Race for the Cure on Sunday, Nov. 6 — a 5K and 1-mile race to promote awareness, education and early detection of breast cancer.

"Some of you know, some of you don't yet, so here it goes," Hannah wrote on her Facebook page in August 2015. "A few weeks ago I was diagnosed with breast cancer. It's surreal, it's scary, it's a lot of things. At 29, with no family history of cancer, I never thought 'oncologist' would be in my daily vocabulary. But it is. There's a lot of uncharted water ahead."

As soon as she was diagnosed, with metastatic breast cancer, Hannah sought out Komen San Diego to receive resources as well as a lot of emotional support. The organization provided her with financial aid through her treatment, which helped her immensely as a young, single professional living on a budget living far away from her family.

Metastatic breast cancer is breast cancer that has spread beyond the breast to other organs in the body (most often the bones, lungs, liver or brain). Although metastatic breast cancer cannot be cured, it does not mean it cannot be treated. Nearly half of Susan G. Komen's funding for 2015 was invested in metastatic research bringing metastatic research to \$147 million in 377 grants since the founding of the organization; the most of any organization outside of the U.S. government.

"The research Komen is working on in the metastatic field is vital for me, as I will most likely always have to be in treatment of some kind, and when the next drug stops working I am relying on the advancements of research to discover the next best option," said Hannah. "As a Stage IV young survivor, my life is extended by advancements in research."

After a year-long battle, Hannah's cancer is in remission, but she isn't cancer free. As Komen San Diego's 2016 Honorary Survivor, she will use her personal journey to talk about breast cancer misconceptions and the importance of research. She also wants to educate the local community about the importance of being proactive with your health, especially young women who might not think they are at risk

of getting breast cancer.

"We chose Hannah for her bravery and dedication to educating the community while facing this horrible disease," said Laura Farmer Sherman, president and CEO, Susan G. Komen San Diego. "Hannah is a fighter and has tackled every single hurdle thrown her way with grace. She is truly an exceptional young woman and an inspiration to us all by sharing her breast cancer journey to help save lives in San Diego and beyond."

To hear that her daughter had breast cancer was devastating for Sally, Hannah's mom. "When the cancer diagnosis came, we were all a bit blindsided and shocked," said Sally. "This could not be happening to Hannah were our thoughts. She is healthy, engages in healthy habits, is only 29-years-old, and has no family history of cancer. We were in disbelief. Almost immediately, Hannah spoke about trying to make something good out of the situation. That is the kind of person she has always been. She wanted to make as many people aware of breast cancer and the need for self-exams as she could. She figured if it could happen to her, it could happen to almost anyone."

Hannah celebrated her 30th birthday on June 17 of this year, a poignant milestone for anyone, but even more special as she finished her final round of radiation just six days after. How did she mark the occasion? By doing something special, something she has always wanted to do, a picnic by the ocean. At the party, she and a close group of friends along with her Mom and sister toasted to a stunning San Diego sunset, celebrating Hannah, her strength, courage, determination and love of life.

Race for the Cure

The Komen San Diego Race for the Cure will be staged on Sunday, Nov. 6 in Balboa Park. Registration is at 6:30 a.m., opening ceremonies are at 7 a.m. and the race start is at 8 a.m. The start line is on Sixth Avenue at Palm and the finish line is on Balboa Drive south of Quince St. The pre- and post-event activities take place on the grassy area along Sixth Avenue between Laurel and Quince streets.

