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NORTH EDITION

# CLAIREMONT

LOCAL LIFESTYLE PUBLICATION

VOLUME 4 | ISSUE 10 | **OCTOBER 2019**



Girl Scouts of the USA CEO Sylvia Acevedo presents Ana De Almeida Amaral with a National Gold Award Girl Scout pin.

## LOCAL TEEN NAMED NATIONAL GOLD AWARD GIRL SCOUT

Ana De Almeida Amaral Receives Girl Scouts of the USA's highest honor for fighting racism in education.

*Read Story On Page 30*



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# AS TECHNOLOGY USE AMONG SENIORS RISES, SAN DIEGO OASIS HOSTS FREE, IMMERSIVE TECH SHOWCASE FOR OLDER ADULTS

**‘Get Connected: Technology Fair for 50+’** is the region’s largest technology event, which aims to reduce frustration and build confidence in seniors so they can fully integrate tech into their daily lives; Sponsored by County of San Diego’s Aging and Independent Services and San Diego Oasis



San Diego Oasis, an award-winning nonprofit organization serving people age 50 and better throughout the county, will host an immersive technology event designed to help ease frustration when it comes to smartphones, computers, tablets, apps, telemedicine, and much more.

In October 2019, leaders at San Diego Oasis, an award-winning nonprofit organization serving people age 50 and better throughout the county, hosted an immersive technology event designed to help ease frustration when it comes to smartphones, computers, tablets, apps, telemedicine, and much more.

The “Get Connected: Technology Fair for 50+” attracted more than 1,000 San Diego County residents at the Reading Cinemas at Grossmont Center, just steps away from the San Diego Oasis Lifelong Learning Center. “Get Connected” is the region’s largest tech event for older adults, and is designed to be upbeat, inviting, and stimulating. Organizers took great care to curate the best presenters and satisfy attendee needs.

“There was so much positive energy among our attendees and the response to learn about technology, from the basics to advanced topics was incredible,” says Simona Valanciute, president and CEO, San Diego Oasis.

“Get Connected” featured 24 free workshops and

consultations with tech experts in a one-on-one environment to answer just about any kind of tech question. The workshops were led by industry experts from local companies, who presented a range of topics for beginners to experienced tech users, such as “10 Apps You Should Have On Your Smartphone,” “Conquering Your Passwords,” “Avoiding Thieves and Scammers in a Digital World,” and “Money and Tech: Is Your Digital Wallet Ready?” Presenters were multi-generational, diverse, and have varying perspectives. “Peer to peer learning creates a comfortable, non-threatening environment,” continues Valanciute. “Students leave our event feeling motivated and empowered to further use the smart technology they have at their fingertips.”

Attendees also had an up close look at a Tesla Model 3 and Model 5 vehicles, learning about charging options, federal tax credits, and state rebates on electric vehicles. Opportunity drawings for some exciting tech-related gifts were held throughout the day.



## TECHNOLOGY USE AMONG SENIORS INCREASE

Recent studies show events like the one hosted by San Diego Oasis and supported by County of San Diego’s Aging and Independent Services are needed. According to a 2019 study from Pew Research, older Americans are spending more time in front of their screens than a decade ago. Today, 73% of adults age 65 and older are internet users, compared to 14% in 2000, and just more than half (53%) are smartphone owners.

However researchers at UCSD’s Design Lab who analyzed older adults’ perspectives on technology intended to allow them to “age in place,” found when the seniors experienced frustration with new tech-

nology, it made them unsure of their ability to use it, leaving them unmotivated to try.

“If San Diego wants to truly be an ‘age-friendly community,’ then we need to look after the well-being of all older adults,” says Valanciute. “Not just their basic needs, but also provide opportunities to learn, engage, and be included. Technology allows us to do this, and programs like our Get Connected event enable us to mobilize this important population and serve them in convenient and relevant ways. San Diego Oasis has been doing this for nearly 40 years, and this is where we excel in the ecosystem to serve seniors in our region.”

## SAN DIEGO OASIS OFFERS TECH CLASSES YEAR-ROUND

If you missed this year’s Tech Fair, don’t worry. San Diego Oasis hosts technology classes and workshops throughout the year at their locations in Grossmont Center, Escondido, and across the county. Visit [www.SanDiegoOasis.org](http://www.SanDiegoOasis.org) for more information and to register for classes.

The 2019 “Get Connected: Technology Fair for 50+” was hosted by San Diego Oasis and sponsored by County of San Diego Health & Human Services Agency. Sponsors include AARP, Airbnb, Anthem Blue Cross, AT&T, Care Patrol, Clear Captions, Grossmont Center, Kind, Nurse Next Door, Palomar Health, SDFF, San Diego Rotary, SDGE, Sharp Healthcare, Submarina, and Thrivent Financial.

**ABOUT SAN DIEGO OASIS** - San Diego Oasis, an award-winning nonprofit organization, is on a mission to change the way people experience aging and pursue vibrant, healthy, productive and meaningful lives through education and community service. The community-based organization hosts over 3,000 workshops annually at over 45 locations to 5,000 active participants throughout San Diego County. The nonprofit’s Intergenerational Literacy Tutoring Program matches an older adult in the life of an at-risk, low-income student in grades K-4. Their flagship center, located in La Mesa’s Grossmont Center, is an exemplary model of engagement for people



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## Q &amp; A

WITH KRISTEN FOGLE  
AUTHOR AND WRITING  
INSTRUCTOR

We all have a book in us. Or maybe it's a short story, poem, or play. The question most of us struggle with, though, is: How the heck do I even start?

Executive Director of San Diego Writers, Ink and former magazine editor, Kristen Fogle, has more than a few answers in the form of writing exercises and prompts to help get writers going.

We had a chance to sit down with Fogle and talk about her new release *Dare to Write*:

*Creative Writing Prompts for Young People and Word Rebels Everywhere*, which is filled with instruction and exercises that help develop a compelling narrative, characters, setting, dialog, conflict, and resolution.

Fogle's book is out just in time for National Novel Writing Month, more commonly called NaNoWriMo, which encourages aspiring writers to take the month of November to put pen to paper – or fingers to keyboard – and write that novel they've always wanted to.

**Q: Tell us about your new book *Dare to Write: Creative Writing Prompts for Young People and Word Rebels Everywhere*.**

A: When I offer timed writing sessions, attendees often approach me to say they wished they had all of the writing prompts we discussed in our workshop so they could refer to them later. My new book offers aspiring and seasoned writers a workbook based on these prompts, as well as the principles and strategies I've developed over my fifteen-year career as a magazine editor, writing instructor, and artist.

**Q: What made you decide to write this book?**

I truly think that writing can change the world, and sometimes it just takes a spark, a prompt, to get you started. I've wanted to pen a prompt writing book for years now. When Callisto Media approached me to write one, I felt like the stars were aligning.

**Q: The cover has a very young vibe, but the title suggests it's for "word rebels" of any age. Who do you see as your typical reader?**

The book is geared toward young people of all ages, from teens just starting out to seniors looking for a fresh perspective. It's for aspiring writers as well as seasoned professionals. It's for anyone who feels writing is (or should be) an important part of their lives.

**Q: What's a word rebel and should we be afraid of them?**

That's funny, but no, fear not. Word rebels are people who dare to put it all on the page, whether that's a quick and crappy poem, a really great start to a novel, or just a diatribe about their day. These are the people daring to communicate their hopes, their dreams, their thoughts, their plans. Authenticity can be scary. But it's what our world needs right now.

**Q: You say it's important for people to write even if they have no intention of publishing. Why is that?**

Writing is cathartic. Writing gets you to the other side. Writing can change your day or be the idea that sparks a revolution. It doesn't matter if one person or ten thousand people read your work. It's the act of writing that matters most.

**Q: What kinds of classes do you teach as a writing instructor?**

I lead groups through a book called *The Artist's Way*, by Julia Cameron. These are one-day, seven-week, or twelve-week bootcamps for your creativity, essentially. We dig into your blocks and look at your whole life to get you to the next level—whether that's trying out for a play or publishing something or maybe just slowing down and reading a book or dabbling in an art form that's new. I also teach generative writing classes, I've taught memoir, I'll be teaching playwriting soon. For kids, I teach theater in schools through the La Jolla Playhouse and work with several schools at Writers, Ink teaching all things writing—all things craft, every genre.

**Q: Do you ever work with writers individually? What are the benefits and drawbacks of working with an instructor one-on-one as opposed to a class?**

I do. I was a magazine editor for a long time, and so I've worked with a lot of writers in that capacity. I also do some developmental editing and I love looking at resumes. I think the only drawback I can think about, for some people, is the price of working with someone individually. There are a ton of benefits to having a one-on-one. For starters, you're getting extremely personalized, detailed feedback, as opposed to a class, which has to be a fairly general overview of a subject.

**Q: What's the most important piece of writing advice you've ever received?**

Writers write. That's it. They make a commitment to it, and they just write. The writing isn't always good, and it doesn't have to be. It's much harder to edit a blank page. Everyone I know whose opinion I respect in the writing world says this. (And writing memes say these things, so they must be true!)

**Q: What was your biggest a-ha moment in your own writing?**

When I was writing this book, I thought, I'd have to have a "grown up" approach to this. I'd need to write a little every day. So I spread out the writing daily for my first deadline. What happened was I got back a ridiculous amount of edits. For the second deadline, I wrote it all the day before it was due, like I generally would for any other project. The edits were substantially less. So I learned that yes, writers write. But you have to write the way you write. My best stuff comes the last minute.

**Q: What's the best compliment you've ever received from a student?**

One of my kids said, "I was scared to try writing before this. Now I love it." Can there be anything better than that?

**Q: You've interviewed celebrities like the Kardashians and Taylor Swift. What's the secret of getting them to open up?**

People are people and celebrities have never really intimidated me. I'm more interested in their stories than what their jobs are or their perceived importance by the media. So I always had a plan in

mind when I interviewed someone, but I really just wanted to have a conversation with them.

**Q: Best book you've read this year?**

Three Women by Lisa Taddeo. Excellent writing and big ideas, but definitely not for kids!

**Q: What's on your nightstand right now?**

Start With Why by Simon Sinek and Where the Crawdads Sing by Delia Owens. In the queue is Margaret Atwood's new book *The Testaments*, and *How to Do Nothing* by Jenny Odell.



**KRISTEN FOGLE**  
AUTHOR & WRITING INSTRUCTOR



# WOMEN CHOOSE WEALTH

## UNLEASHING FEMININE MONEY SUPERPOWERS

**W**omen naturally have Feminine Money Superpowers that bring with them wildfire wealth. So many women have become detached from their superpowers and are oblivious to their isolation. The key to success and wealth is to reconnect to their superpowers that have been with them all along and then unleash them. Once they are reunited with their super powers, wealth shows up in a steady flow and in ways that could not have been imagined. A flow of abundance in many forms just happens – as if having a Midas touch.

Most women likely live and act in a masculine mode when conducting business - without awareness of how much better and easier it could be if they embraced and embodied more of their feminine nature. After all, it is still predominantly a man's world in business, and so many women mistakenly believe that they must act like a man in order to be successful and "fit in". Logic, doing, independence and competition are the hallmarks of masculine business traits. Feminine business traits include collaborating, nurturing, sharing and receiving. When women choose to live in the masculine energy while engaging in business, they are missing out on a much easier, faster, gentler way to make money and exist in the world. They are also doing themselves a huge disservice by cutting themselves off from a very valuable asset and robbing others of the gifts they have inside of them. Both masculine and feminine traits need to be present for optimal success. The magic happens when there is a balance between both. Imagine how different the world would be if women lived in their feminine power, with masculine power available on demand, as needed. Mind blowing, right?

How do I know? I was that woman who was a corporate executive at age of 33, running multi-billion dollar programs and making six figures in the 1980s. My false belief was that I had to be mostly masculine to be successful and fit in at work. After 20 years in corporate jobs, I found myself having 00panic attacks, not sleeping well, in a failing marriage, stressing out most of the time and was a workaholic. I did not like who I had become and it was grating on my soul to operate and show up every day being someone who I was not. Since I was not being my true, authentic self I had, unknowingly, cut myself off from some of my greatest assets. Finally, after all my hard work and loyalty, I had hit the glass ceiling and was unwilling to continue doing business in that unsustainable way that was harming me and responsible for my failing health. When I finally quit my corporate job without a safety net, I did not recognize myself. It had gotten so bad, that my decision was a matter of survival. I took one year off to find myself and restore my health. I knew that there was a better way to be myself at work, yet had no role model to show me how. That is when my quest for a better, more authentic feminine way of being and healing began.

Want to know what I found? Drum roll please..... Intuition (your infallible GPS), receiving and community are the top three feminine money superpowers that I discovered on my quest. Spoiler alert: they also apply to all areas of life: relationships, spirituality, personal growth, career and health. All three are integral parts of femininity that give an almost unfair advantage in the money making and manifesting realm. They are who we are naturally and an integral part of our true selves.

We get to choose how we succeed - or not - and to be our true selves. It's a whole lot easier to make the choice to live a glorious life when feminine money superpowers are an ally. Life, business and money also become a whole lot easier. The superpowers are like best friends who are supportive, celebrate wins and are there for you when needed.

When women relax into their natural state of femininity (it's like wearing a comfy T shirt), they feel free to play, to laugh, to enjoy and to savor life and all of its glory,

complete with riches and rewards. From this happy place, women have a secure foundation so that they can allow life to be easy peasy, receive with open arms and go with the flow. Their happiness and joy permeates into all areas of their being and work seems like play. In this safe space - money comes to them from known and unknown places in larger amounts than were imagined. By now, you're probably salivating with desire to have some of this secret sauce.

### INFALLIBLE WOMENS'

intuition is an sense that know-expression to your knows the way. Where not go), how (or not do) are One of the biggest challenges is to listen to the guidance and trust it. Have you ever done something that the little voice in your head said "that's a bad idea" and you did it anyway? We all have. How did it turn out? Probably not so well. Intuition serves you and guides you and it has your best interest in mind at all times.

Accessing your intuition takes the guesswork out of money making and decision making. Once you reconnect with your inner GPS, you're going to have the best results you've ever had in your life and your business. Wouldn't it be great to regain access to this innate price-less resource?

**RECEIVING.** Receiving is feminine. Giving is masculine. If you are like most women, you have gotten into the mode of over giving and become out of balance with receiving. For the majority of women, receiving is a foreign concept and they reject sources of abundance that are knocking on their door. We say yes to opportunities that do not serve us and that distract us from our greatness. The inverse is also true and way too common - saying no to opportunities and resources that serve us, help us fulfill our purpose and allow us to have the impact that we are meant to have in this world. Many times, women are so busy doing things that do not serve them, that they do not "see" or don't say yes to the very things that would make their lives (and the lives of their loved ones) easier and more fulfilled. Maintaining a harmony of receiving and giving are the goal - is our optimal state of being.

Giving to their detriment and blocking their ability to receive is a high price to pay for being poor. Side effects of women over giving are sacrificing themselves and their needs; staying stuck; playing small; and robbing other people of their gifts that are so dearly needed by others. Many women create a story that makes it "bad" to receive. Scarcity beliefs show up when they tell themselves that other people need money and resources more than they do and if they receive something then someone else must do with out. All of these stories are lies. To be our true selves, women need to put their oxygen mask on first and start receiving.

**COMMUNITY.** Being in common unity, which is community, is the place in which women are organically wired to exist. Our brains and nervous systems are optimized to be in community. We are happiest and most fulfilled with our "people" or our "tribe" as some people call it. Our most foundational needs of food, shelter

and water are more easily met in community. We also have a greater likelihood of staying alive within a group. There is a better chance of survival if each person in the group plays their roles and works together. Think about cavemen and how they had to stay together to survive. That same part of your brain, the reptilian part, still operates in the same way it did when we were cavemen and women. You have probably heard that there is safety in numbers. It's true - our basic human needs of safety and security are best met in community.

It is where we can be our best selves, where we can live in joy and ease, experience less struggle, support each other, celebrate our successes and nurture each other. In a community, there is security, safety and love.

Imagine how much better, easier and more fun your life could be if you were living it with a group of people who support you, you support them, they lift you up, and they have your back. In today's world, sharing of resources is a huge benefit of being in cooperation and collaboration with a group. It's time to stop playing small and start living in your greatness, which is your birth-right.

Because abundance starts to flow and continues to flow, money will just start to show up. It will be a lot easier for you to make money, keep it, invest it, grow it, enjoy it and give back. Your superpowers create the conditions and the means to allow things to flow, to be in receptivity instead of action all the time, and but more of an allowing more of connecting things, connecting resources, connecting people together. Sharing is caring! Sharing resources helps everyone and leverages our impact and helps us reach our goals easier and faster.

To unleash your Feminine Money Superpowers and to live in your huge wealth potential by eradicating self sabotaging money blocks at their sources - join us at [www.mindovermoneymakeover.com](http://www.mindovermoneymakeover.com). The next online class that begins October 15 and you can join anytime as all teachings are recorded.

