

NORTH PARK NEWS

Serving San Diego's Premier Urban Communities for 20 Years

sdnorthparknews.com

Vol. 20 No. 9 September 2012

MUSICAL MAYHEM ON ADAMS AVE.



Coco Montoya



Mojo Nixon



The Paladins



Strawberry Alarm Clock



Sara Petite

Adams Avenue Street Fair Brings 90 Acts To The Street

About 70 of the 90 musical acts performing at this year's Adams Avenue Street Fair are from the San Diego area, a tribute to the region's growing reputation as a breeding ground for musical entertainers and bands — and places where they can perform.

There is, for example, The Paladins, a San Diego-based trio formed in the 1980s by Dave Gonzalez. It's best known for its high-energy rockabilly sound, but one built on country, early rock n' roll, blues and jazz.

San Diego also is home to Sara Petite, another stage performer at the street fair — Sara Petite and the Sugar Daddies. Her website bio says she learned to sing country music in her hometown of Summer, Wash., by listening to Dolly Parton and Loretta Lynn.

They join an eclectic mix of musicians at the 31st annual Adams Avenue Sept. 29 and 30 on Adams Avenue in Normal Heights. Performances on seven

SEE MUSIC, Page 5

South Park's Resident Doctor

Tara Zandvliet – 'Dr. Z' – practices medicine the good old-fashioned way

By DELLE WILLETT

Dr. Tara Zandvliet sometimes feels rushed doing a 40-minute exam. "There's so much to ask about, to talk about, and to learn about my patients," she explained.

Dr. Zandvliet, "the South Park Doctor," is a refreshing change from the assembly-line model of larger medical practices. She gives a lot of time and personal attention to each of her patients and feels it's the way of the future.

Frustrated with medical-insurance paperwork piles, having to see patients in ridiculously short 7.5-minute appointments, and the cure-it-with-drugs mentality, Zandvliet set out on her own two years ago. She has a simple office, does not take insurance, has no employees, has flexible hours, gives minimum 20-minute appointments, answers her own phone, and uses a 21-year-old stethoscope.

While Zandvliet (pronounced zand-fleet) does not take insurance, she does have patients with insurance; they fill out their own paperwork and she helps them with codes.

Zandvliet, also known as "Dr. Z," hung up her shingle in South Park with the intention of being known as the commu-

SEE DR Z, Page 6

Dr. Tara Zandvliet examines a patient.



NORTH PARK SCENE

TASTE OF NORTH PARK 2012

Taste North Park

Walk, sip, sample and shop. That's what you do at the Taste of North Park, coming here again on Oct. 6 from 11 a.m. to 4 p.m. in the general area of University Avenue and 30th Street. You can sample food from participating eateries, taste craft brews and shop at the galleries and boutiques along the way. More than 40 restaurants are participating. For a list of all the places taking part in the fourth annual event, visit tastenorthpark.com. Tickets cost \$30 if purchased before the event, \$35 day of. North Park Main Street is the sponsoring organization.

SEE SCENE, Page 4

DR Z

CONTINUED FROM Page 1

nity doctor. And what that looks like is her having a presence at community events such as the Bird Park concerts, So-No Fest or the Old House Fair with her medical bag on her bike, just in case somebody needs help. Or being at McKinley Elementary, her kids' school, at the jog-a-thon when the school nurse couldn't be there, or donating a gift basket for a gala at Einstein Academy. "I want the community to know I'm here to visibly support and inspire them," she said.

And visible she is, bicycling from home on Felton Street to work on her big black bike with her red medical bag on a rack in back. She even makes house-calls on her bike — mostly when the patient is a child with a 104-degree temperature who needs to stay home in his or her own bed. "I don't make house-calls on people I don't know. That would worry my mother greatly!" she chuckled.

Looking Ahead to the Obama Healthcare Plan

About to celebrate her two-year anniversary as the South Park Doctor, Zandvliet is looking ahead to the Obama Healthcare Plan and how it might affect her practice. "I'm still working my way with a highlighter through the Obamacare plan that's full of medi-speak, and the Supreme Court justices' decision, which is fascinating and a little easier to read — still not like Nora Roberts romances, which I love.

"I may lose patients to doctors who take insurance, I may be getting a lot more patients, or I may have to adapt. But I have a feeling I'll be getting busier, as many will now have high-deductible insurance to meet the mandate. From my reading, it also seems as if patients will find getting reimbursement for my services much easier, and possibly at a higher rate. The most important thing out of all of this is that everyone ends up with decent health care."

Practicing Preventative Medicine

And what does decent health care mean to Zandvliet? "I would like to see everyone in charge of their own health decisions, both medically and financially. I feel that as medical treatments and hospitalizations become more expensive, we will also need help paying for them in some form or another. We should be focusing on preventative medicine in order to change our futures. Doctors should have time to really listen to their patients and discuss with them the pros and cons of different treatments. Medicine should be collaborative, not dictatorial."

In Zandvliet's office, she asks her patients questions, tries to get a feel for the problem and repeat it back to them. When she hears "Yes, you've got it!" then they can begin to figure out what to do together. (And, by the way, ella habla español.)

Teaching Patients

Zandvliet, 44, believes a lot of medicine is education. Teaching patients what is going on inside their body, why it isn't working properly and how to make adjustments to get back to good health. And teaching is what she loves to do. Jargon-free.

"If a patient doesn't understand what I am saying, I'm not doing them any good. Medi-speak just wastes everyone's time," she said.