For additional information, visit <http://ww5.komen.org>



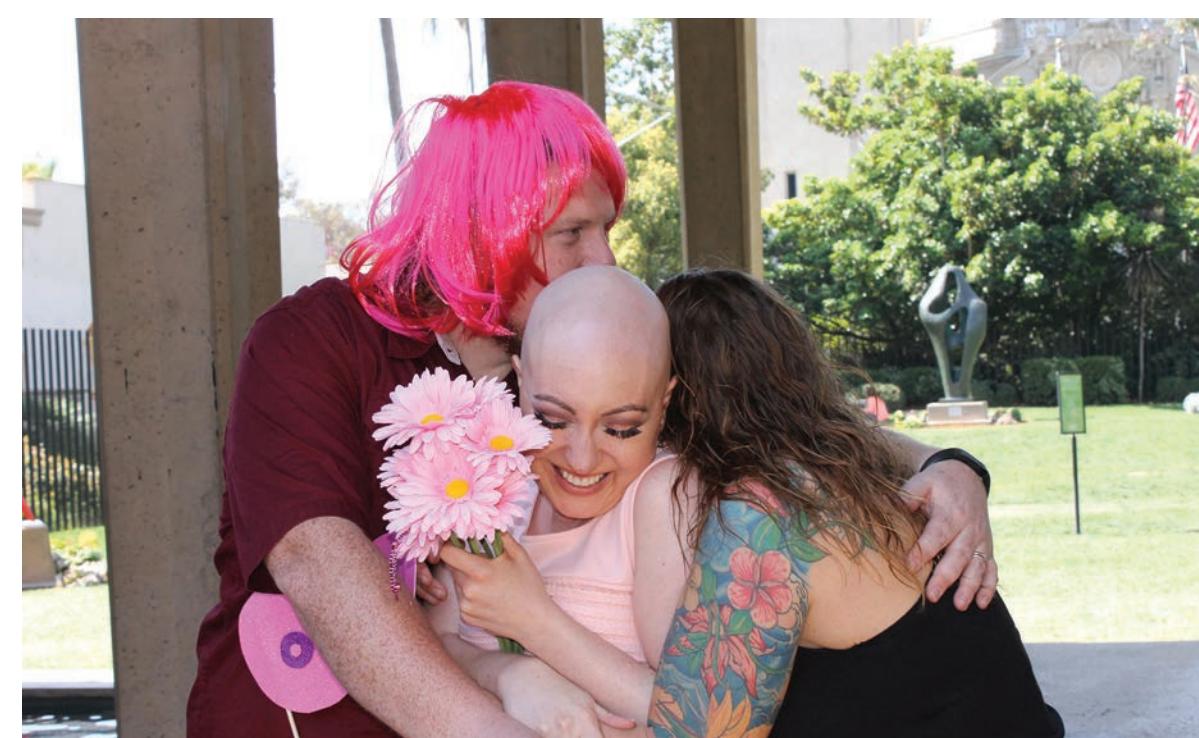
At the 2015 Race for the Cure with friends and father.



Finding new styles, thanks to cancer.



With mom at chemotherapy treatment.



With friends.

Food Pulse: Tapping into the energy of Southern California's great eats

By LEO CHRISTOPHER

The High Dive - San Diego's Original High Class Dive Bar
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When it comes to a great dining experience, a myriad of variables will culminate into the memory you take away. The food, the beverages, the service, the level of convenience, these all ultimately play a part in how you will feel about your decision to eat or drink at an establishment.

My wife and I call it "our roster." "Our roster" consists of a number of restaurants we know to always deliver. The combination of variables and the level of excellence in each determinant vary, but one element for a great dining experience is always consistent. When I am finished with my meal or drink, and I pay the bill, I am always happy. It's that simple.

Plenty of restaurants can serve a

great meal and still leave you unsatisfied. Others deliver unparalleled service, but the food fails to conjure any pleasurable response from your palate. Maybe it is intent and love contributing to the process of creating the food, atmosphere, and team. I like to think so.

Former strangers to Bay Park, upon moving to the neighborhood my wife and I began exploring. It was not long until we stumbled upon The High Dive on Morena Boulevard. Pinball machines in the corner screamed out memories of some of my happiest childhood moments. A time when I would accompany my father to a local watering hole and be pampered with a stack of quarters and endless snacks from the kitchen. Later I would always report to my mother that basketball practice had gone well and had simply run later than expected.

As we took our first steps into The High Dive, we heard at least two separate voices shout out in a wel-

coming collaboration. "Hey, welcome!" "Grab a seat anywhere you like."

Each face I registered wore a smile. There was no identifying demographic, but a peppering of all walks of life. Beer taps seasoned the ceiling, and the décor managed to create a Tiki-like atmosphere without seeming contrived.

We grabbed a seat at the bar and began reviewing our options.

Since our first visit, The High Dive has become a staple. Having sampled most of the menu, I have yet to take a bite I did not enjoy. I mean this place has the equivalent of bacon wrapped bacon, titled, "Piggies in a Blanket." Priced at \$8 this steal of a dish serves up braised pork belly wrapped in bacon with a pineapple soy glaze, spice aioli and green onion. A worthy side note — any leftovers from this dish make an exceptional accompaniment to your next day's breakfast.

With 20 local craft beers on tap to choose from, and a "tiki-inspired"

cocktail list, the assortment of flavorful beverages is more than ample. The cocktails list's, Mamacita features Ballast Point Habanero Vodka, lemon, agave, a Tajin rim, and in watermelon they juice themselves.

Kid friendly, dog friendly, and on point service, along with a quality product guarantee an enjoyable experience each visit. But all this compiled together still fails to do The High Dive justice. Relaying success on the standard checklist for dining out ignores a specific magic that resides inside the walls of this nearly decade-old business. So I decided to get the heart of the High Dive and sat down with the owner, the manager, and the head chef. After all the sum of these parts begin with the unbelievable staff that powers The High Dive.