**To have fun discovering your wealth health in only two minutes, go to [www.WomensWealthCheckUpQuiz.com](http://www.WomensWealthCheckUpQuiz.com)**

Olympia Hostler, MBA is the The Queen of Wealth and founder of Women Choose Wealth. With over 35 years of prosperity leadership in corporate, government and entrepreneur sector experience, she loves her work empowering women leaders to eradicate self-sabotaging money blocks so that they work less, make more, and live free™. She has a vast breadth and depth of experience as a highly sought-after business consultant specializing in quickly making businesses profitable and pleasurable. You can reach her at [www.WomenChooseWealth.com](http://www.WomenChooseWealth.com). Follow her on Facebook: [www.facebook.com/womenchoosewealth](https://www.facebook.com/womenchoosewealth). Connect with her on LinkedIn at: <https://www.linkedin.com/in/olympia-hostler-mba-the-%F0%9F%91%91-queen-of-wealth-363a92/>



# SD COUNTY NEWS

## PROPOSITION 13 WORKS AND REMAINS POPULAR. SO WHY ARE SPECIAL INTERESTS ATTACKING IT?

By Rob Lapsley and Allan Zaremborg | Special to CalMatters

Backers of an initiative to eliminate Proposition 13's protections for some groups finally acknowledged something we have known all along: the measure is fatally flawed, would be bad for California and would shortchange school districts contrary to the stated purpose of the initiative.

This admission came after they spent millions of dollars to place the "split-roll" measure on the November 2020 ballot.

Now, they've decided to scrap that measure, write a second draft, and attempt to qualify it for the 2020 ballot.

The real question is why not withdraw the old, flawed ballot measure now? Do they really plan to present voters with an admittedly flawed constitutional amendment if they can't replace it with their new measure?

Sadly, the answer is yes.

A split-roll initiative would remove Proposition 13's protections for commercial and industrial property and raise their property taxes by billions of dollars a year. Businesses would have no choice but to pass those increased costs onto you and me, raising the prices on everything we buy, from gasoline to groceries, while also raising our utility and health-care bills.

Unfortunately, these special interests are so intent on destroying Proposition 13 that they'll leave the first poorly written measure on the ballot as a backup just in case they can't qualify the new measure.

This is the clearest evidence yet that those behind the split-roll measure aren't concerned with what's best for Californians. They're focused on raising taxes at any cost, even through a terribly flawed measure.

If the old measure is pulled from the ballot and replaced with this second draft, it still would be the largest property tax increase in state history and the most direct attack on Proposition 13 in a decade.

Public polling consistently shows that the split-roll property tax fails to earn even 50 percent support.

A June 2018 survey by the Public Policy Institute of California (PPIC) showed just 46 percent of respondents support the tax. This is the lowest level of support for a split roll tested by PPIC since 2012.

In contrast, Proposition 13 continues to remain popular with voters. The same PPIC poll showed 65 percent of voters believe Proposition 13 was good for

California. That's the same percentage that passed the measure 41 years ago.

Proposition 13 was passed by nearly two-thirds of California voters in 1978



Howard Jarvis, circa 1978. (Photo courtesy of Howard Jarvis Taxpayers Association.)

because our property tax system was out of control.

The initiative stopped skyrocketing property tax bills by capping annual increases in property taxes at 2 percent per year. It also calculates general property taxes based on 1 percent of the purchase price rather than market value, protecting property owners and local governments from drastic booms and busts in the real estate market.

Proposition 13 creates stability for homeowners, renters and businesses, ensuring they won't be broadsided with dramatic property tax increases. It also creates a reliable tax revenue stream that has grown on average 7 percent a year since the passage of Proposition 13, and is projected to reach an all-time high of \$74 billion.

The pros and cons of a split roll will be argued before the voters next year. We'll work hard to educate voters about why they should reject this attempt to gut Proposition 13.



Rob Lapsley, left, and Allan Zaremborg

Rob Lapsley is president of the California Business Roundtable, [Rlapsley@cbrt.org](mailto:Rlapsley@cbrt.org). Allan Zaremborg is president and chief executive officer of the California Chamber of Commerce, [az@calchamber.com](mailto:az@calchamber.com). They are co-chairs of the Californians to Stop Higher Property Taxes. They wrote this commentary for CalMatters, a public interest journalism venture committed to explaining how California's Capitol works and why it matters.

## WALDEN FAMILY SERVICES' COO ELECTED CHAIR OF CALIFORNIA ALLIANCE FOSTER FAMILY COMMITTEE

Sue Evans, chief operating officer of Walden Family Services, has been elected chair of the California Alliance for Child and Family Services' Foster Family Agency (FFA) Committee.

Evans has over 30 years of experience in social work and foster care. She joined Walden as a social worker in 2000 and has held various positions including interim CEO before becoming COO in 2010.

Under her leadership, Walden expanded its foster care program to care for teens with developmental disabilities and started a program for children and teens with special health care needs. Evans also established and launched Walden's successful Transitional Housing Plus Foster Care program as well as its Nurturing Parenting and Visitation programs.

Evans' work has led to Walden's 2018 designation as one of the first agencies licensed by the State of California to provide Intensive Services Foster



Care, allowing children and youth with significant medical, therapeutic and behavioral needs to remain in a home-based setting for care.

## COUNTY UNVEILS REGIONAL PLAN TO HANDLE INCREASING POPULATION OF OLDER ADULTS



Feeling Fit Club

The Feeling Fit Club is one of many programs the county of San Diego has for older adults to remain active and socially engaged with the community.

By 2025, there will be more than 1 million San Diegans over the age of 55, so the county has unveiled a regional plan to handle that increasing population and ensure older adults can age safely in our communities.

The San Diego County Health and Human Services Agency's Aging & Independence Services presented the Aging Roadmap to the Board of Supervisors at its meeting Tuesday.

"This roadmap takes all the current partnerships between government and community partners and presents a vision for the future where we can build on existing programs to attain the Live Well San Diego vision of a region that is healthy, safe and thriving for everyone including older adults," said Kimberly Gallo, Aging & Independence

Services director.

"San Diego County is a region with a high cost of living, and finding ways to ensure older adults are able to maintain a good standard of living will be essential."

The plan highlights the work currently being done on behalf of older adults and looks at several new areas of opportunity in the years ahead.

"This is an effort to bring everything together not just in the County government, but the other partners we have out in the community," said Chairwoman Dianne Jacob, San Diego County Board of Supervisors. "We need to do all we can to help seniors stay in their homes as long as possible."



# PET-ASSISTED THERAPY OFFERS POSITIVE INTERACTIONS AT JUVENILE HALL

By José Eli Villanueva, County of San Diego Communications Office

Many young people who get into trouble have had difficult or even traumatic life experiences. Addressing their psychological and emotional needs has become a vital part of rehabilitating them to safely return to their communities.

Pet-Assisted Therapy is one of many programs the San Diego County Probation Department is using as it continues to dramatically change its approach to juvenile justice. Therapy dogs and other animals visit juvenile hall for an hour three days a month. The animals have a calming, comforting presence, and for many youth, it's their first time having positive interactions with pets.

# REVISED PLAN FOR REPLACEMENT OF AIRPORT'S TERMINAL 1 INCLUDES A TRANSIT STATION

The San Diego County Regional Airport Authority released a revised draft environmental study for the Airport Development Plan (ADP), which envisions the replacement of Terminal 1 that would include a transit station that could connect to a people mover chosen by regional transportation agencies.

The Airport Authority said it will also launch an all-electric shuttle fleet that will carry transit riders from the Old Town Transit Center to the airport and back. This service is set to launch in early 2020.

The Airport Authority said it believes a strong connection to the region's transit system is extremely important for its passengers, for the 9,400 people who work at the airport, and for overall traffic circulation in the area around the airport.

The designated transit station area will be able to accommodate whatever type of system is ultimately chosen by SANDAG and the other agencies.

The need for the Airport Development Plan has been fueled by the tremendous growth seen in passenger volumes. When Terminal 1 opened in 1967, it served 2.5 million passengers. In 2018, the same facility served more than 12 million.

The new Terminal 1 would be a more modern facility with up to 30 gates - 11 more than the existing Terminal 1. It would offer more gate-area seating, restaurants and shops, as well as additional security checkpoints with more lanes and a host of energy-efficiency upgrades.

A proposed on-airport access road would remove an estimated 45,000 cars per day from North Harbor Drive. The ADP also sets aside right-of-way for outbound lanes.

# LA JOLLA BAND OF LUISEÑO INDIANS RECEIVES \$9.5 MILLION FEDERAL GRANT TO RENOVATE CAMPGROUND

The U.S. Commerce Department's Economic Development Administration (EDA) is awarding a \$9.5 million grant to the La Jolla Band of Luiseño Indians of Pauma Valley to renovate the tribe's campground and upgrade it to improve its resiliency to future flooding events.

The project will include the demolition of two existing, flood damaged buildings, improvements to parking and roads to make them flood resistant, along with the construction of a new building, replacement of an existing septic system, and site storm drains, domestic water lines and other utilities. An emergency look-out tower will also be built.

The project is funded under the Bipartisan Budget Act of 2018.

# COUNTY SUPERVISORS CALL FOR MORATORIUM ON VAPING PRODUCTS

County Supervisors Dianne Jacob and Nathan Fletcher are proposing a ban on the sale and distribution of flavored tobacco made for electronic cigarettes, along with a moratorium on the sale and distribution of the e-devices in the county's unincorporated area. They are encouraging cities in San Diego County to do the same.

County public health officials are also advising people to stop vaping, as investigators continue looking into what's causing a nationwide epidemic of respiratory illnesses among those that use the e-cigarettes or vaping products. There are currently more than 800 lung injury cases and 12 deaths associated with e-cigarette or vaping use. Teenagers have been the hardest hit. Nearly 2 out of 3 people affected by e-cigarette illnesses are 18-24 years old.

# NASSCO BEGINS CONSTRUCTION ON FIRST SHIP IN FLEET OILER PROGRAM FOR U.S. NAVY

General Dynamics NASSCO has begun construction on the future USNS John Lewis, the first ship for the U.S. Navy's John Lewis fleet oiler program.

Representatives from NASSCO and the U.S. Navy gathered in San Diego on Friday for a ceremony to cut the first piece of steel, signifying the start of construction for the first of six vessels for the U.S. Navy.

The ship is named after Rep. John Robert Lewis, civil rights leader serving his 17th term in the House of Representatives for Georgia's 5th congressional district.

Construction of the first ship is scheduled to be complete in November 2020.

Designed to transfer fuel to U.S. Navy carrier strike group ships operating at sea, the oilers will feature the capacity to carry 157,000 barrels of oil, a significant dry cargo capacity, aviation capability and a speed of 20 knots. "These oilers are critical to the Navy's ability to operate around the world," said Kevin Graney, president of General Dynamics NASSCO.

NASSCO is the largest shipyard on the West Coast of the United States conducting design, new construction and repair of ships. In the past decade, NASSCO delivered more than 30 ocean-going ships to government and commercial customers-including the world's first LNG-powered containerships and several other lead ships.

# TREASURER-TAX COLLECTOR HITS 1 MILLION PROPERTY TAX BILL RECORD

For the first time, the San Diego County Treasurer-Tax Collector's Office is mailing over 1 million property tax bills to local property owners.

San Diego County is now home to 1,001,029 separate parcels, Treasurer-Tax Collector Dan McAllister announced, and in the coming week, their owners will receive the 2019-2020 tax bills. The bills are expected to yield \$6.9 billion.

"Despite the need for more housing that we hear about on a regular basis, I see this record-high parcel number as a positive sign," said McAllister. "It means new units are coming on the market, and we expect that number to grow as legislators encourage more homebuilding in our region."

The total amount owed by property taxpayers is \$482 million more than last year's total of \$6.42 billion. Rising home prices and new residential units are contributing to the increase.

"The number of parcels in San Diego County grew by 2,731. The majority of that increase was due to new condos, but we did see a rise in single family homes as well," said McAllister.

Property owners do not need to wait for the physical bills to hit their mailboxes. Their digital bills are available now at sdttc.com. McAllister recommends going online to pay property taxes with an e-check (electronic check), which is completely free. Paying online also provides taxpayers with an emailed receipt as confirmation of their payment, and sdttc.com is secure to use with no history of data breaches.

The first property tax installment is due on November 1, 2019, and becomes delinquent after December 10, 2019. The second installment is due February 1, 2020, and becomes delinquent after April 10, 2020.

Property owners who have not received their tax bill by October 31, 2019, should get their bill online or call the Treasurer-Tax Collector's Office toll free at 877-829-4732.



# COMPOSTING SYSTEM ENABLES CITY TO PROCESS 40,000 TONS OF ORGANICS YEARLY

SCS Engineers (SCS) working with the city of San Diego has designed and constructed a covered aerated static pile (ASP) composting system at the Miramar Landfill Complex. The ASP composting system can process more than 40,000 tons of organic waste per year.

“This unique system diverts more organic material to composting, and helps the city of San Diego achieve its goal to reduce the waste flow into the landfill while achieving environmental objectives,” said Pat Sullivan, senior vice president at SCS. “The SCS team for this project had the design, engineering, and construction experience to complete the project and achieve the city’s objectives.” The team was led by Project Manager, Vidhya Viswanathan, who has extensive experience leading SCS’s work in San Diego.

There are two key components to the city’s organic waste diversion effort, which include a program to divert 60,000 tons of edible food to food-rescue nonprofit organizations integrated as part of the city’s holistic plan. Including the composting system, San Diego is efficiently diverting 100,000 tons of organic waste from the landfill.

# PARDEE HOMES OPENS SOLMAR TOWNHOMES AT PLAYA DEL SOL IN SOUTH COUNTY

Pardee Homes has opened its new Solmar townhomes at Playa Del Sol in south San Diego. The residential neighborhood’s first phase will feature 12 townhomes starting in the high \$300,000s.

Solmar offers five floorplans, which include up to four bedrooms, and three and a half bathrooms with spacious two car garages. Ranging between 1,310 to 1,915 square feet, Solmar provides large living areas and outdoor decks, as well as customizable options to personalize the home.

The neighborhood also includes a new recreation center with amenities, a fitness center, large pool and joint use spaces for entertaining or relaxing.

Solmar is part of Pardee’s master-planned Ocean View Hills community.

# THE LONG PURE DRAMA OF PURE WATER

After years of scientific progress, regulatory wrangling, political ups and downs, and searching for money, San Diego is finally ready to get to work on Pure Water. The multibillion-dollar project is expected to provide a third of the city’s drinking water from wastewater by 2035, but there have been innumerable hurdles along the way - including a recent labor dispute that required some last-minute maneuvering by the state Legislature. The recycling project is perhaps possible only because of compromises made after years of legal wrangling over sewage which, unlike drinkable water, the city has often had too much of.

# ELITE STATUS AWARDED TO SHARP HEALTHCARE’S AFFILIATED MEDICAL GROUPS

Sharp HealthCare’s affiliated medical groups, Sharp Rees-Stealy Medical Group and Sharp Community Medical Group, have been awarded “Elite Status” by America’s Physician Groups -- the organization’s highest ranking -- as part of its 2019 Standards of Excellence survey. This is the tenth consecutive year APG has recognized both Sharp Rees-Stealy and Sharp Community Medical Group.

To achieve Elite Status, organizations must receive five-star ratings in six publicly reported domains: Care Management Practices, Information Technology, Accountability and Transparency, Patient-Centered Care, Group Support of Advanced Primary Care and Administrative and Financial Capability.

# ROBIN LAYTON APPOINTED TO CALIFORNIA GOVERNOR’S EARLY EDUCATION POLICY COUNCIL

President and CEO has served at early childhood development agency for 35 years

By Jennifer Coburn

Robin Layton, President and CEO of Educational Enrichment Systems (EES) has been appointed to California Governor Gavin Newsom’s Early Education Policy Council. Appointed by the Rules Committee of the California State Senate, chaired by Senate President pro Tempore Toni G. Atkins, Layton will join 27 providers, parents, and other stakeholders to advise the Legislature, Governor, and Superintendent of Public Instruction on statewide early learning and care policy.

“The Early Childhood Education Policy Council will address some of the most important challenges and opportunities facing children and families in California,” Atkins said. “Given her experience and energy, I believe Robin will provide valuable perspectives as a member of the Council.”

Robin was one of four appointments from the Senate Rules committee and took her oath of office on September 13, 2019. “It is an honor to serve as a voice for young children and their families who benefit from early childhood education programs like EES,” said Layton. “Research consistently shows that children who have access to high-quality preschool are more successful in all areas of life. Not only are children better prepared for school, they are more socially and emotionally developed than their peers who have not had the opportunity to attend preschool. I have seen firsthand the difference early educational programs make in the lives of young children.”