"I don't like the traditional 'you're-broken, let's-fix-it' attitude," said Zandvliet. "I don't think the body is broken.

I think it's adapting. It's doing its best. Sometimes it just gets it wrong. And everybody is different. Every body is different. You have to find the right fit for each person."

Establishing a Solid Health Foundation

Zandvliet feels if she can help a person establish a solid foundation for health, than most of the time the patient won't need her very often. Her acronym for that foundation is SANE: Sleep, Activity, Nutrition and Environment. This is how she explains it:

Sleep is when your body recuperates and repairs itself. If you can't sleep, your body breaks down. Get eight to nine hours sleep a night without the use of sleep aids. "If I could get everybody sleeping successfully I'd be out of a job."

Do things you love to do. Be active. Your body was meant to move, not sit for 10 hours a day.

Food is medicine, information for our genes. Eat healthy food; get your necessary vitamins, minerals, and micro-nutrients. If you don't give your body what it needs it will fail you.

Rid your life of toxins: toxic habits, toxic work environments, toxic relationships and more.

The Doctor's Chart

So how is Zandvliet doing on building her own health foundation? Being mother to a 7 and 9 year old, she's probably not doing so well on the eight to nine hours of sleep a night, and with the exception of craving Hostess Cherry Pies, she's doing OK on the nutrition. And since she left a toxic work environment and set up her own practice, she's doing great on the environment part.

She also scores really high on the activity chart as an avid cyclist, who, over the last 15 years, has had a fly-and-die standard. "I go as fast as I can and hold on for dear life."

Checking Credentials

Originally from Los Angeles, Zandvliet holds an undergraduate degree from Stanford, an MD from New York Medical College and had a double residency at the University of Texas Medical Center. She was also on the faculty of UT Houston and the Baylor College of Medicine/University of Texas.

Now on her own, she tries to keep up with new developments in her specialties (internal medicine, pediatrics and integrative medicine) by attending two major conferences a year as well as keeping up with journals. She also continues to work part-time at La Maestra clinic, where she has the opportunity to interact with other highly experienced doctors.

Since arriving in San Diego 12 years ago, Zandvliet was at the Palomar Medical Center for two years as a hospitalist, taking care of the sickest, most complex patients, and eight years at Family Health Centers of San Diego, serving the underprivileged of San Diego.

Making an Appointment

Making an appointment with Zandvliet is easy and can be done online at southparkdoctor.com, where all other information is given on how to prepare for the appointment. The office is located at 2991 Kalmia St. (619) 929-0030.

But wait. Where's the waiting room? "I don't have one. I try very hard not to have my patients wait," said Zandvliet. In inclement weather, patients have the option of waiting at the psychiatry office next door. Usually if her patients wait, it's because they come early. Once in a while, every few weeks she'll get 15 minutes behind — usually with a newborn.

"I love the personal touch; when it's time for your appointment, you open the door, and here I am!"



Zandvliet is an avid cyclist, who, over the last 15 years, has had a fly-and-die standard. 'I go as fast as I can and hold on for dear life,' she says.



Dr. Z bicycles to work from her home on Felton Street.



The 'waiting room' is outside.



All real estate advertising in this newspaper is subject to the Fair Housing Act which makes it illegal to advertise "any preference limitation or discrimination based on race, color, religion, sex, handicap, familial status, or national origin, or an intention to make any preference, limitation or discrimination." Familial status includes children under the age of 18 living with parents or legal custodians; pregnant women and people securing custody of children under 18. This newspaper will not knowingly accept any advertising for real estate which is in violation of this law. Our readers are hereby informed that all dwellings advertised in this newspaper are available on an equal opportunity basis. To complain of discrimination call HUD toll-free at 1-800-669-9777. The toll-free telephone number for the hearing impaired is 1-800-927-9275.

NORTH PARK NEWS

www.sdnorthparknews.com

Serving San Diego's Premier Bungalow Communities

Chairman/CEO

Bob Page
BobPage@sandiegometro.com

Publisher

Rebeca Page
RebecaPage@sandiegometro.com

Editor

Manny Cruz
Manny@sandiegometro.com

Art Director

Chris Baker
kurisub@gmail.com

Advertising Sales

Ada Laura Duff
(858) 442-7766
adaduff@gmail.com

Writers/Columnists

Todd Gloria
Ann Jarmusch
Jennifer Kester
Donna Marganella
Bart Mendoza
Katelyn O'Riordan
Sandy Pasqua
David Raines
Delle Willett

Photography

Manny Cruz
Sande Lollis

Letters/Opinion Pieces

North Park News encourage letters to the editor and guest editorials. Please address correspondence to Manny@sandiegometro.com or mail to Manny Cruz. Please include a phone number, address and name for verification purposes; no anonymous letters will be printed. We reserve the right to edit letters and editorials for brevity and accuracy.

Story ideas/Press Releases

Do you have an idea for an article you would like to see covered in this newspaper? We welcome your ideas, calendar item listings and press releases. For breaking news, please call us at (619) 287-1865.

For all other news items, please email
Manny@sandiegometro.com.

ADDRESS

PO Box 3679,
Rancho Santa Fe, CA 92067

PHONE

(858) 461-4484

North Park News distributes copies monthly to residents and businesses of North Park, South Park, Golden Hill and Normal Heights.

The entire contents of North Park News is copyrighted, 2012, by REP Publishing, Inc. Reproduction in whole or part is prohibited without prior written consent.

All rights reserved.