These three amazing women laugh continuously as we talk. You can tell they have been in the thick of it together. They both trust and love each other. They also each love what they do.

Owner Ingrid Alvarez Cherney calls it "The mind, body, and soul of The High Dive. The mind is management, and we kind of control the feel and the way we want things to go. The body is our patrons, and they're the ones that feed us, but the soul is our staff. And without that soul, you know, we would be nothing."

And quite a soul indeed. After a few visits don't be surprised to be treated as though you have been coming here for years. Whether one of the bartenders, Ken, walks out from behind the bar to give you a giant bear hug, simply because hugs

are awesome, or if the manager, Debra, takes the time out of her slammed schedule to speak with you and your kids, their efforts to connect are genuine. They take pride in their sincerity.

"That's who we are. That's what helps people bond to their neighborhood, a local establishment," says Debra, a smile plastered from ear to ear as she speaks.

It does not mean The High Dive does not come with its own ups and downs. When you become the local stomping ground, the type of place for which you become a part of its history versus the other way around, there is also evolution. Growth does not exist without some level of pain.

According to Ingrid, the most pivotal point in The High Dive's history was 2010 when she was diagnosed with breast cancer.

"The biggest thing it did, is it brought out a part of me that was like, I am standing in front of the bus right now. I have my kids I need to take care of. I need to hunker down and really watch out for them. And I decided instead of saying "Why me?" . . . Why not me, and what am I going to do about it?

As I hear Ingrid say this, it occurs to me why this place is so special.

For Ingrid, she didn't whine. There were no excuses. She took a tough and painful situation and turned it into the direction both her life and her business would go. The High Dive became a space in which she could find reprieve, a place where for a moment her thoughts were away from cancer. With the craft beer community at her side an

SEE DIVE, Page 23

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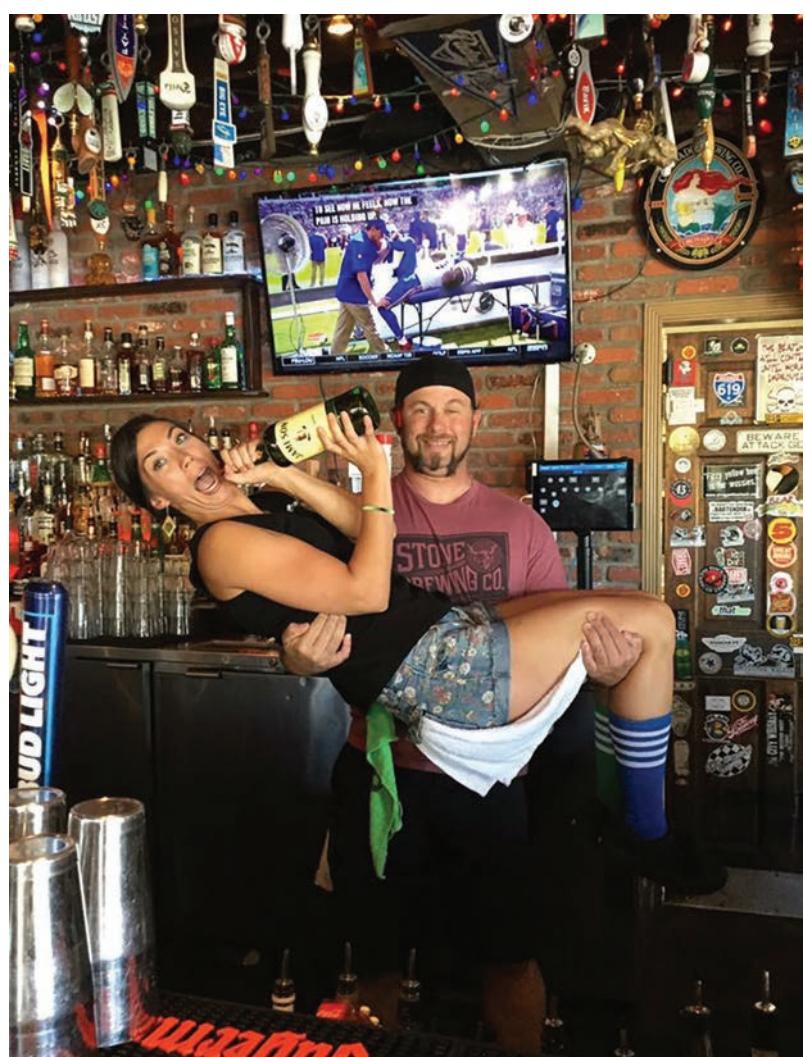
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DIVE

CONTINUED FROM Page 22

inertia took hold both in her personal and professional life, the result of which is beautiful.