EES provides subsidized child development and preschool services to more than 1,100 children from low-wage working families. Under Layton’s leadership, the organization has expanded operations from just three sites in 1984 to 20 child development centers and preschools throughout San Diego County. Layton has cultivated successful partnerships with the San Marcos and Vista Unified School Districts and enhanced existing services for the 1,100 students EES now serves annually.



School district officials enthusiastically endorse EES’s early education programs as necessary to reduce achievement gaps in their elementary schools and communities. EES offers a research-based, developmentally appropriate curriculum, well-educated, caring teachers, and access to a variety of support services for families. Because the family has the greatest influence on a child’s growth and ability to learn, parent participation plays a significant role in EES’s programs.

Now in its 40th year, EES remains focused on ensuring that children from low-wage working families (ages 18 months through five years) are prepared to succeed in kindergarten and beyond.



# LOS ANGELES FIRM ACQUIRES BANKERS HILL OFFICE BUILDING FOR \$8.68 MILLION

System Property, a Los Angeles-based real estate investment and development firm, has purchased an office building in Bankers Hill for \$8.68 million or \$502 per square foot. The seller was San Diego-based commercial real estate firm H.G. Fenton Co.

Located at 3043 Fourth Ave., the single-tenant office building is 100 percent leased to RealPage Inc., a global provider of software and data analytics for the real estate industry. The two-story property features ocean and canyon views to the west and 33 underground parking spaces. The 17,302 square-foot office building recently underwent a \$2 million renovation that included new building infrastructure, modern finishes and exterior façade and landscaping improvements.

CBRE represented the seller and buyer in the transaction.







# NEW BOOK OFFERS VETERINARIAN'S APPROACH TO AT-HOME PET CARE

SDHS PRESIDENT AND CEO DR. GARY WEITZMAN PUBLISHES GO-TO GUIDE WITH NATIONAL GEOGRAPHIC

San Diego Humane Society's president and CEO Dr. Gary Weitzman has written a new book: *The Complete Guide to Pet Health, Behavior, and Happiness*, which provides pet owners with a comprehensive guide for at-home pet care. Published by National Geographic, the book offers expert advice on common health, behavior, and training for dogs, cats, and other domestic pets.

Through this extensive guide, Dr. Weitzman will bring nearly three decades of veterinary experience directly into the homes of both new and experienced pet owners. He will offer a wealth of knowledge to pet owners' most common and perplexing questions, and will dive into topics including:

-  **How do I know if my pet is happy?**
-  **From arthritis to vision loss, how to care for an aging pet.**
-  **Rescue and Adoption: Where to start and what to look for.**
-  **How to decipher if it's just an upset stomach or a true emergency.**



SDHS President and CEO Dr. Gary Weitzman publishes go-to guide with National Geographic



*"This book is another example of how we at San Diego Humane Society are creating a more compassionate world by helping people take better care of their pets," said Weitzman. "If pet owners have the tools they need, then they are less likely to relinquish them to a shelter."*

**The Complete Guide to Pet Health, Behavior, and Happiness** is on sale now and can be purchased through Amazon.



Adopt a pet, learn more at [www.sdhumane.org](http://www.sdhumane.org)

 @miraclebabiesnp  @miraclebabiesus  /miraclebabiesus

## About San Diego Humane Society

San Diego Humane Society's scope of social responsibility goes beyond adopting animals. We offer programs that strengthen the human-animal bond, prevent cruelty and neglect, provide medical care, educate the community and serve as

a safety net for all pet families. Serving San Diego County since 1880, San Diego Humane Society has campuses located in Escondido, Oceanside and San Diego. For more information; please visit [sdhumane.org](http://sdhumane.org).



# Q & A

## WITH HANNAH GBEH SAN DIEGO COUNTY FARM BUREAU

### Q: Tell us about yourself?

**A:** My first taste of agriculture was on my Dad's 40-acre small farm in New Hampshire where he tapped maple syrup and raised chickens. After my dad switched to a career in robotics and artificial intelligence, my family relocated to Marietta, Georgia where I completed K-12. Following family tradition, I attended the University of Michigan and obtained a degree in environmental science and a minor in global climate change. Straight out of college, my first job was working in Washington, D.C., where I served as an in-house consultant to the small business division of the EPA and the Bureau of Indian Affairs. After leaving D.C., I spent a short time being a snowboard bum in South Lake Tahoe, followed by volunteering on the Pine Ridge Indian Reservation in South Dakota to assist with their elderly meals assistance program. I eventually found my way down to San Diego, because I was attracted to the beautiful beaches and surfing. For over a decade, I have been working with San Diego engineering firms to provide local, state and federal regulatory compliance for large scale, complex development projects. I am a County of San Diego qualified Environmental Impact Report Preparer, served on the Jamul-Dulzura Community Planning Group and am a Commissioner on the San Diego County Fish and Wildlife Advisory Commission.

I am a mother to three children and my husband and I own a small farm (Bee Valley Farm) which focuses on growing garlic, olives and producing honey. My husband, Mannah, is a Navy veteran and comes from a family of rubber tree farmers. Raised in Liberia, West Africa, Mannah's family fled from a civil war in his home country at the age of 10 and lived on a refugee camp in Ghana for 7 years. During his time on the refugee camp, agriculture was a fundamental part of life, as growing vegetables to supplement rations was imperative. Mannah and I share a passion for growing food and in our spare time, we founded, incorporated and managed a local 501c(3) not-for-profit corporation that grew fresh fruits and vegetables to distribute to individuals in need, for free. We also managed the Rancho San Diego Farmers Market. Prior to being hired as the San Diego County Farm Bureau Executive Director, I served as a voting member on our Board of Directors for two years and represented the organization in both Sacramento and Washington D.C. I also served as Chair on our Membership Assistance Committee.

### Q: You have a background in environmental science. Why are you passionate about supporting the local agricultural industry?

**A:** I feel strongly that the most environmentally friendly action any individual can take is to support their local agricultural system. San Diego County has one of the most complex regulatory environments in the nation and although that presents a major challenge to our farmers, it should provide consumers with a high level of confidence that our local farmers and ranch-

ers operate some the most ethical, humane and environmentally friendly agricultural practices in the world. I believe San Diego agriculture serves as the national model for what agriculture should look like and I am disappointed at the amount of anti-agriculture rhetoric I hear directed at our local agricultural producers. When we create a situation where agriculture is no longer a viable career path, we are faced with a scenario where our food supply is instead obtained from sources located out of state or out of the country. These food sources are often dirtier, less humane and less ethical. The San Diego farmers I represent are valuable stewards of the land. They treat their workers with respect and dignity and they provide a priceless community service - feeding humanity and growing plants that help purify our environment. Human life is dependent upon a robust and healthy food supply, for which we should all be looking to our local farmers to provide. Growing non-edible plants is equally important, as plants sequester carbon and help build climate resilience. San Diego County agriculture is home to around 3 million fruit trees, bushes and vines, each of which pulls excess carbon dioxide out of the atmosphere and sequesters it in plant matter and soil. Your local farming community is in dire need of public support, and it is my hope that collectively, we can acknowledge that our thousands of local farms serve as some of the most ethical, environmentally friendly and innovative growers in existence.

### Q: What Makes San Diego Agriculture Unique?

**A:** San Diego County has over 5,000 farms and agriculture is the 5th largest contributor to our local economy. In 2018, San Diego County ranked 1st in the nation for largest number of USDA certified organic farms. San Diego County has more small farms than any County in the US and 68% of our farms are less than 9 acres in size. Our County ranks 2nd in the nation in number of farms with women as principal operators. We rank 19th in farm economies, among more than 3,000 counties nationwide. Our growers face a unique situation, in that we have a robust, impressive agricultural community located next to a dense urban environment, the City of San Diego - the 8th largest city in the nation. Our agricultural community is extremely innovative and they are regularly creating ways to maximize their production in a County with an extremely high cost of living and land, water scarcity issues and prolonged labor shortages. Innovative techniques range from high density plantings to maximize crop value; implementing cutting edge irrigation technology ensuring only the bare minimum watering requirements are applied; and offering scholarship programs to our workforce.

### Q: What does the San Diego County Farm Bureau do?

**A:** The San Diego County Farm Bureau is a non-profit organization supported solely by more than 2,000 dues-paying members. There are 53 county Farm Bureaus in California. Established in 1914, the San Diego County Farm Bureau serves the needs of the San Diego agriculture community. San Diego County Farm Bureau is the leading advocate for the farm community and works with elected officials, government agencies, educators, the public, and the media. We exist for the purpose of serving the needs of the farm community with informed, timely information and services. San Diego County Farm Bureau is the best association for San Diego farmers because we educate growers and the public about our fast-evolving industry, communicate the value of local agriculture, and represent farming business and regulatory needs. Members take great pride in belonging to the Farm Bureau and I am proud to be a part of this group.



**Hannah Gbeh**  
Executive Director



**760-745-3023**  
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36 COMMUNITY PUBLICATIONS THROUGHOUT SAN DIEGO / 125,000 MAILED DIRECTLY TO HOMES EVERY MONTH.



## Q &amp; A

WITH TONYA MANTOOTH  
SAN DIEGO INTERNATIONAL  
FILM FESTIVAL

**Q: How did you come to be where you are as the CEO & Artistic Director of the San Diego International Film Festival?**

**A:** I grew up in Santa Barbara. While my parents were not in the arts my siblings and I were drawn to the arts, theatre and music. I was in theatre growing up and when I went to college I was a music major (classical piano) and a business minor. After college I travelled as a musician. When I came back to San Diego I began working for a film company as head of Acquisitions. Ultimately that moved into producing. I have been in the business as a commercial producer for several decades, working with ad agencies in SD, LA and NY. I started producing films in LA and in 2012 the people who started the San Diego Film Festival wanted to turn the organization over. There were 4 of us who stepped in...Kevin Leap, Dale Strack, Patti Judd and me. Our goal was to grow it to an international film festival featuring studio premieres and honoring actors at the top of their craft. We are going into our 8th film festival and we are proud of what we have accomplished.

**Q: What were some of your earliest or most affecting experiences of interacting with art and film during those earlier times?**

**A:** Both of my brothers were actors so film was a big part of my life growing up. Their circle of friends were actors so I always enjoyed the creative energy. I know that shaped me early on. It is one of the things I value the most in the festival - sharing that creative energy. Having the honor to bring films from around the world and share a North American or World premiere of a film with San Diego. It's not an easy road being a filmmaker and I want those who bring their films to the San Diego Intl Film Festival to have the best possible experience.

**Q: What, in your opinion, makes San Diego such a great home for cinephiles and why should people visit the fest?**

**A:** San Diego is the best of all worlds. To come to such a beautiful city sitting on the bay with such a culturally vibrant atmosphere with so many thriving arts organizations - then add the walkable downtown and great weather...it's beyond perfect to host a film festival here. I can't tell you how many meetings I have been in up in LA where they say no city has the beauty and geography of Cannes but San Diego.

**Q: There is such a wide and diverse cast of those involved in the creation of the films being showcased at SDIFF. How do you and your team work toward incorporating such diverse content?**

**A:** The programming of the festival is an interesting process and one that starts in January, yes 3 months after we wrap the festival, and goes until August. The process of screening and evaluating 3,000 films to curate a film slate involves over 60 film screeners and 12 programmers. There are countless hours of viewing and many hours of discussion but ultimately the goal is to give the audience a wide choice of films, ones that make them laugh, cry, ponder, want to take action but most of all walk out of the theatre and start a conversation with their friends or someone they just met. It's all about making the human connection and film has that power to start a conversation.

**Q: What do you personally envision for the future of SDIFF?**

**A:** I envision continuing to build on our out of town attendees and expanding the festival to 10 days. We are working on several global women's initiatives and further developing our Social Impact Film Series. I am always working on what's next...so stay tuned!

**Q: Is there a film coming up that more people should see? Or perhaps a film that has already been shown at this year's festival but that people should look for upon its full release?**

**A:** At the last Film Insider Series screening we had a film called Official Secrets. The director Gavin Hood was at the screening and I was privileged to interview him after the screening. It just released in theatres last month and is a must see.

As for a favorite film festival film, I become so personally attached to each of the films it's like asking me which of my children I like the most. So while I love all my children equally I have to say the film The Truth starring Catherine Deneuve, Juliette Binoche and Ethan Hawke was a stand out. Several weeks after I accepted it into the film line-up, I read that the Venice film festival opened with The Truth. It was the first time in almost a decade they didn't open with a Hollywood film. This film is half in French and half in English. It's a very layered film, one that explores the relationship between mother and daughter, how remembering the past can be different because we all see it through our own lens. It's about the accolades and humbling of the entertainment industry and ultimately the choices we make in life. It's a film brilliant in its power and simplicity.

**Q: So finally, if you could frame and hang a single, still image from any of the films in this year's lineup, what would you put on display? "**

**A:** That's an interesting question. I'm really passionate about the power of perspective, and how film allows an audience to really engage in someone else's reality - and start to understand something completely different from their experience. The image that really stuck with me this year was from the film Clemency. It's about a warden - played by Alfre Woodard - who has the job of following through on the execution of death row inmates. You watch someone who is committed to a job - to doing the right thing - but the right thing involves the taking of a life. The image that sticks with me from this film is from a scene toward the end of the film where you see her following through on an execution - and the shot is a tight close up on her face. You hear everything that's going on

as the inmate is being executed - and you watch her face. She never blinks or utters a sound, and tears stream down her face. Her steel determination is unnerving. There is such a striking contrast between doing your job - and trying to stay disconnected from the emotional repercussions. Wherever you stand on the death penalty - you walk away from that film wanting to have a conversation on the topic. That's what I look for in film - something that makes you step outside your comfort zone and look at issues through a different lens.

[www.sdfilmfest.com](http://www.sdfilmfest.com)



Tonya Mantooth, CEO and Artistic Director of the San Diego International Film Festival



SAN DIEGO  
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THE POWER  
OF PERSPECTIVE.  
COME WATCH WITH US.



OCTOBER  
15-20  
2019



# ROOFTOP CINEMA CLUB ASKED ITS FANS WHAT THEY WANTED FOR HALLOWEEN AND THEY SAID 'HORROR, AND LOTS OF IT'

WE ASKED OUR FANS WHAT THEY WANTED, AND HANDS DOWN THE ANSWER WAS HORROR, SO THIS MONTH ROOFTOP CINEMA CLUB SAN DIEGO WILL REBRAND ITSELF AS ROOFTOP "SINEMA" CLUB AND GIVE FANS EXACTLY WHAT THEY ASKED FOR.



Rooftop Cinema Club, America's most popular boutique outdoor cinema, reached out to ask fans what they wanted in their trick-or-treat bag this Halloween and by a three-to-one margin, more horror was the runaway winner so Rooftop Cinema Club San Diego will go Rooftop "Sinema" in October and give our fans exactly what they want.

We really did ask our fans for their input through a recent nationwide survey and they responded en masse, 4,000 to be exact, and here's what they told us:

- More than three-fourths (76%) told us that they LOVE horror movies!!
- Nearly seven of 10 respondents (66%) said they would be totally down with (or join) their date if they turned up dressed in full costume for a screening. We fully encourage that!
- When asked to pick a Halloween crush for a movie date, 36% of the women chose one of the Sanderson Sisters from Hocus Pocus, while 30% of the men chose Beetlejuice.
- Halloween (1978) was voted the top horror film, followed by The Shining (1980), suggesting that classic horror films still resonate with today's audiences.
- Twenty-one (21%) percent chimed in that Freddy Krueger is still cinema's scariest film character. However, the second-scariest character differs by region, with twenty-one (21%) percent of Californians voting for Pennywise.
- Nearly two-thirds (62%) said "jump scares" are what frightens them the most. Super-natural stuff (19%) came in a distant second.
- When anticipating a scare, 55% of women are more likely to block out sight and sound (close their eyes or cover their ears) to cope, whereas 47% of men are more likely to seek comfort from their date (holding them tightly).

Taking all the awesome feedback into account, here's what's on-tap at Rooftop "Sinema" Club as we head toward Halloween.

First off, horror, and lots of it! Our fans asked for horror films and that's what they'll get as the October schedule is laden with horror flicks sure to scare even the toughest of souls. The frightening lineup includes THE CONJURING (Friday, Oct. 18), CRAWL

(Saturday, Oct. 19), MIDSOMMAR (Thursday, Oct. 24), Freddy Krueger himself in A NIGHTMARE ON ELM STREET, followed by SCREAM (Friday, Oct. 25), THE EXORCIST (Saturday, Oct. 26), THE BLAIR WITCH PROJECT (Wednesday, Oct. 30), and finally, the 1987 classic HALLOWEEN on Halloween (Thursday, Oct. 31).

Secondly, our fans want to dress up and you know what, we fully encourage that! Rooftop "Sinema" Club attendees can don the hair, makeup, costume and wigs and take part in our Halloween Costume Contests on Friday and Saturday, Oct. 25 and 26. All fans who arrive in costume will have a chance to win a \$50 Visa gift card.