The menu really upped its game about a year ago when Chef Rose Peyron took the reins. It is never an easy task to take over an already established menu, and it took a bit of her magic to eloquently transition the food into more flavorful bites while honoring the integrity of both herself and The High Dive. The direction in which she pushed the menu completed an already serious arsenal.

Her dishes are ones I regularly crave, especially her brunch.

Chef Rose will be moving on, while still revamping the new breakfast menu and also over-seeing the dishes served at the monthly event Chicks for Beer. Every third Tuesday women interested in experiencing, tasting, and celebrating craft beer gather together on the back patio for some killer craft beer and food pairings designed by Chef Rose.

The proceeds of the event benefit the Susan G Komen Foundation. 75 percent of all funds raised by the foundation in San Diego stay in San Diego. Plus, Ingrid credits Susan G Komen for playing an integral part in her surviving

breast cancer.

With Rose's new chapter you can breathe easy. Chef Rose will always be High Dive family. As Sous Chef Keaton Henson takes the helm flavors will still be as addictively awesome as they are now.

The soul The High Dive exudes is evident in its regulars and returning clientele. Because of the relationships fostered between staff and patrons alike, the people frequenting this spot are family. It is not solely great food and drink.

"You also have births and you also have deaths," says Ingrid. "It's amazing to be a part of that, and to be asked to be a part of that. We just had a patron pass away, and the whole family — he loved this place so much that they had a service here."

And when people have a baby and they are able to bring it in here, and everybody is so excited for them . . . We've had weddings here."

Ingrid is beaming and I feel myself smiling right along with her.

Upcoming events: 10-year anniversary celebration at the High Dive Nov. 2; Next Chicks for Beer benefitting Susan G Komen will be held on Tuesday, Oct. 18, at 7 p.m. Of every dollar donated to Susan G Komen, 75 cents stays in San Diego.



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Edgar Allan Poe and The Raven Headline Art Exhibition at Ashton Gallery

Just in time to get you in the mood for a spooky Halloween, the Ashton Gallery presents "The Poe Show," as in, Edgar Allan.

The exhibit's opening reception on Saturday, Oct. 22, from 6-8 p.m., will include more than just images and sculpture, it will also include poetry, short stories and all things Poe.

There are even rumors Edgar himself may return from the grave to make an appearance at this national show in his honor. The exhibition will be juried by Chris Semtnner, curator of the national Edgar Allan Poe Museum in Richmond, Va. The show will also be displayed on the Poe Museum website.

"Artists across the country are fascinated by Poe and his Raven, that's why they were picked for the theme of this year's national event. Admissions are being submitted from throughout the country," said Kate Ashton, founder of the gallery. "We will begin this 'midnight dreary' evening at 6 p.m. with the 'unhappy hour.'

The evening will progress with a

recitation of The Raven and other Poe and "Poe-ish" readings.

"We'll stay in dark Poe character but we will have fun with it," promises Ashton. The evening will also include appropriately depressing music, munchies and, of course, Raven's Blood cocktails. Come dressed in black to be a part of it all.

"We are very honored to have the curator of the Edgar Allan Poe museum to jury this exhibit and to be included on their website. The Poe Museum has the world's finest collection of Edgar Allan Poe's manuscripts, letters, first editions, memorabilia and personal belongings," said Ashton.

About The Poe Museum

Called "America's Shakespeare," Edgar Allan Poe created or mastered the short story, detective fiction, science fiction, lyric poetry and the horror story. His dark genius has invited children and adults to read and love literature for over 150 years.