And that's not all! A Halloween Bash and a Monster Mash is set for Halloween Night itself, Thursday, Oct. 31. The night will feature Hollywood's most-notorious murderer and throat-slasher on the big screen, Michael Myers, as he stars in HALL-LOWEEN, and we'll also have some great treats along with the tricks. The first 25 guests to arrive at Rooftop "Sinema" Club on Halloween Night dressed in costume will receive a free snack-pack that includes Halloween candy and some special Rooftop "Sinema" goodies. And there'll be interactive games for the grownups too, including a trivia contest for great prizes and a mummy-wrap where three contestants will have a chance to wrap their guests, partners, dates or friends as the best Rooftop "Sinema" Club mummy to win even more great prizes.

And what's Halloween without some trick-or-treat candy? Throughout the month of October, we're giving away 'flicks and treats.' Any guest who purchases a single lounge seat (\$17) or a twin-guest loveseat (\$24 per person) will receive FREE candy, in addition to Rooftop "Sinema" Club's famous bottomless popcorn (valid only on new ticket purchases and discounted tickets do not apply).

Normally 18-and-over, there's also a chance for families to get in on the Halloween fun at Rooftop "Sinema" Club this month with a special bag of tricks and treats, featuring fun and games for movie fans of all ages, shapes and sizes.

Four (4) all-ages, family-friendly screenings are set for Sunday nights in October where there'll be plenty of fun things to do for the young ones. Tickets start at \$12 and featured activities include a pumpkin patch where kids can paint and keep their own pumpkins, and interactive games, including the jack-o'-lantern bag toss and Frankenstein bowl-

ing. An awesome lineup of family-friendly films, including COCO (Sunday, Oct. 13), HOCUS-POCUS (Sunday, Oct. 20), and HALLOWEENTOWN (Sunday, Oct. 27) headline the family-friendly screening nights. And while Rooftop "Sinema" Club family films don't start until 8 p.m., doors open at 6:30 so there's plenty of time for everyone to come out and enjoy the fun and games.

Rooftop "Sinema" Club opens its doors nightly at 6:30 p.m. and films start at 8:00 p.m. on all nights except Friday and Saturday. On Fridays and Saturdays, Rooftop "Sinema" Club will continue its run of dual screenings (separate admission required) with the opening film set for 7 p.m. and the late screening set for 9:45 p.m. Tickets and information for all San Diego shows are available on the new Rooftop "Sinema" Club San Diego website: <https://rooftopcinemaclub.com/san-diego/venue/manchester-grand-hyatt/>. Seating is limited and tickets do sell out fast!! Booking fees apply.

Doors open nightly at 6:30 p.m., providing guests ample time to arrive early and enjoy the social in "Social Cinema," including amazing sunsets, fantastic food, top-shelf drinks and classic table games. And guests can self-park in the Manchester Grand Hyatt's parking garage and receive a free four-hour validation (self-parking only) with any food or beverage purchase on-site, including the Rooftop Concession Stand (excluding candy and popcorn).



For more information about Rooftop "Sinema" Club, visit <https://rooftopcinemaclub.com/san-diego/venue/manchester-grand-hyatt/>. You can also stay connected with Rooftop "Sinema" Club socially on Twitter (@RooftopCinema), Facebook (@rooftopcinemaclub) and Instagram (@rooftopcinemaclub) and with the hashtag #RooftopCinemaClub.



# Q & A

WITH STEVE BECVAR  
**ALS ASSOCIATION**  
GREATER SAN DIEGO CHAPTER

## WALK TO DEFEAT ALS SET FOR SUNDAY, OCT. 20TH IN MISSION BAY

Steve Becvar is the executive director of the ALS Association Greater San Diego Chapter. On Sunday, Oct. 20, The ALS Association Greater San Diego Chapter will present the 2019 Walk to Defeat ALS, a fundraising walk at De Anza Cove, 3000 North Mission Bay Dr., San Diego. Steve recently took some time to talk about his work with the ALS Association and the upcoming fundraiser walk.



### Q. Tell us about the 2019 Walk to Defeat ALS.

**A.** It's a three-mile walk along San Diego's beautiful Mission Bay. Check-in begins at 7:30 a.m. followed by opening ceremonies at 8:30 a.m., and then we'll start the walk at about 9 a.m. Admission to attend Walk to Defeat ALS is free. There is no cost to be a walker, although a minimum amount of \$75 raised is requested to qualify for a walk t-shirt. On-site registration is available. Our family-friendly event will include music, inflatable bounce houses and free coffee and snacks. National sponsors for this year's Walk to Defeat ALS include Mitsubishi Tanabe Pharma America, Quantum Rehab, Cytokinetics, Numotion Foundation and Permobil Foundation.

### Q. What's so special about the 2019 Walk to Defeat ALS?

**A.** The Walk to Defeat ALS draws people of all ages and athletic abilities who come together to honor the courageous souls affected by ALS, to remember those who have passed, to raise awareness and show support for the cause. In addition, we call our walk as the Chapter's "Biggest Support Group Meeting" of the year. It's inspirational to see the engagement and support our attendees have for each other.

### Q. How many people are you expecting to attend?

**A.** We are expecting about 2,000 attendees. The fundraising goal is \$300,000 in donations to benefit research, services and programs for people living with ALS, or amyotrophic lateral sclerosis, often called Lou Gehrig's disease. It's important to note that the Chapter does not charge patients and families for services. As a result, this walk is critical in our ability to serve the ALS community.

### Q. Any special guests expected to attend the walk?

**A.** Well, we are expecting Aztec men's basketball coach Brian Dutcher and the entire SDSU men's basketball team to join us, along with retired Aztec basketball coach Steve Fisher, who is scheduled to attend in support of his son Mark who was diagnosed with ALS in 2011. Also, we are expecting some of the local college and high school basketball teams that will attend to show their support for the Fisher family. Also, we are expecting the top fundraisers from the 2018 walk to return. They include Michael Max Danielson,

Joyce Hernandez, Al Schaffer, Jim Hicks, Thomas Bancroft, Steven Hamilton, Jean Liuzzi, Max Stone, Phyllis Elaine Ford, Caroline Conlon, Donna Hajj, Terri Howell and Kris Andrews. Indeed, all of our ALS patients and families are special guests!

### Q. How can our readers sign-up for the Walk to Defeat ALS?

**A.** For more information on the 2019 Walk to Defeat ALS, visit the ALS Association Greater San Diego Chapter website, [www.alsasd.org](http://www.alsasd.org), or visit <http://web.alsa.org/sandiegowalk>. Or, contact Eric Andrews, [erandrews@alsasd.org](mailto:erandrews@alsasd.org), LeeAnn Casey at [lcasey@alsasd.org](mailto:lcasey@alsasd.org), or 858-271-5547. The 2018 walk saw a 32 percent increase in the number of donors, compared to 2017. Meanwhile, since 2017, we've experienced a 30 percent increase in the number of families receiving services from our local chapter.

### Q. Tell us about this horrible disease.

**A.** ALS is a progressive neurodegenerative disease that affects neurons, or nerve cells, in the brain and the spinal cord. The progressive degeneration of the motor neurons in people living with ALS weakens muscles and impacts physical function. Eventually, people with ALS lose the ability to initiate and control muscle movement, which usually leads to total paralysis. Life expectancy for a person with ALS is within two to five years of diagnosis of initial symptoms. There is no cure, cause or no life-prolonging treatments for the disease.

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**A.** The ALS Association is the only national not-for-profit voluntary health organization dedicated solely to fighting against ALS on every front through research, public policy and care services. The mission of the ALS Association is to find a cure for and improve the lives of people living with ALS. By leading the way in global research, providing assistance for people with ALS through a nationwide network of chapters, coordinating multidisciplinary care through certified clinical care centers, and fostering government partnerships, the ALS Association builds hope and enhances quality of life while aggressively searching for new treatments and a cure. The Greater San Diego Chapter, chartered in February 2013, is one of

39 chapters nationwide. The San Diego chapter works closely with the ALS San Diego Clinic at the University of California San Diego, which has been certified as a Center of Excellence by the national ALS organization. At our San Diego offices, we have an ALS bedroom and bathroom that is equipped with features and benefits that would be helpful to people with ALS for their own home setting.

### Q. Describe your ideal Sunday morning?

**A.** Well, my ideal Sunday would be that on Sunday, Oct. 20 the entire community will join us in the fight against ALS as we come together to raise awareness and much needed funding for this disease. Those who participate in the Walk to Defeat ALS can be proud to know that they have a direct impact on people living with ALS and their families. It will be an amazing event again this year. We will march together toward a treatment and ultimately a cure for ALS. Through education, support groups, access to care and advocacy, we are working to defeat ALS and provide hope to people living with ALS and their families.



**Steve Becvar**  
Executive Director

**ALS** Greater  
ASSOCIATION San Diego  
Chapter





# SAN DIEGO MESA COLLEGE ANNOUNCES DATE FOR 2019 PREMIER CULINARY EVENT, "TASTE OF MESA"



On Thursday, October 24, 2019, at 5:30 p.m. San Diego Mesa College will host the annual “Taste of Mesa”, the premier cooking-show style fundraiser benefiting the Culinary Arts Management Program. Taste of Mesa features internationally-inspired cuisine and two cook-off competitions between alumni, students and advanced baking teams. Members of the public are encouraged to attend the family-friendly event (see photos from 2018 Taste of Mesa).

“The Culinary and Hospitality is a billion dollar industry in San Diego and a huge economic driver,” stated Dr. Pamela Luster, President. “At Taste of Mesa, our students get to showcase the culinary skills they will use to enter that industry, and guests get to sample the cuisine and participate in a fantastic interactive experience.”

Guests will get to sample fresh-made cuisine, enjoy competitions featuring local celebrity chefs, and bid on silent auction items. Auction items will include cooking lessons with local chefs Chef Kevin Templeton from Barley-mash and Chef Joe Pastry from Waters fine dining catering. Winners and their friends will have an experience of a lifetime learning from each chef how to create a signature dish.

Students in Culinary Arts/Culinary Management enjoy practical hands-on approach to innovative methods and classical techniques, as well as numerous cuisines. A rigorous training program combines both laboratory and general education coursework, in addition to business courses including supervision and cost control. Graduates of the program are well-prepared, with nearly 100% finding jobs within the industry.



Many have gone on to be successful chefs, managers, caterers and owners.

Proceeds from “Taste of Mesa” will be used to purchase ingredients that will help train students for the farm to table style restaurants that are becoming more common in today’s market and prepare them to become valued employees in the service industry.

To purchase tickets, visit [www.sdmesa.edu/tasteofmesa](http://www.sdmesa.edu/tasteofmesa)

\$50 for the general public, faculty and staff  
\$25 for students  
\$10 for children 12 and under

Find San Diego Mesa College on Social Media:

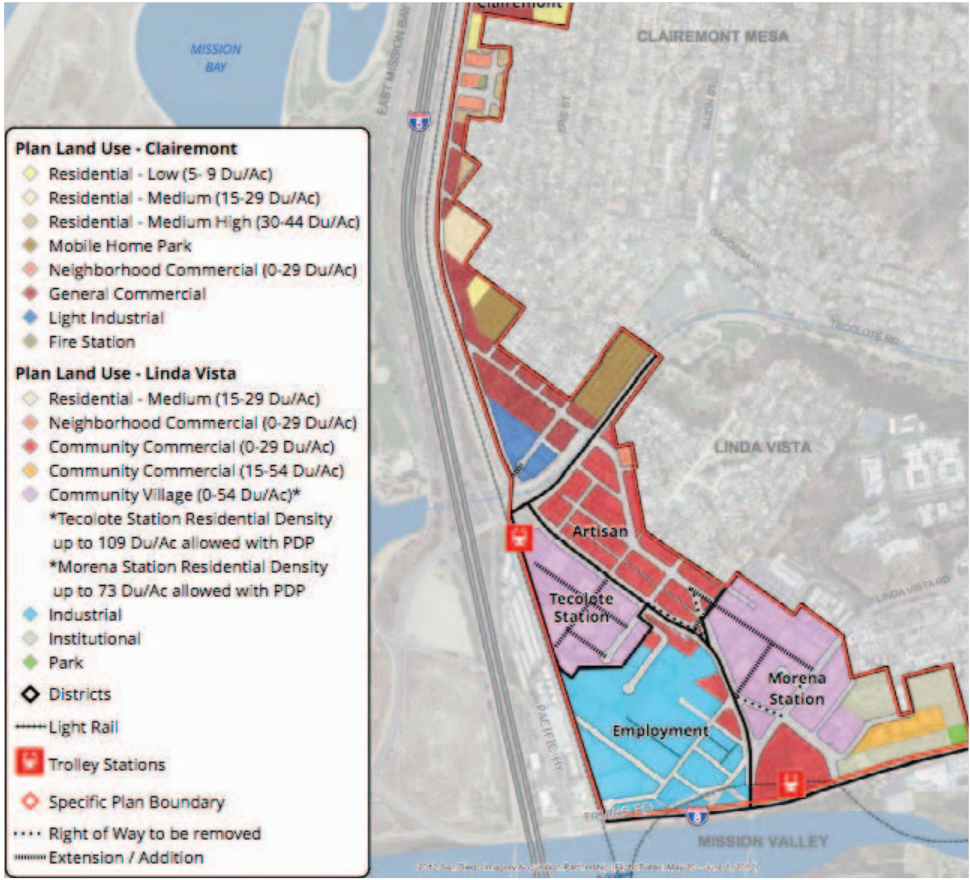
Facebook.com: sandiegomesacollege  
Twitter.com: sdmesa college  
Instagram.com: sdmesa college  
Youtube: youtube.com: sdmesa college  
Snapchat: sdmesa college  
LinkedIn: San Diego Mesa College

Prez Pam Luster: twitter.com: sdmesaprez  
And download the Mesa Mobile app for free

\$75 VIP Tickets, which include:

- A private reception on the patio in the Organic Garden
- Early access to the silent auction of Dine with a Chef
- Invited to judge of both the cooking and decorating contest
- Mix and mingle with the contestants after the competition
- Receive a culinary gift bag
- Will be publicly acknowledged on the VIP Wall of Fame

# MORENA UNITED SUES CITY OF SAN DIEGO OVER THE MORENA CORRIDOR SPECIFIC PLAN



The citizens group MORENA UNITED filed suit in the Superior Court against the City of San Diego over its approval of the Morena Corridor Specific Plan (MCSP) and the City’s related failure to comply with the California Environmental Quality Act (CEQA).

The lawsuit contends the City abused its discretion by approving an inadequate Environmental Impact Report (EIR). The EIR’s shortcomings include the failure to adequately analyze indirect and cumulative effects of the MCSP such as Air Quality, Greenhouse Gas Emissions, Visual Effects, and Transportation and Traffic impacts. The Complaint further alleges the EIR failed to analyze reasonable alternatives and feasible mitigation measures.

The Complaint also charges that the MCSP violates and is inconsistent with the San Diego General Plan, the Linda Vista Community Plan, the Clairemont Mesa Community Plan, and the Climate Action Plan.

The lawsuit seeks vacating the City Council’s approval of the EIR and the MCSP. It asks the court to restrain the City from taking any steps to implement the MCSP until lawful approval is obtained after the preparation and consideration of an adequate environmental analysis. MORENA UNITED is represented by the well-established land use firm of DeLano & DeLano, 760-741-1200.

MORENA UNITED is made up of residents, business owners and property owners who live in or do business in and around the area impacted by the MCSP. MORENA UNITED believes reasonable growth can be accomplished while preserving the quality of life in the area affected by the MCSP, including health and safety, reasonable traffic circulation, and protection of the environment.

For three-and-a-half years planning

groups in Linda Vista and Clairemont listened to the City’s proposals and provided public input. For the Planning Department, these meetings were so much “check the box” of public participation. The Department had its predetermined outcome it was going to impose.

The Planning Department told citizens they had to get their comments about the MCSP to the Department by a specified date in August 2017. People complied, and the comments were ignored. In September 2018, the Planning Department announced building heights in the Plan Area would only be 45 feet. Then the mayor changed his mind and the building heights were raised back to 100 feet. The Planning Department told the community to provide comments about the Plan’s EIR, and the Linda Vista Planning Group submitted 20 pages of comments. The comments were brushed aside.

Finally, Morena United retained legal counsel and an Air Quality expert to advise the City how the MCSP was deficient. Morena United provided these reports to the City Council in advance of its first vote on August 1, 2019. The information was ignored by the Planning Department and the Council, which approved the Plan.

At the second Council vote on September 10, 2019, Morena United again pointed out the deficiencies in the MCSP and the EIR. The Council did not engage over those issues and simply gave final approval to the Plan. Essentially, the City drove the community to file suit.

For more information about MORENA UNITED, please go to: [www.morenaunited.com](http://www.morenaunited.com)

For further information about the lawsuit, please contact: [morenaunited@gmail.com](mailto:morenaunited@gmail.com)



# PURPLE NIGHT BLACK TIE EVENT

By Dawn Sebaugh

Executive Producer Robert Brooke Eldridge and Director/Actress Jennifer N. Linch hosted a viewing party at Dr. Jack Wasserman's estate on August 31st, 2019. During this event the attendees were witness to a Fashion show which was MC'd by Kathy Cameron showing WALA dress designs by Dawn Hough Sebaugh.

Two of Jennifer's movies (Flowers of the Night, and her latest movie, Us-

It's mission is to serve the Asian American & Pacific Islander (API) community by creating a stronger voice of empowerment, awareness & understanding for this nearly invisible community through media arts initiatives, specifically television and film.

aid) both martial arts films were shown to the audience.

A donation was given to the Asian Culture and Media Alliance a non profit organization.

PHOTOS

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GALLERY!

SCAN QR CODE



left to right Eric Mickelson, Cathlyn Choi, Robert Brooke Eldridge, Jennifer Linch and Jim Gottlieb. Photo Credit: Navid Nader N2Design



Glenn Kramer and Jennifer N. Linch. Photo Credit: Navid Nader N2Design



Robert Brooke Eldridge and Velvet Rangle. Photo Credit: Navid Nader N2Design



# SHARP HOSPICECARE

Hosted it's 17th Annual Benefit Dinner and Regatta

By Dee Ammon



Sharp HospiceCare is more than end of life support. There's comfort, compassion and providing the best possible quality of life. The HospiceCare staff makes a difference. Sharp HospiceCare offers hospice and palliative care services. There's music therapy, reflexology, spiritual guidance, social workers and bereavement counselors for support.

They provide support at home, in the hospital, or at a nursing home. Sharp HospiceCare is the only organization that has Hospice Homes – home like residences for patients. There are three in San Diego: LakeView in La Mesa; ParkView in San Diego; and BonitaView in Bonita. These homes have fit in to lovely neighborhoods. These homes offer the comforts of home with kitchen, living room, garden/patio area where the families can feel at ease and comfortably visit and spend time with their loved one in a warm and tranquil environment all with the skilled and compassionate care by the Hospice staff. Sharp HospiceCare will be starting the campaign for a fourth home in inland North County in the near future.

Sharp Transitions program is part of Sharp HospiceCare and provides in home care for patients with advanced and progressive chronic illness, but are not ready for hospice care. This Transitions program was the 2019 winner of the Hearst Health Prize for its home-based palliative care program. There are numerous services that Sharp HospiceCare provides individuals for palliative and end of life care. The vision of Suzi Johnson, VP for SharpHospice Care; Dr. Daniel Hoefer, Chief Medical Officer of outpatient palliative medicine

for Sharp HealthCare and the dedicated staff of Sharp HospiceCare have contributed to the success of Sharp HospiceCare and its mission to provide the best care for the patient and family.

Sharp HospiceCare recently had its 17th Annual HospiceCare Benefit Dinner and Regatta. Sharp HospiceCare has had a long partnership with the Coronado Yacht Club and the Cortez Racing Association, which coordinates the Regatta. This event has some wonderful sponsors, underwriters, donors and spectator boat owners all whose participation and contributions are genuinely appreciated. This year was the most successful event and proceeds from the event will go towards Sharp HospiceCare's Homes for Hospice Programs and services. Thank you to Sherri Summers and Kathy Bongiovanni, they co-Chaired again this year. They have an outstanding committee of community volunteers who have worked very hard to make this three-day event a success. Having chaired this event twice, I appreciate all that the Committee, volunteers and staff of Sharp HospiceCare and Sharp Grossmont Foundation have done. It is fulfilling to see the fruits of your labor realized.

I had been on the Board of Grossmont Hospital Foundation for a number of years and did not interface with the Hospice side until 2007 when my mother was in need of their services. I was immediately immersed into the Hospice environment. I chose to begin Hospice at home and can't say enough for the services offered and provided for my mother at home – aromatherapy, massage therapy, music therapy, and spiritual therapy,

- thank you John Tastad! In time, I felt it was time that my mother is transferred to the Hospice Home and fortunately there was a room at Lake View Home in La Mesa. I would visit my mother, numerous times a day – she was in Room 2. I felt so relaxed and comfortable visiting her there in a home-like setting. The staff was so compassionate and devoted to the patients. Towards the end, my children were called to come visit one last time - they were living out of town attending Universities. They were allowed to spend the night with my mother in her room before heading back to school. Thank you LakeView staff.

I have my personal experience with Sharp HospiceCare. So have Sherri Summers and Kathy Bongiovanni. We are passionate and supportive of Sharp HospiceCare, not only because of our personal experience but also because of the care and compassion offered to patients and families. I am grateful to Sharp HospiceCare for the excellent care my mother received, both at home and at Lake View Home. I know I not only speak for myself but for many other families in San Diego.

I am the Chairman of the Grossmont Hospital Foundation Board of Governors. I am especially proud to be a part of Grossmont Hospital Foundation. I also serve on the Boards of The Salvation Army Women's Auxiliary; The Patrons of the Prado; past board member of the Friends of Vista Hill Foundation and have served various organizations in San Diego in their event fundraising efforts.



Gary Cady/ Gary & Maureen Sage/Jerry Fazio



Karen Mellos/Alyce Vessey/Lynne Doyle



Scott & Sue Wing/Sonia McTaggart/Doug Anderson



Marvin, Lori Moore (Chairman of Sharp Healthcare), Linda & Chris Howard (President and CEO of Sharp Health Care)



Dee Ammon

Photo Credit: FT Images (Farima Tabrizi)





# Q & A

WITH STEVE BECVAR  
**ALS ASSOCIATION**  
 GREATER SAN DIEGO CHAPTER

## WALK TO DEFEAT ALS SET FOR SUNDAY, OCT. 20TH IN MISSION BAY

Steve Becvar is the executive director of the ALS Association Greater San Diego Chapter. On Sunday, Oct. 20, The ALS Association Greater San Diego Chapter will present the 2019 Walk to Defeat ALS, a fundraising walk at De Anza Cove, 3000 North Mission Bay Dr., San Diego. Steve recently took some time to talk about his work with the ALS Association and the upcoming fundraiser walk.



### Q. Tell us about the 2019 Walk to Defeat ALS.

**A.** It's a three-mile walk along San Diego's beautiful Mission Bay. Check-in begins at 7:30 a.m. followed by opening ceremonies at 8:30 a.m., and then we'll start the walk at about 9 a.m. Admission to attend Walk to Defeat ALS is free. There is no cost to be a walker, although a minimum amount of \$75 raised is requested to qualify for a walk t-shirt. On-site registration is available. Our family-friendly event will include music, inflatable bounce houses and activities for children and free coffee and snacks. National sponsors for this year's Walk to Defeat ALS include Mitsubishi Tanabe Pharma America, Quantum Rehab, Cytokinetics, Numotion Foundation and Permobil Foundation.

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### Q. How can our readers sign-up for the Walk to Defeat ALS?

**A.** For more information on the 2019 Walk to Defeat ALS, visit the ALS Association Greater San Diego Chapter website, [www.alsasd.org](http://www.alsasd.org), or visit <http://web.alsa.org/sandiegowalk>. Or, contact Eric Andrews, [eandrews@alsasd.org](mailto:eandrews@alsasd.org), LeeAnn Casey at [lcasey@alsasd.org](mailto:lcasey@alsasd.org), or 858-271-5547. The 2018 walk saw a 32 percent increase in the number of donors, compared to 2017. Meanwhile, since 2017, we've experienced a 30 percent increase in the number of families receiving services from our local chapter.

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**Steve Becvar**  
 Executive Director

**ALS** Greater  
 ASSOCIATION San Diego  
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# EVENTS



## OCTOBER 25 / ROCKET FROM THE CRYPT

There are plenty of options this Halloween, but for fans of rock 'n roll, in all in its incarnations from punk to surf, nothing beats this year's happening at the House of Blues on October 25. Featuring seven bands in three rooms, the night has an all-star line up of Rocket From The Crypt, Ceremony, El Vez, Death Valley Girls, Slaughter Boys and Alvino & The Dwells. This will be a great show start to finish, but Rocket From The Crypt's Halloween performances in particular have long been the stuff of legend and this will surely be no different. Whatever costumes they may wear, a great, rockin' night is always guaranteed.

[www.houseofblues.com/sandiego/concert-events](http://www.houseofblues.com/sandiego/concert-events)



## OCTOBER 25 / THREE DOG NIGHT

One of the biggest bands of the early 1970's, Three Dog Night, stops in at Humphrey's Concerts by the Bay on October 25. The band is responsible for some of the best known songs of the era, including such evergreens as "Joy To The World," "Black and White" and "One," with much of their catalog still in regular radio rotation and now firm sound track favorites. 51 years since the release of their first single, Three Dog Night still puts on a great show, featuring original members Danny Hutton (vocals) and Michael Allsup (guitar), with a set that's a veritable live greatest hits album. Fans won't be disappointed.

[www.humphreysconcerts.com](http://www.humphreysconcerts.com)



## NOVEMBER 16 / THE OCEAN BLUE

One of the most underrated bands of the 1980's, The Ocean Blue, performs at the Casbah on November 16. While the group never scored a hit, in the years since their debut, many of their songs such as "Between Something and Nothing" (1989), have gone on to be considered classics of the era. Expect the band's best known tunes to feature in their set list, but the Ocean Blue isn't resting on their laurels. They recently released the album Kings and Queens / Knaves and Thieves, and longtime fans will find the bands knack for hook filled atmospheric indie pop to be firmly in place, with recent singles such as the title track and "All The Way Blue," slotting well against their previous classics.

[www.casbahmusic.com](http://www.casbahmusic.com)



## NOVEMBER 17 / THE TEST PRESSINGS

Tio Leo's Sunday afternoon powerpop series, Big Stir, has its third installation on November 17. The show will include The Arthur Alexander Band and The Test Pressings, as well as a local combo tba. All the bands will appeal to fans of melodic rock, but the Test Pressings are especially good. A true all-star combo, bassist Karen Basset is a veteran of such groups as The Pandoras and Rebel Pebbles, drummer John Borack is an accomplished author and columnist for Goldmine Magazine, while guitarist / singer Robbie Rist is an actor (Brady Bunch, Sharknado etc), voice actor (Doc McStuffins, Transformers etc) and musician (The Andersons, Wonderboy etc). Rist is a great songwriter, specializing in melody heavy earworms, but making this band extra enjoyable is an arsenal of great, rarely heard pop cover tunes. The Test Pressings are a lot of fun live, hopefully this is just the first of many area appearances.

[www.tioleos.com](http://www.tioleos.com)



## NOVEMBER 17 / THE MIDNIGHT HOUR

The Midnight Hour, aka Adrian Younge (keyboards) and Ali Shaheed Muhammad (bass) perform at The Soda Bar on November 17. Muhammad is perhaps best known for his work with hip hop icons A Tribe Called Quest, but on the Midnight Hour's self titled debut album he mines for soul/jazz/hip hop/funk and comes up with gold in every track. It's a seamless, intoxicating blend, but jazz aficionados in particular may be drawn to songs like "Do It Together," while anyone who is partial to sweet string laden soul will want to hear "Questions." Backed by a tight rhythm section and a full orchestra, this is a must for fans of modern soul and the afore mentioned genres, but anyone who has ever enjoyed seventies era music from labels such as Blue Note, Motown and Stax will also love every second of this show.

[www.sodabarmusic.com/e/the-midnight-hour-ali-shaheed-muhammad-adrian-younge-guests-65944488741/](http://www.sodabarmusic.com/e/the-midnight-hour-ali-shaheed-muhammad-adrian-younge-guests-65944488741/)



## SPOTLIGHT ARTIST! MANZANITA BLUES

There are few musical genres as popular in San Diego as the blues. With numerous events and stellar players all around, it's only natural that new bands emerge regularly, and one drawing particular attention over the last year and a half, is club and festival favorite, Manzanita Blues.

Unusually, Manzanita Blues came about because of another band not wanting to include blues songs in their set list. "I also sing with a rock cover band called the Dom Katz, which started out as a Rock/Funk/Blues band back in 2015," explained singer Lisa Domkat. "But after a couple of personnel changes, we decided our focus should be mostly on rock and funk, so we started taking the blues songs off the set list."

Having grown up listening to the blues around the Chicago area and then Charleston, West Virginia, where she was raised, she soon realized she missed those tunes. "Stuff like Buddy Guy, Billie Holiday, Koko Taylor, Johnny & Edgar Winter, Janis Joplin and ZZ Top. I found that I really had a longing to sing those songs. So, in the fall of 2017, I decided to go look for other like-minded blues musicians. I went to open mics around East County, met some really fine musicians and invited them to start jamming at my house." It was at those rehearsals that the band name was born. "I live off Manzanita Road, so when we decided to form a band..." "Manzanita Blues" was born," she said.

Featuring Domkat (lead vocals & band leader/manager), Gary Orlansky (lead vocals & drums), Mike Van Duyn (guitar), Joe Monzo (keyboards), Darrell Richardson (harmonica), Rob Day (bass), Manzanita Blues is keeping busy with gigs all over the county, including Humphrey's Backstage Live on Nov 12th & Dec 10th, and at the Landing on Nov 16 & Dec 21st.

Manzanita Blues specializes in covers, with a particular feel. "The key component to most of our selections is



that they're upbeat and danceable," Domkat explained. "It's not the kind of Blues that you would find in a quiet, smoky bar. It's the kind of Blues that makes you want to jump out of your seat and dance! Our energy on the stage is always high which also energizes the audience and makes for an awesome party like atmosphere." She cites songs such as the Allman Brothers "One Way Out", "White Trash Girl" by the late great San Diego singer Candy Kane, the Jeff Beck version of "Ain't Superstitious" and a version of the classic "Rock Me Baby," as songs that really get the crowd going. "I think you have to feel the blues down in your soul, so even if you're not the best player in the world, if you can convey the emotion that the songs require, then you'll end up connecting with the audience," she said.

Domkat notes that there's so much room for interpretation and improvisation with blues music that a performer can make the songs their own, but they are also beginning to write their own tunes. "We have recently started working on some original music too and hope to add some of those songs into the mix soon," she said. "There are some venues in town looking to hire bands that play only original music and some that only want cover

bands, Manzanita Blues is aiming on being a band that can do both. Once we get our originals polished, we'll head for the recording studio and see what happens. If all goes well, we'll have a finished product to submit to the San Diego Music Awards and some music worthy of representing San Diego at the International Blues Festival in Memphis. We have high aspirations but if none of that works out we'll always be happy as long as we have a weekly gig," she said good naturedly.

It's clear that while the band has goals, Manzanita Blues simply enjoys making music. "The best thing that's happened to us from the musical experience that is this band are the friendships and relationships that we've formed," Domkat said. "We're religious about weekly rehearsals followed by dinner. This awards us the opportunity to know one another as friends as well as musicians. We're mostly not ego driven and although it's great to get paid, we're not in it for the money as much as the love of the music," she continued. "If you love the music and have a dedication to your craft, our philosophy is that the rest will eventually follow."

[www.facebook.com/pg/Manzanitablues](https://www.facebook.com/pg/Manzanitablues)

### NEWS BRIEFS

MORE ONLINE > [LOCALUMBRELLA.COM/MUSIC](http://LOCALUMBRELLA.COM/MUSIC)



// Heavy metal band, As I Lay Dying's new album, Shaped by Fire, charted at #50 on the Billboard Top 200 Chart, also charting at #28 / Canada and #6 / Germany.

// Congrats to Blink 182, whose latest album Nine, scored #3 on the Billboard Top 200 Chart. It's also a global hit: #4 / Australia, #6 / U.K., #5 / Canada, #4 / Germany #4 and also charting high in Ireland, New Zealand and Italy.

// Meanwhile Blink 182 has released five singles in 2019, with two hitting the Billboard Alternative chart, "Blame It On My Youth" (#11), "I Really Wish I Hated You" (#36). Interestingly two album tracks have charted on the New Zealand rock charts, "The First Time" (#40) and "Pin the Grenade" (#35).