Opened in 1922, in The Old Stone House, the museum is only blocks

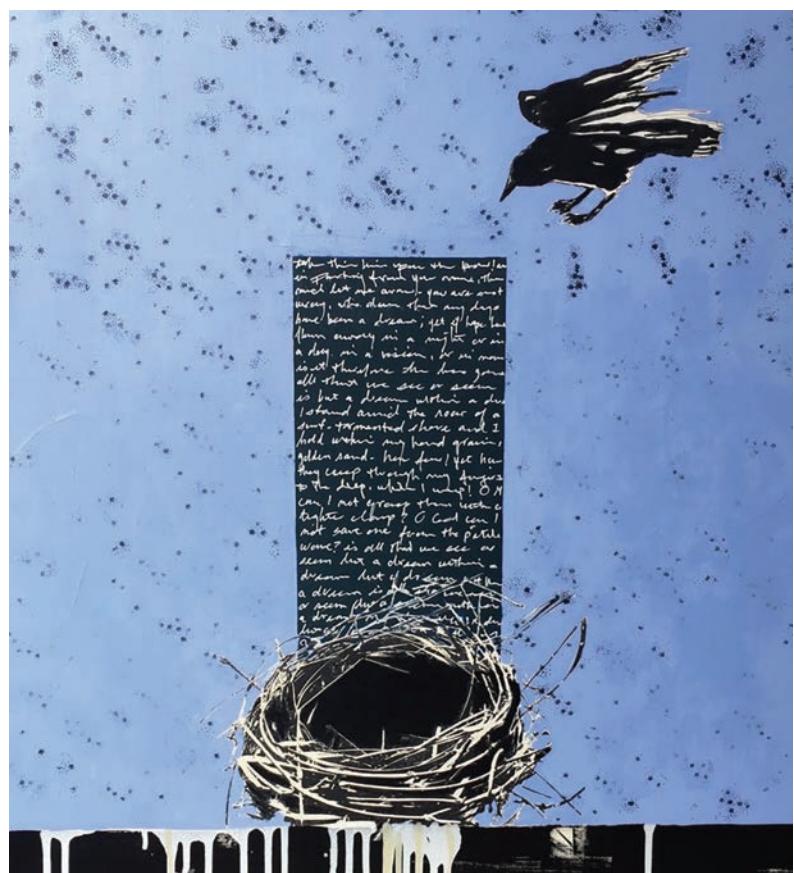
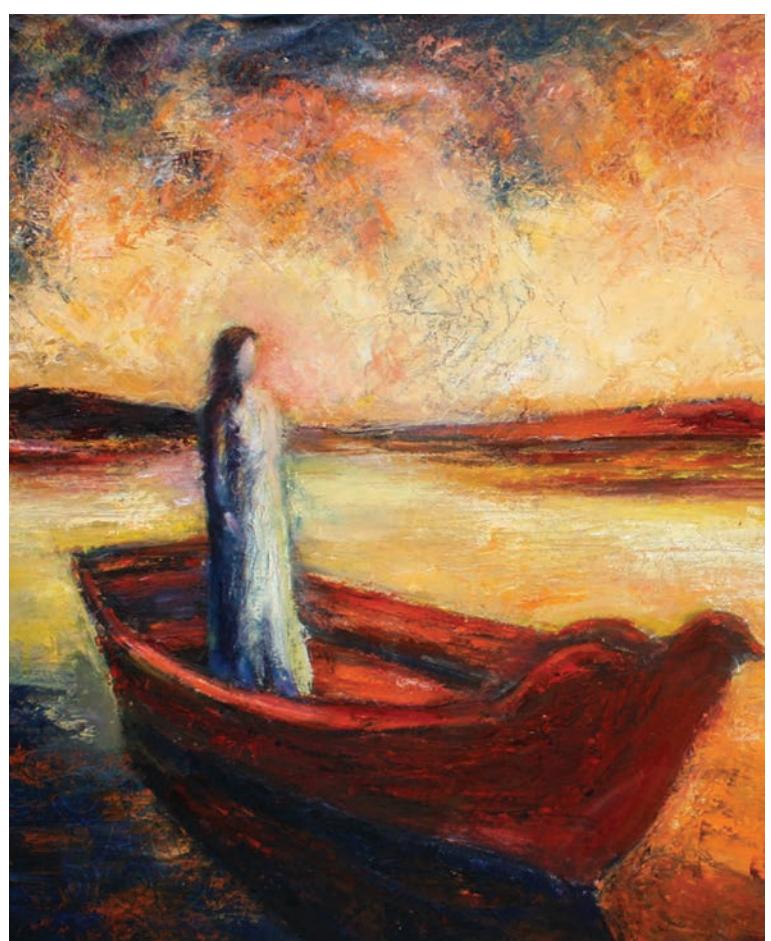
away from Poe's first Richmond home and his first place of employment, the Southern Literary Messenger.

The Poe Museum provides a retreat into early 19th century Richmond where Poe lived and worked. It features the life and career of Poe by documenting his accomplishments with pictures, relics, and verse, and focusing on his many years in Richmond.

The Poe exhibit will run through Nov. 23 at the Ashton Gallery, located at Art on 30th, a full-service art center offering private artist's studios, art instruction in a variety of disciplines in both classes and workshops from some of the area's most renowned art instructors.

Ashton, a highly successful artist, also teaches monthly workshops on art marketing. Art on 30th is located at 4434 30th St.

For information about the Poe Show opening and exhibit or Art on 30th, contact the center at (619) 894-9009 or arton30th@gmail.com.



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