// Only one San Diegan, past or present has recorded with two Beatles: Nathan East. On October 25 Ringo Starr will release his latest album, What's My Name, featuring bassist Nathan East on the songs "Gotta Get Up" "It's Not Love That You Want," "Money," "Life Is Good," "Send Love, Spread Peace" and the title track. East also appeared on Starr's



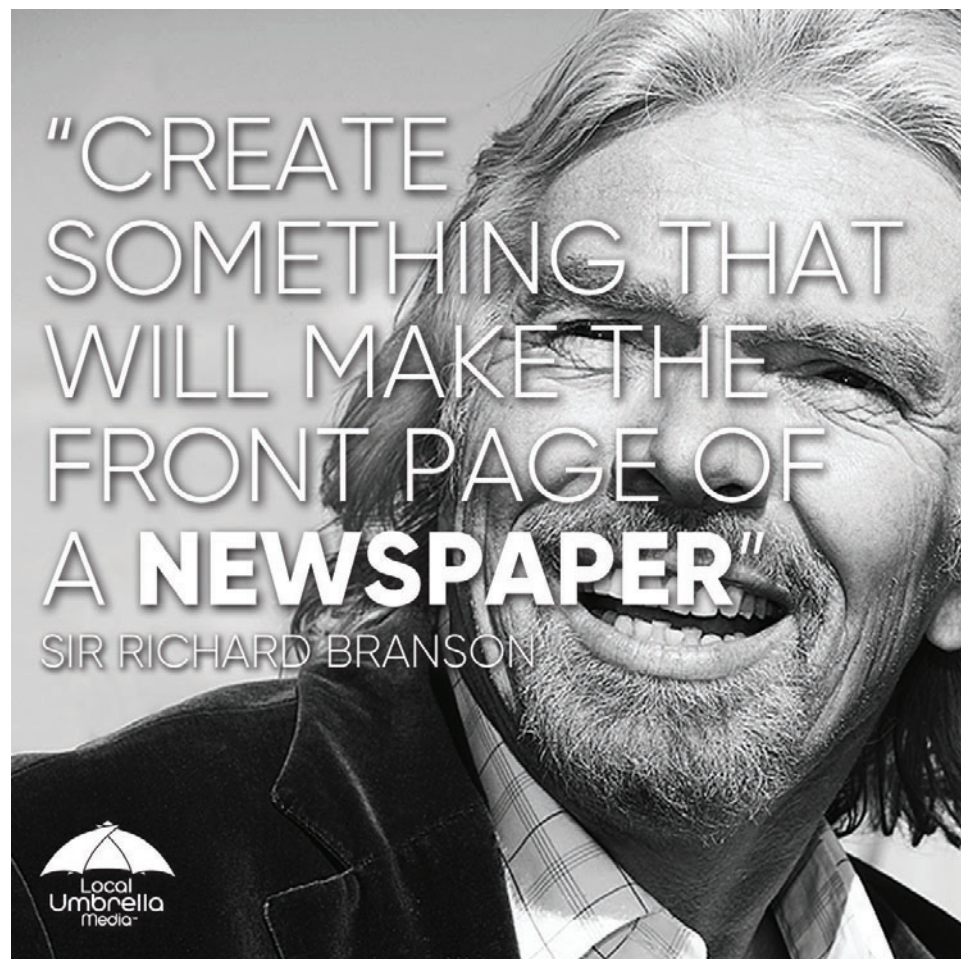
albums Give More Love (2017), Postcards From Paradise (2015) as well as George Harrison's Dark Horse Years (2004) and Live In Japan (1993).

// It's been a good year for blues singer Casey Hensley. She recently received the "Rising Star" award from the Long Beach Blues Society. Meanwhile earlier in 2019 she took home the trophy for "Best Blues Artist" at the San Diego Music Awards.

// Congrats to Hirie, whose album Dreamer, peaked at #2 on the Billboard Reggae Charts on September 28.

// Congrats to guitarist David Maldonado, whose album DAVICAS XX hit #1 on the Billboard Charts / New Age, this summer for 3 weeks straight!

// Frank Zappa is the subject of a Halloween themed box set, complete with mask and gloves. Halloween '73, is a 4-CD box set featuring over four and a half hours of live material, recorded in Chicago on October 31, 1973. It includes both of that days live performances as well as rehearsal tapes.



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# COLLEGIATE WRESTLING'S PREMIER EVENTS TAKE CENTER STAGE IN SAN DIEGO

**FLOSPORTS**

The collegiate wrestling world will set its eyes on San Diego on Friday, Nov. 1 when two of college wrestling's premier kickoff events take place in America's Finest City featuring the University of Wisconsin, Army West Point, Navy and Fresno State.

In the morning, the four schools will compete inside the Port Pavilion on the historic Broadway Pier. FloSports, the innovator in live digital sports and original content, will provide world-wide live and on-demand coverage of the AFC Duals at Broadway Pier on FloWrestling.org. Fresno State and Wisconsin will grapple at 9 a.m. PT, followed by Fresno State-Navy and Wisconsin-Army at 11 a.m. PT. A limited supply of tickets priced \$20 are available at <https://2019afcduals-broadwaypier.eventbrite.com>.

The AFC Duals at Broadway Pier will serve as the precursor to the main event, the Battle on the Midway, which will be nationally-televised by

CBS Sports Network from the flight deck of the famed USS Midway. The Battle on the Midway will feature twin duals in prime-time, including Fresno State-Army West Point at 6:30 p.m. PT and Navy-Wisconsin at 8:30 p.m. Tickets for the Battle on the Midway start at \$25 and are available at [www.BattleOnTheMidway.com](http://www.BattleOnTheMidway.com) or <https://botm2019.eventbrite.com>.

Presented by Left Coast Wrestling and the San Diego Imperial Kids Wrestling Association (SDIKWA), 2019 will mark the first-ever AFC Duals at Broadway Pier and the third-annual Battle on the Midway. NCAA rules limit the total number of days in which college wrestlers can compete, however there is no limit to the amount of times in a day that they can wrestle once they've weighed in, which led to the creation of this year's AFC Duals at Broadway Pier.

Wisconsin comes into the 2019-20 season off a 9-6 campaign in 2018-19 when they finished the year ranked 17th in the nation. Army West Point

went 8-3 and ranked 23rd, while Navy (6-4) and Fresno State (9-8) both finished the season unranked.

Several Southern Californians dot rosters of the teams who will compete in San Diego. They include Wisconsin's Evan Wick (Murrieta), Navy's Jacob Allen (Poway), Shane Finney (Carlsbad) and Jonathan Miranda (Poway), and Army West Point's Nigel Ruiz (La Puente) and Jed Smith (Orange).

To access live and on-demand coverage of the AFC Duals at Broadway Pier, visit FloWrestling.org to become an annual PRO subscriber. A subscription unlocks access to premium content across the entire FloSports network of 20+ sports. Fans can watch the event across all screens by downloading the FloSports app on Roku, Amazon Fire TV, Apple TV, and in the App Store or Google Play Store.

## KIDS ARE FREE IN OCTOBER



There's no better time to be a kid in San Diego than in October! Throughout October, kids 11 and younger are free at the San Diego Zoo and Safari Park, kids 12 and under receive free admission to 40 participating museums across the county, and kids 3-9 get free admission to SeaWorld!

To learn more and take advantage of the museum offer, register for the free coupon at the San Diego Museum Council website. To learn more and take advantage of the SeaWorld offer visit their website and "purchase" a free child ticket. All offers require the purchase of a paid adult ticket and other restrictions may apply. Please visit the links for more information.



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## SUNDAY, OCTOBER 20

### REVERSE TRIATHLON COURSE



2-MILE RUN



4-MILE BIKE  
(STATIONARY)



250 YARD SWIM

FIRST WAVE STARTS AT 7:30 AM

### INDIVIDUAL ENTRY (18+ years old)

\$25/Member \$31/Participant

### RELAY TEAM ENTRY

(1 runner, biker and swimmer)

\$60/Member \$75/Participant

### COPLEY-PRICE FAMILY YMCA

4300 El Cajon Blvd. San Diego, CA 92105

Register online as an individual or as a relay team:  
[www.ymca.org/CPTri](http://www.ymca.org/CPTri)



# FRIENDS OF BALBOA PARK HONORS PARK VOLUNTEERS, LEADERS AND INSTITUTIONS

Annual Luncheon Celebrated Balboa Park Milestone Accomplishments



Left to Right: Inspiration Award Honoree: Mark Leland, San Diego Automotive Museum; Karen Krampe, San Diego Civic Youth Ballet; Greg Rushall, San Diego Automotive Museum; Jim Marsh, San Diego Zoo Global; Stacey LoMedico, Assistant Chief Operating Officer, City of San Diego;

Millennium Award Honoree: Jimmy Saba, Executive Director, San Diego Junior Theatre;

Betty Peabody Emerging Young Leader of Balboa Park Honoree: Brianna Mirabile, San Diego Museum of Man Not Pictured: Kim Neapole, Globe Guilders of The Old Globe

Friends of Balboa Park, a nonprofit that preserves and enhances the legacy and beauty of the Park, hosted its 19th Annual Awards Luncheon on October 4 with a near-record 430 people in attendance. This year’s event, themed “Act I,” celebrates Friends’ 20th anniversary along with theatrical entities in Balboa Park, honoring the Globe Guilders and the San Diego Junior Theatre. The event also recognizes institutions and individuals throughout the Park that have enhanced it throughout the years.

“The Annual Awards Luncheon is a flagship event of Friends of Balboa Park, and I am pleased that we once again recognized such distinguished talent and unequaled dedication amongst the Park’s volunteers and employees,” said Friends of Balboa Park Executive Director John Bolthouse.

### Millennium Awards Globe Guilders; San Diego Junior Theatre

The Millennium Award is presented each year to individuals or organizations that have made important, long-term contributions to Balboa Park. This year, it recognizes two theater-focused entities that enrich the Park.

### Betty Peabody Emerging Young Leader of Balboa Park Award Brianna Mirabile, San Diego Museum of Man

Inaugurated in 2016 and named after Friends’ founder, this award recognizes exceptional promise and potential of emerging professionals who have demonstrated leadership by example in Balboa Park.

### Inspiration Awards

In recognition of significant and long-term contributions of volunteer service to one or more organizations in the Park, these unsung heroes contributed a combined 30 years of service in Balboa Park:

- Karen Krampe, San Diego Civic Youth Ballet
- Mark Leland, San Diego Automotive Museum
- Jim Marsh, San Diego Zoo Global
- Greg Rushall, San Diego Automotive Museum

The luncheon was co-chaired by volunteers Kristi Pieper and Julie Cowan Novak, and a major highlight of the event was keynote speaker and philanthropist Darlene Marcos Shiley. A surprise award went to Stacey LoMedico, who will be retiring as director of Parks and Recreation from the City of San Diego. Senator Pro Tempe Toni Atkins presented a certificate of recognition to Stacey in recognition of her years of dedication to the City of San Diego and Balboa Park.

For more information, call 619.232.2282  
or visit [www.friendsofbalboapark.org](http://www.friendsofbalboapark.org).



### About Friends of Balboa Park

Founded in 1999, Friends of Balboa Park is a 501(c)(3) nonprofit organization that brings together philanthropists, community leaders, and concerned San Diegans to preserve and enhance the legacy and beauty of historic Balboa Park for future generations. Friends of Balboa Park partners with other organizations and public agencies to raise the Park’s profile and give its interests a greater voice in city government and the wider community.



Photo of Balboa Park Club Ballroom, with over 430 guests.



Left to Right: John Bolthouse, Executive Director, Friends of Balboa Park; Darlene Marcos Shiley, Keynote Speaker; Betty Peabody, Board Member, Friends of Balboa Park



Top Left: Betty Peabody, Stacey LoMedico, Carolyn Wormser  
Bottom: Congresswoman Susan Davis, Hon. Chris Kehoe, Assemblymember Todd Gloria



Left to Right: Kristi Pieper, Luncheon Co-Chair; John Bolthouse, Executive Director, Friends of Balboa Park; Julie Cowan Novak, Luncheon Co-Chair



# MELLANO & FAMILY LIVES BY ITS ROOTS IN OCEANSIDE EVEN EMPLOYEES ARE FAMILY MEMBERS “BY DIRT”



Some of the Mellano & Company acres planted with agonis, eucalyptus, ruscus and myrtle.



Fields of marigolds that are planted every year for the Dias de los Muertos and donated to the Mission San Luis Rey.

Michelle Castellano Keeler is Corporate Vice President for Mellano & Company located in Oceanside. She grew up frolicking through the fields of 300 acres that comprises the family farm and has worked in the family business for twenty years. She's tackled a variety of responsibilities including human resources, government relations, legal issues and corporate affairs.

At Mellano & Company, family roots run deep. Three generations of Mellanos have helped to nurture this “beauty business,” developing it into one of the largest flower-growing companies in the U.S.

## What is it about Mellano & Company that sets it apart from other flower-growing companies?

The quality of our floral products is what sets us apart in our industry. A truly quality product is something our customers have come to rely on. We are proud to have a 97% successful fulfilment rate which is unheard of. Our farm grows a large variety of flowers and greens – not just one or two varieties. This diversity gives our customers the satisfaction of knowing they can rely on Mellano & Company to get what they need.

I always remember my father telling me that you will be judged by those with whom you associate. Here at Mellano & Company we are so proud to be associated with the vendors, suppliers and partners in our community as well as the thousands of individuals who appreciate the beauty our flowers bring to their homes and businesses. We are extremely active with the University of California system participating in numerous research projects and taking on interns to help them grow in their agricultural studies. For more than 30 years, we have provided hundreds of thousands of flowers that adorn the floats that take part in the Rose parade. We are likewise active in local and national organizations such as the San Diego Farm Bureau and the Society of American Florists.

We are quite proud of our partnership at the Carlsbad Flower Fields in Carlsbad where we grow the colorful ranunculus that are on display to the public every Spring. We also create an enormous American flag out of flowers for the Carlsbad Flower Fields, which we started after 9/11 and have continued every year since. This is near and dear to my heart since I was in New York during the 9/11 attack and volunteered my time at Ground Zero in the immediate days after the towers fell.

At the end of the day, our main focus is our crops and our employees- the Mellano & Company family! We are always looking for ways to help out employees, especially the farmworkers. We provide housing for anyone who wants it. Creating farmworker housing was very important to my father, Battista Castellano. An immigrant himself, he did not like the way that farmworkers were treated and wanted to protect Mellano & Company's farmworkers from having to live in canyons, etc. So, our employee housing was born.

They not only have their living areas, but he also built them a soccer field to play on, a chapel to pray in, and a media room where they can enjoy movies. A significant amount of my time is not spent on actual day-to-day business issues but often helping employee and their families when they need our support and assistance. Just like anyone would do for their own family.

## How do you get involved with the community around you?

We support local youth groups, especially those that focus on agriculture. We are big supporters of Agriculture in the Classroom and 4H. We invite youth groups like the Boy Scouts and Girl Scouts to come to our farm and learn more. I truly love having the kids come and be part of the farm learning about flowers and agriculture! I am a mother to three small children, and I know how important it is to enrich children's lives with nature and things outside of the classroom! We also love supporting other youth groups such as the baseball teams of our employees' children.

Our farm is located adjacent to Camp Pendleton military base and the military plays a huge role in the city of Oceanside. With veterans in our family and working on our farm, we are proud to support the military and veterans that sacrifice themselves on our behalf. As an immigrant family, we know how truly special it is to live and work in the United States of America and that our family (via my grandfather) came here and has lived the American dream. Many of our employees are immigrants who seek a better life for themselves and their families and we honor that.

Because so many of our employees are Hispanic, events such as Dias de los Muertos (Day of the Dead) are important to them – therefore it is important to us. Each year we set aside a couple of acres and grow marigolds to donate to the Mission San Luis Rey's Dia de los Muertos festival. The marigolds play a huge role in this festival and are used in many ways, including decorating the family alters honoring the dead. Farmworkers who tend to our fields also attend this church and create family alters...we feel it is our moral and civic duty to set aside the land and the flowers to enrich their personal lives just as they work towards enriching Mellano & Company.

The business was started in 1925 by Giovanni Mellano – Michelle's grandfather -- an Italian immigrant who came to California with a passion to grow flowers. He started by picking foliage in the hills of Santa Cruz, but soon realized that a better opportunity awaited him in Los Angeles. He hopped on a train to L.A. and started working at the bustling flower market there. Soon thereafter, Giovanni started his own wholesale store. Eventually he saved enough money to start his own six-acre flower farm, which now blooms in Oceanside. Over time, the Mellanos added wholesale locations in Carlsbad, Orange County and Las Vegas. We caught up with Michelle recently to find out more about the family farm known as Mellano & Company.

Our farm is one big family – we know our employees' families and children. Many of them live on the farm so they've literally grown up at Mellano & Company. We have events for the families such as our Christmas party which is attended by over 500 people – the families of our employees where we can celebrate the holiday together. There are games and bounce houses and music. When my grandmother died, many of our employees honored her on their own family altar at Dias de Los Muertos (Day of the Dead).

Additionally, we embrace a commitment to support local political candidates as part of our commitment to the local community that has supported us for so many years. We know that supporting candidates who excel in providing leadership helps drive our collective futures.

## Why are you passionate about educating young people when it comes to farming and agriculture?

Young people today are so disconnected from agriculture. They do not know where food comes from – meat and milk are things you get at Vons or Costco. They do not understand that flowers and plants grow from a seed – versus being a pre-grown plant you purchase at Home Depot. They do not understand that there are cycles and seasons to agriculture.

It is important that our youth get back to the roots that their grandparents understood. And while they may not be living and working on a farm like their grandparents probably did, it is important for them to understand where it all comes from and grasp the issues that they will be faced with in the future.

Someone must be the farmers in the future, and if children are not exposed to agriculture now, how will they know if they love it and want to pursue it? It is also important because agriculture is showing up in politics more and more and it is imperative to understand what they are voting for and how their vote affects the bigger picture.

## How do you see the future of farming developing?

Farming has changed a lot since the time of our grandparents. It is more mechanized and modern. There are more and more govern-

mental restrictions and much more offshore competition. Here in San Diego county there is less and less farmland and due to the escalating cost of the land, farmers need to adjust crops constantly to make a profit. Issues such as water restrictions and labor shortages make it more difficult.

Farming will continue to look different. Locally, we see a big opportunity in agritourism. There is an interest in this generation to connect with agriculture in a different way – they don't necessarily want to participate in the farming but want an experience associated with agriculture. If the local communities would allow these zoning changes in agricultural areas, the public could come and experience agriculture in a different way. I look forward to the day when the public can connect more with our farming community. Struggling farmers will then have an additional revenue stream to offset the issues discussed and the overall community will benefit.

## If you'd like to learn more about Mellano & Company, go to [www.mellano.com](http://www.mellano.com).



Giovanni and Maria Mellano and their two sons, Johnny and Michael – late 1930s.





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## Health Benefits



There is no doubt that taking care of your health is an investment. You are giving your time, energy and financial resources to invest in your body and your well being. I tell patients everyday that you can either make time to take care of your health or you will have to make time to be sick. Unpaid medical bills are the leading cause of bankruptcy in the US and disability and sick days are major financial stressors in the lives of Americans. I understand that gym memberships are expensive, home equipment can be an investment, and have you priced running shoes lately? But it turns out that investing in your health is actually cost effective. One Fortune 500 company estimates that for each dollar spent on preventative health, it saves \$2.71 in future health costs. One year of wellness care costs less than one day in the hospital!

Creating a balanced, healthy body and lifestyle takes a multifactorial approach. In this article I want to focus on one of the simplest and most easily available, yet highly effective strategy to improve your health. That is Exercise. I get that most people already know that exercise is good for you and they should do it and do it consistently. However, I have noticed that knowing you should do something and actually doing it are two very different things. In this article I will address just how little exercise you need to do in order to get major life lengthening benefits and some of the other hidden benefits to exercise that may motivate you to get out there and move your body.

Exercising regularly, every day if possible, is the single most important thing you can do for your health. I believe that everyday you eat, you should also exercise. The Centers for Disease Control and Prevention recom-

mend the following: At least 150 minutes of moderate aerobic exercise like brisk walking or 75 minutes of vigorous exercise like running (or an equivalent mix of both) every week. It's fine to break up exercise into smaller sessions as long as each one lasts at least 10 minutes. Strength-training that work all major muscle groups—legs, hips, back, abdomen, chest, shoulders, and arms—at least two days a week. Strength training may involve lifting weights, using resistance bands, or exercises like push-ups and sit-ups, in which your body weight furnishes the resistance. I would add to this list, a minimum of 15 minutes a day of stretching. Stretching helps prevent injuries so you can continue to exercise for a lifetime. It also reduces the tension in our body we have built with our abnormally stressful lifestyles. It reduces postural strain and improves mobility.

One of the most well-known benefits of exercise is longevity. In fact, in a recent evaluation of 20,000 people published in the Public Library of Science Medicine, it was found that people who exercise regularly, drink alcohol only in moderation, consume a nutritious diet and avoid smoking can add an additional 14 years on to their life expectancy. As shown in report from the American Heart Association, exercise strengthens your heart muscle as well as reduces your risk of heart disease and other related conditions. As well, many types of cancer, diabetes, lung disease, osteoporosis, etc, are prevented with exercise. Exercise is such a health preventative superstar that Jordan Metzl, M.D., recently declared it to be “a miracle drug that prevents almost every illness, is 100 percent effective, and has very few side effects.” New research has also found that exercisers truly are younger, on a cellular level, than their same-aged peers. Telomeres, the cap on the ends of DNA, start out long at birth and get progressively shorter with age. Up until recently it was thought there wasn't much we could do to change that, but a new study showed that endurance athletes have longer telomeres than their peers, while a second study found that moderate exercise can lengthen your telomeres by up to 10 percent.

Not only does exercise increase the length of your life it also improves the quality of it. Living to 100 really isn't going to matter if, at that age, you are bedridden and unable to enjoy life! A recent study found that people who exercise reported feel-

ing happier, more excited, and had more enthusiasm for life than sedentary adults. Whether you suffer from the winter blahs or have chronic depression, one study found that depression sufferers who did aerobic exercise showed just as much improvement in their symptoms as people on medication. In fact, after four months, 60 to 70 percent of the subjects couldn't even be classified as having depression. Even better, a follow-up to the study found that the effects from the exercise lasted longer than those from the medication. In a study conducted by researchers at Duke University it was found that exercising for 30 minutes, three times a week can help an estimated 60% of patients overcome their depression without using anti-depressant medications.

It might seem counterintuitive that when you are feeling fatigued, you should go exercise, but the reality is working out – be it a quick walk around the block, participating in a yoga class or embarking on a solitude hike – can give you the kick that you need to keep going through the day. Exercise stimulates the release of endorphins that not only make you feel better but also up your energy levels. In addition, getting a good night's sleep is one of the most important things you can do for your health. But sometimes sleep does not come easily, oftentimes on the nights you need it the most. In a review that looked at dozens of sleep studies, researchers found that people who exercised regularly had less incidence of insomnia and a higher quality of sleep. In addition, for people who do suffer from insomnia, adding consistent daily exercise significantly reduced their sleepless nights.

**At Good Vibrations Family Chiropractic, we support elite athletes, weekend warriors and active families prevent and recover from illness and injury that would otherwise keep them from being able to be as active as they could be. If pain, immobility or injury are stopping you from getting all the amazing health benefits that exercise has to offer, please reach out to us, we can help. Call 619-281-1234 or email [info@goodvibrationschiro.com](mailto:info@goodvibrationschiro.com).**



# UNIVERSITY OF SAN DIEGO SCHOOL OF BUSINESS REAL ESTATE PROGRAM RANKS NO. 1

College Factual recently ranked University of San Diego School of Business' real estate program No. 1 out of 29 colleges for its "2020 Best Real Estate Colleges in the U.S." ranking. This is the third year in a row that USD School of Business' Burnham-Moores Center for Real Estate has received this No. 1 ranking.

College Factual lists the best real estate colleges in order of quality. According to their website, ranking methodology takes into account factors including education quality, average earnings of graduates, accreditation, and several other relevant factors.

"Our undergraduate real estate program provides an unparalleled education for our students through our extraordinary faculty and staff, and the support offered through the Burnham-Moores Center," said Barbara Lougee, interim dean for the USD School of Business. "We provide our students with relevant curriculum, personalized career coaching, vast networking opportunities, and access to mentorships, internships, and jobs. In addition, we offer more than \$400,000 in scholarships for undergraduate and graduate real estate students at the USD School of Business. It is great to see our efforts being recognized once again by College Factual."

"We are incredibly excited to learn that our real estate program has retained its No. 1 ranking in the 2020 College Factual best real estate college category," said Stath Karras, executive director of the Burnham-Moores Center. "This ranking once again validates our mission to recruit, educate and mentor real estate students, in strong collaboration with our industry partners, with the goal of facilitating their career pursuits in a socially responsible manner and with a global perspective. Moreover, it comes on the heels of our announcement last week of the launch of our Campaign for 2020 to raise \$10 million to directly support real estate students and our USD School of Business real estate faculty. Our campaign has raised \$3.4 million to date, with a leadership gift of \$2.3 million from Malin and Roberta Burnham."

USD School of Business has seen a dramatic increase in declared real estate majors and minors in 2019. To date, there are more than 180 students in the undergraduate real estate program, representing an approximate 40 % growth from the year prior. This figure may continue to rise throughout the academic year.

For more information, visit [www.usdrealstate.com](http://www.usdrealstate.com)

# HONORARY DOCTORATE AWARDED TO FORMER ASTRONAUT ELLEN OCHOA

Former astronaut and Johnson Space Center Director Ellen Ochoa reflected on a life's journey, from physics classes at San Diego State University to four Space Shuttle trips into orbit, as she received an honorary doctorate from her undergraduate alma mater.

"I could not have imagined this career when I was a student at San Diego State," Ochoa said in an inspiring talk to a packed auditorium, as part of the President's Lecture series at Montezuma Hall. In addition to SDSU faculty, staff and students, Ochoa's audience included students from local schools for whom she continues to serve as a role model in more than two decades of educational activities.

Ochoa, who grew up in La Mesa and attended Grossmont High School, graduated with a Bachelor of Science degree in 1980. Her honorary science

doctorate, presented by President Adela de la Torre and California State University Trustee Jack McGrory, is the 51st to be bestowed by SDSU.

"We're so fortunate to have you as a role model for the young men and women pursuing their STEM careers," de la Torre said.

Ochoa described how her education at SDSU led to advanced degrees from Stanford University and a research career, and how NASA's Space Shuttle program, created "careers that just weren't open to women before then."

She showed footage from her first, 10-day flight into space and a later mission to dock with the then-new International Space Station.

# FRIENDS OF SDSU CALLS ON CITY COUNCIL TO OK AUDITOR'S PRICE FOR STADIUM LAND

By *Chris Jennewein*, Times Of San Diego



A rendering of the SDSU Mission Valley official site plan showing new classroom buildings and the stadium in the distance.

Friends of SDSU called on the City Council Monday to accept an independent auditor's valuation of the former Qualcomm Stadium property so that the university can proceed with a new stadium and campus expansion.

In a letter to Council President Goegette Gómez, the group urged the council "to make sure this once-in-a-lifetime project becomes a reality. It's time, under the same unifying spirit of Measure G, to get this deal done!"

The group warned the council against "extraneous considerations that are inconsistent with the provisions of voter-approved Measure G."

"We urge you to expeditiously accept the appraisal and move forward with the purchase and sales agreement for the site," Friends of SDSU wrote.

The letter was signed by two former presidents of San Diego State University, as well as numerous civic leaders.

Supporters of Soccer City, whose competing ballot measure lost last November, had agreed to pay \$83 million for the 132-acre site plus the former Chargers training facility in Murphy Canyon. A 2015 report prepared in connection with a plan to renovate the stadium to keep the Chargers in San Diego valued the land at over twice that much.

San Diego State officials plan a new 35,000-seat stadium to be primarily used by the university's football team, a satellite campus, a river park and commercial and residential space. The university has already awarded a contract for construction of the stadium.



# "STARRY STARRY NIGHT BENEFITING VOICES FOR CHILDREN RAISES CRITICAL FUNDS FOR FOSTER YOUTH

By Farima Tabrizi

PHOTOS

BROWSE COMPLETE PHOTO GALLERY! SCAN QR CODE

On September 28, 2019, Event Chairs Annette Bradbury, Lisette Farrell, Katie Sullivan, Haeyoung Tang, and Lise Wilson welcomed more than 300 guests for a spectacular evening under the stars at the 17th annual Starry Starry Night. The event was hosted at the stunning Rancho Valencia Resort & Spa in Rancho Santa Fe. This year's theme, "por nuestros niños," focuses on the support Voices for Children's Court Appointed Special Advocate (CASA) program provides to local foster youth.

Guests mingled during cocktail hour in Rancho Valencia's Terrace Room with signature drinks by Glendalough Distillery. Rancho Valencia's elite culinary team indulged guests with a gourmet menu while attendees bid on an excit-

ing live auction, including trips and once-in-a-lifetime experiences. A highlight of the event was hearing directly from former foster youth Corrin as she shared the impact her CASA, Carol, had on her life.

With the funds raised through Starry Starry Night, Voices for Children will be able to recruit and train hundreds of CASA volunteers to speak up on behalf of abused and neglected children in San Diego County.

For more information on Starry Starry Night, visit [www.ssn2019.org](http://www.ssn2019.org).



Guest at Voices For Children Starry Starry Night Event



Guest at Voices For Children Starry Starry Night Event



On stage VFC Board Vice-Chair AnneElise Goetz



CASA Volunteer of the Year: Christie Ranney



On stage L to R: Co-chairs Lisette Farrell, Katie Sullivan, Haeyoung Tang, Annette Bradbury, and Lise Wilson)



Voices for Children transforms the lives of abused, abandoned, or neglected children by providing them with trained, volunteer Court Appointed Special Advocates (CASAs). Voices for Children believes that every child deserves a safe and permanent home and, to that end, will provide a trained CASA volunteer to every abused, abandoned, or neglected child who needs one, and advocate to improve the lives of children in the foster care system.





## Truluck

Florida's prized stone crabs are inching toward Truluck's Seafood, Steak and Crab House in La Jolla for their seasonal return on Oct. 15. The mildly sweet crustaceans will be delivered regularly to the seafood-centric restaurant within 24 hours after they're trawled. Their meaty claws are served chilled and pre-cracked with either special mustard sauce, classic cocktail sauce or Key lime mayo.

The chefs are predicting a prolific season, which concludes May 15. Until then, aficionados can also enjoy all-you-can-eat stone crabs for \$85 per person every Monday night. Reservations are encouraged.

**Truluck's is located at 8990 University Center Lane. For more information, call 858-453-2583 or visit [www.trulucks.com](http://www.trulucks.com).**



A La Jolla seafood house gears up for Florida stone crab season. (Courtesy photo)

## The Cork & Craft

In celebration of its fifth anniversary, The Cork & Craft in Rancho Bernardo enters autumn with a new dinner menu authored by executive chef Scott Cannon. The seasonal dishes include grilled salmon with squid ink chowder; steak tartare with celery root puree; and pork tenderloin with mushrooms, sunchokes and mustard-tarragon jus.

At its adjoining Abnormal Beer Company, look for events tied to San Diego Beer Week (Nov. 3 through 7). They include a pairing of house beers with Venissimo cheeses from 1 to 3 p.m., Nov. 3 (\$45); a five-course beer dinner with Wild Barrel Brewing at 6 p.m., Nov. 4 (\$69); and a pouring of rare beers by Abnormal and guest breweries on Nov. 6 and 7.

Cork and Craft, and Abnormal Beer Company are located at 16990 Via Tazon. For more information call 858-618-2463 or visit [www.thecorkandcraft.com](http://www.thecorkandcraft.com).



Pork tenderloin at The Cork & Craft (The Nth Element)



Mexican shrimp ceviche in the offing at ALBACA's new happy hour. (Fast Forward Events)

## Alcaba

Noshes and drinks for \$10 or less? And with bayside views to boot? The newly introduced happy hour at ALBACA in the Coronado Island Marriott Resort & Spa combines bargains with postcard scenery every week from 3 to 5 p.m., Monday through Thursday. Its indoor-outdoor atmosphere sets the stage for pork belly tacos; crispy potatoes with red mojo sauce; duck carnitas fries; and more.

Drink options include draft beers, Baja wines, and cocktails such as smokey mules and "alta" margaritas. In addition, the property recently launched various programs for fall such as mezcal tastings, cooking demos and lawn games.

**ALBACA is located at 2000 Second St. For more information call 619-522-3150 or visit [www.marriott.com/hotels](http://www.marriott.com/hotels).**



SimSim's chicken-pomegranate shawarma (By Frank Sabatini Jr.)

## SimSim Outstanding Shawama

The cool and modern SimSim Outstanding Shawarma in Clairemont Mesa is bringing its healthy scratch-made Middle Eastern fare to Carmel Mountain Plaza in November.

Having just passed its one-year anniversary, the brightly designed eatery has become all the rage for chicken and beef-lamb shawarma, which is created in-house on vertical spits and flavored with freshly ground spices. The new location will feature the same menu, but with the additions of lamb, chicken and beef kababs.

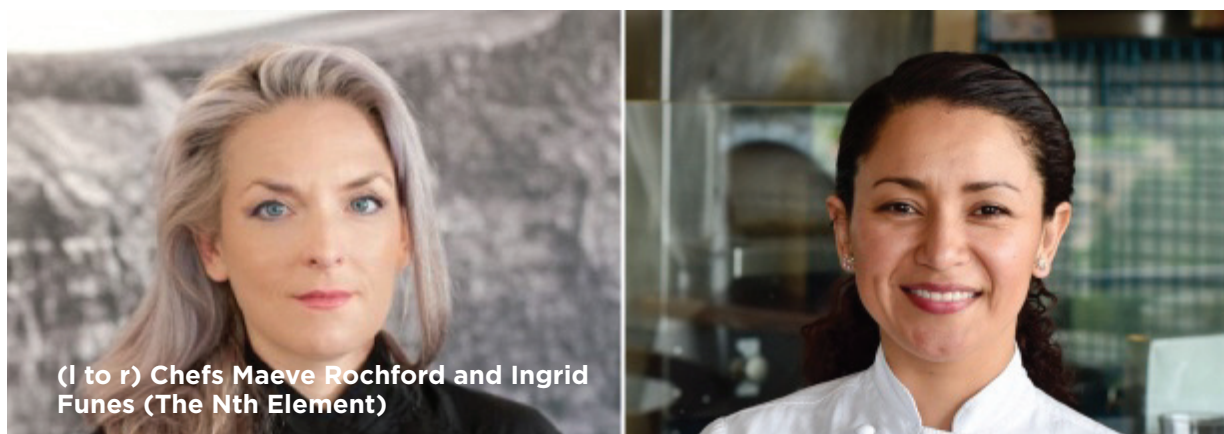
SimSim Outstanding Shawarma is located at 7051 Clairemont Mesa Blvd., Ste. 301. The new shop will be located at **11640 Carmel Mountain Road, Ste. 124-128. For more information call 858-430-6717 or visit [www.eatsimsim.com](http://www.eatsimsim.com).**

## Cusp Dining & Drinks

Two female chefs from reputable La Jolla restaurants are jointly presenting a multi-course dinner to benefit Susan G. Komen's Dine Out for the Cure campaign.

The dinner kicks off at 6 p.m. on Oct. 17 at Cusp Dining & Drinks. It will be presented by Maeve Rochford, the chef-owner of Sugar and Scribe, and Ingrid Funes, executive chef at Cusp. They will each create two courses. The cost is \$70 per person, or \$90 for "drink pink" beverages pairings. Ten percent of sales from the entire dining room that evening will go to Dine Out for the Cure.

**Cusp Dining & Drinks is located at 7955 La Jolla Shores Drive. For more information, call 858-551-3620 or visit [www.cusprestaurant.com](http://www.cusprestaurant.com).**



(l to r) Chefs Maeve Rochford and Ingrid Funes (The Nth Element)





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## Tommy Bahama Marline Bar

The famous manufacturer of beachwear known as Tommy Bahama is bringing a retail-restaurant concept to Fashion Valley Mall in early spring of next year.

Named Tommy Bahama Marlin Bar, the 7,200-square-foot space will allow customers to eat, drink and shop amid a casual restaurant and bar sitting within eye shot of men and women's sportswear and accessories. The open layout will feature a patio as well.

**Tommy Bahama Marline Bar will be located at 7007 Friars Road, #305. For more information visit [www.tommybahama.com](http://www.tommybahama.com).**

**Cocktails and food inspired by Tommy Bahama are coming to Fashion Valley Mall. (Courtesy photo)**



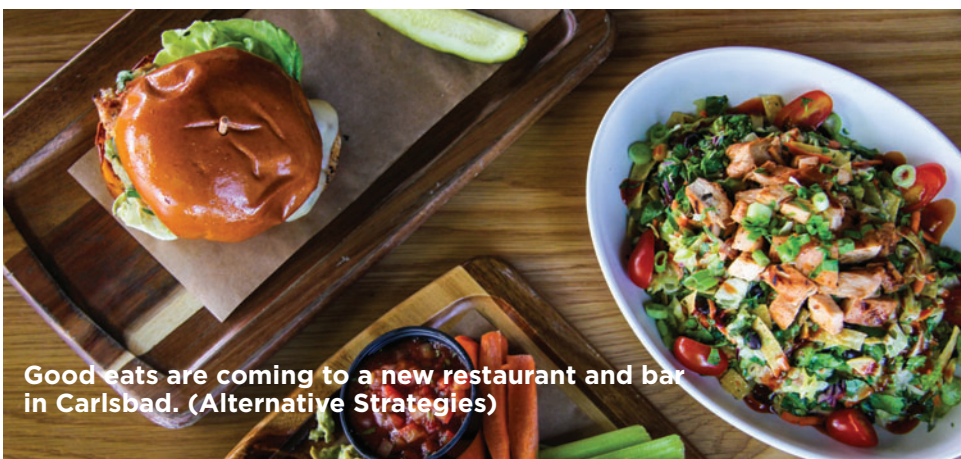
## Bay Hill Tavern

Good, affordable grub combined with craft beef and kicky cocktails rule the day at the new Bay Hill Tavern in Bay Park. The establishment has ownership ties to Working Class in North Park and Second Nature in Pacific Beach. It features a similar menu of chicken wings, sandwiches and burgers. There's also a decent selection of salads and pizzas. A must-try is the fried cauliflower with General Tso sauce.

The space formerly housed Blackthorn Irish Pub. It has since been transformed into a brighter space with warm-industrial elements and a "hanging garden."

**Bay Hill Tavern is located at 3010 Clairemont Drive. For more information call 619-326-8828 or visit [www.bayhilltavernsd.com](http://www.bayhilltavernsd.com).**

**General Tso cauliflower at Bay Hill Tavern  
(By Frank Sabatini Jr.)**



**Good eats are coming to a new restaurant and bar in Carlsbad. (Alternative Strategies)**

## WR Kitchen & Bar

The Square at Bressi Ranch in Carlsbad will soon see the arrival of WR Kitchen & Bar, an offshoot to the Southern California-based Wood Ranch BBQ & Grill.

Customers will be greeted by ample indoor-outdoor seating options, an open kitchen featuring a wood-fire grill, and a full bar. Menu highlights include assorted salads, sandwiches, roasted meats and seafood. Taco lovers will find versions filled with everything from smoked brisket and Atlantic salmon to pulled pork and cauliflower. The establishment is expected to open by the end of fall.

**WR Kitchen & Bar will be located at 2668 Gateway Road. For more information visit [www.wrkitchenbar.com](http://www.wrkitchenbar.com).**



**Matias Rigali (left) and Dan Housinga of Empanada Kitchen.  
(Courtesy photo)**

## Empanada Kitchen

Baked pastry dough filled with various meats and veggies take center stage at the new Empanada Kitchen in North Park. The eatery is styled after its existing, original location in downtown San Diego, where the Argentine staple known as empanadas encase ground beef, lamb, ham and cheese, ratatouille, and more. Owners Matias Rigali of Buenos Aires, and his business partner, Dan Housinga from Minnesota, carried their chic sunny-yellow design scheme to the new venture.

**Empanada Kitchen is located at 819 C St., and 2855 El Cajon Blvd. For more information call 619-228-9565 or visit [www.empanada-kitchen.com](http://www.empanada-kitchen.com).**

## The Friendly Tavern

Taking the place of the former Carnitas Snack Shack in North Park is The Friendly Tavern, a sibling to The Friendly that is located less than a mile away at 4592 30th St.

Founded by Detroit transplant, Brandon Zanavich, the bill of fare at his newest establishment is a little different in comparison—plus there's a full backyard bar. The menu features six types of burgers opposed to only the no-modifications "dirty flattop" at his original spot. In addition, french fries and onion rings are available. But the pizza slices he also sells on 30th Street are not in the offering here.

**The Friendly Tavern is located 2632 University Ave. For more information call 619-892-7840.**



**Brandon Zanavich at the outdoor bar of The Friendly Tavern  
(Courtesy photo)**



# LOCAL TEEN NAMED NATIONAL GOLD AWARD GIRL SCOUT

Ana De Almeida Amaral Receives Girl Scouts of the USA's highest honor for fighting racism in education



Girl Scouts of the USA CEO Sylvia Acevedo presents Ana De Almeida Amaral with a National Gold Award Girl Scout pin.



Ana De Almeida Amaral speaks with Girl Scouts of the USA board member Sue Major during a mentoring session at Girl Scouts San Diego's 2018 Cool Women event.



Ana De Almeida Amaral delivers the keynote address at Girl Scouts San Diego's Urban Campout: All That Glitters is Gold fundraiser on Sept. 13, 2019.

**G**irl Scouts of the USA has named Ana De Almeida Amaral of Chula Vista a 2019 National Gold Award Girl Scout. She was one of ten teen activists and change-makers nationwide selected for the organization's highest distinction.

Girl Scouts of the USA CEO Sylvia Acevedo honored the National Gold Award Girl Scouts at the organization's New York City headquarters during an Oct. 11 pinning ceremony that coincided with International Day of the Girl. The honorees appeared on The Today Show that morning during a live segment which featured Ana as the opening spokesperson. The young women were also featured in a PSA ([girlscouts.org/GoldAward](http://girlscouts.org/GoldAward)) that debuted during viewing event at the Microsoft Store on 5th Avenue.

De Almeida Amaral, 18, and the other National Gold Award Girl Scouts created innovative and sustainable solutions for today's most pressing issues. While people worldwide are feeling the effects of urgent local, national, and global challenges—including racism in education, equal gender representation, mental health, food insecurity, and ocean pollution—this year's National Gold Award Girl Scouts found ambitious ways to lead the charge and transform the world.

Fueled by passion, persistence, and a resistance to accept the status quo, the National Gold Award Girl Scouts were chosen from an impressive pool of this year's Gold Award Girl Scouts nationwide for their extraordinary leadership and ability to develop lasting solutions—and achieve remarkable results—for critical issues in their communities and beyond.

This is the first time a local Gold Award Girl Scout has been named a National Gold Award Girl Scout. De Almeida Amaral was chosen in recognition of her local Gold Award project, through which she combatted racism in education. To earn her Gold Award project, De Almeida Amaral developed High Tech High Chula Vista's first ethnic studies course—an official, elective class that is completely student-led. Her curriculum embraces the histories, stories, and cultures of people of color. She had learned from her research that a lack of diverse perspectives in education contributes to institutional racism and a system of oppression. When De

Almeida Amaral realized her high school was made up of more than 80 percent students of color yet offered no clubs or courses celebrating diverse cultural identities, she decided to take action. By focusing on historical oppression, marginalized groups, and one another's cultures, De Almeida Amaral and her team of students worked to identify injustice historically and in their own lives, and were empowered to unify it and change it. Furthermore, to better equip educators in combatting racism in education, De Almeida Amaral ran seminars for teachers about creating culturally responsive, balanced coursework.

National Gold Award Girl Scouts like De Almeida Amaral make the world a better place every day and will continue to defy expectations and act as bold advocates for a brighter future. De Almeida Amaral is now a freshman at Stanford University, majoring in comparative race and ethnic studies, as well as political science.

"We are beyond proud of Ana!" declared Girl Scouts San Diego CEO Carol M. Dedrich. "Her extraordinary accomplishments are changing the course of history."

"This year's National Gold Award Girl Scouts have truly distinguished themselves as visionary leaders," said Acevedo. "In a time when an increasing number of young people are using their voices to come together and take action, these girls stand out. They have made an incredible impact in the worlds of STEM, education, agriculture, the environment, civil rights, and beyond. While they are making the world a better place, they are also investing in themselves; Gold Award Girl Scouts are more likely to earn college scholarships and achieve higher education and career outcomes, and they can enlist in the military at a higher pay grade. We're proud to support Girl Scouts across the country as they drive meaningful and lasting change in their communities and beyond."

National Gold Award Girl Scout nominations underwent a rigorous multi-round review process. Finalist applications were reviewed by a panel of previous National Gold Award Girl Scouts, leaders from a diverse array of fields, GSUSA staff, National Volunteer partners, and representatives from the Kappa Delta Foundation and Arconic Foundation. This year's National Gold Award

Girl Scouts will receive a combined \$100,000 in college scholarships from Susan Bulkeley Butler, founder of a women's leadership development organization and a former member of the Girl Scouts of the USA Board of Directors. The Kappa Delta Foundation and Arconic Foundation also each generously contributed \$50,000 in college scholarships for the 2019 cohort.

Now in its 20th year, the National Gold Award Girl Scout recognition (formerly known as National Young Women of Distinction) was inceptioned in 1999, with the first event held in March 2000.

Girl Scouts is the world's best leadership organization for girls ([#BestPlace4Girls](https://www.instagram.com/bestplace4girls)). To learn about local opportunities for girls in grades K-12 and adult volunteers to get involved and make a difference, visit [sdgirlscouts.org](http://sdgirlscouts.org).



Photo Credit: Girl Scouts of the USA

**Girl Scouts**  
San Diego



# DA KINE'S PLATE LUNCHES RETURNS TO SAN DIEGO WITH FIRST NEW LOCATION IN 11 YEARS

By Elise Frankel

San Diego's beloved 'Uncle Nelson' brings back his popular, authentic Hawaiian restaurant after more than a decade spent focusing on catering; Grand Opening in Bay Park is October 19TH

Many San Diegans have fond memories of their first taste of Da Kine's Plate Lunches at the restaurant's original (though now long-gone) location in Pacific Beach. Credited for introducing much of San Diego to authentic and casual Hawaiian cuisine, Da Kine's Plate Lunches has returned with a new location at 5401 Linda Vista Road where Bay Park meets Mission Valley, its first and only restaurant in eleven years.

Da Kine's history spans twenty-two years and cannot be brought up without mention of founder Nelson Ishii, better known within the community as "Uncle Nelson." Hailing from Kanaeohoe where he was "born before Hawaii was a state" Uncle Nelson attended college in San Diego in 1976, then returned to Hawaii for eight years before moving permanently to San Diego in 1989. A series of jobs, including at Motu Hawaii, eventually led to the opening of his own Hawaii-centric business.

Launched in 1997, Da Kine's Plate Lunches first embraced unpretentious Hawaiian cuisine and culture at its Pacific Beach restaurant, where Uncle Nelson debuted his recipes to beachgoers who soon became loyal customers, and also used his business as a means to supporting causes including youth sports, law enforcement and child welfare services. After eleven years, Da Kine's closed its brick and mortar location to focus on growing catering demands, eventually serving

claim-to-fame events like Super Bowl XXXVII and the Junior World Gold Championships; however, Uncle Nelson seemed bound to return to restaurant life.

"So many Da Kine's loyal customers, people who remember eating at our original beach location, kept asking me to open another place that they could come to eat. I couldn't keep saying no after everyone kept asking!"

Twenty-two years later and having opened the new Bay Park restaurant at the end of last summer, Da Kine's still follows original recipes for popular plates like Teriyaki Chicken, Kalua Pig with or without shredded cabbage, Chicken Katsu and ribs served Korean Style or Sweet and Sour, plus sides like local style Macaroni Salad and Polynesian style mashed taro. Da Kine's sticks with the classics to give guests a nostalgic taste of what Uncle Nelson refers to as "the good old days."

In addition to its new location, Da Kine's continues to be sought after for catering and often goes above and beyond to serve hard-to-find Hawaiian cuisine. According to Uncle Nelson, "If you want something that you don't see on my catering menu, ask! If you order early enough, before everybody else, well, I'll tell you that I'll probably make it for you."

GRAND  
OPENING  
OCTOBER  
19TH



On Saturday, October 19 between 11 a.m. and 8 p.m. Da Kine's Plate Lunches will celebrate its new location with a Grand Opening special offer featuring half-off all plates. Walk-ins are welcome and reservations are not accepted. Following its Grand Opening, Da Kine's will extend hours from 11 a.m. to 8 p.m. Tuesday through Sunday (11 a.m. to 5 p.m. prior to October 19). Contact Da Kine's Plate Lunches at 858.302.2096 and learn more at [www.dakines.com](http://www.dakines.com) and on Instagram at @DaKines-PlateLunches.



Da Kine's Plate Lunches Hamburger Steak with Gravy. Photo credit Da Kine



Da Kine's Plate Lunches Teriyaki Chicken. Photo credit Da Kine's



Da Kine's Plate Lunches. Photo credit Da Kine's



Da Kine's Plate Lunches Uncle Nelson Ishii. Photo credit Da Kine's





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# COAT & Blanket DRIVE

'Tis the season for giving! We are asking our Clairemont neighbors to join us in collecting coats & blankets to benefit Community Christian Service Agency (CCSA), a local non-profit organization located right here in Clairemont. For 45 years, CCSA has been serving those in the San Diego community who lack the basic necessities of life.

**CCSA is requesting gently used coats of all sizes & blankets**

## Donating is Simple...

**Drop-Off:** Please put your donation items in a garbage bag of any size. There will be a "drive thru" collection site in the Holmes Elementary School staff parking lot located at 4902 Mount Ararat Dr. from 9am - 12pm Saturday, November 16th. Simply pull your car through the lot and our volunteers will help unload your bag(s).

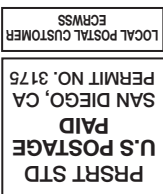
**Pick-Up:** If you are unable to drop-off your donation the day of the event, please call/text 619-980-7467 or email [info@TheLegacyREco.com](mailto:info@TheLegacyREco.com) and we'd be happy to schedule a time to pick up your donation.

Tags will be available at the drop-off location or we will deliver one to you. Please be sure to complete the tag with your name, address & email. Donations are tax deductible and a receipt will be mailed to you. We will also use the tag for our Thank You Raffle. You'll have an opportunity to win one of three \$50 gift cards to a restaurant in the Clairemont neighborhood. Raffle winners will be contacted by email at 5pm on Saturday, November 16th.



**Visit [www.CozyInClairemontCoatDrive.com](http://www.CozyInClairemontCoatDrive.com)**

Contact Natalie Klinefelter, Broker/Owner of  
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