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East Village, 1BR/1BA | \$375,000-\$379,000



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FROM PAGE 1  
KOMEN

Practice Program, Vanvieldt-Gray said she has a large extended family and network of friends, citing her husband Douglas as her strongest supporter.

"We were sitting in a parking lot leaving a doctor's office and I was pretty hysterical," Vanvieldt-Gray said. "At the time, I didn't know my diagnosis. I discovered my diagnosis in July in an airport in Panama and didn't start treatment until September. There was a two-month period where you are testing, scans, meeting with doctors and radiologists, surgeons and plastic surgeons and it was such a process that I was overwhelmed. My husband looked on the internet and found Susan G. Komen San Diego, and I called them."

While Komen's financial assistance programs were not a top priority for Vanvieldt-Gray, the biggest benefit from the organization came in the form of an introduction to Race for the Cure and its community of survivors.

"At the time that the race occurred in 2017, I was two months into chemotherapy, starting to feel the effects, losing my hair and that event was a place where I was able to see lots of survivors. It gave me the strength to move on and to continue to fight," she said. "Komen brought me into a community that showed me that I could survive and I could thrive."

Vanvieldt-Gray underwent a double mastectomy, radiation, and chemotherapy with two drugs that were discovered through Komen-funded research. She said that she credits them with helping save her life and also discovered during the process that she has the BRCA2 gene, which predisposes her to developing breast cancer. She discovered the gene was passed to her through her father who also had prostate cancer, along with her grandfather and every one of her uncles with the exception of one. "Finding out that there is a link between that gene and what I had, if I had known that before, I probably would have had the mastectomy done before," she said.

Through the process and working with Komen, Vanvieldt-Gray realized that

access to health care, testing and treatment that she had is not readily available to everyone.

"I've been donating some of my time to get the message out," she said. "What I found most disturbing is the rate [that women of color get cancer] is a little less than the general population, yet our mortality rates are considerably higher. Most often because we don't have access to health care until later on in the process. Breast cancer is now very curable and it is a shame that people are dying because they don't understand or just don't know, and also because they are not aware of the resources available to them. There are lots of treatments and lots of things that are available. Women just have to know about it — and they need someone, sometimes, to advocate on their behalf."

Dr. Siavash Jabbari, MD, radiation oncology director at Laurel Amtower Cancer Institute and Neuro-Oncology Center in Linda Vista, was Vanvieldt-Gray's radiation doctor. Dr. Jabbari explained that there are a lot of people who live in lower-income communities who tend to be so disenfranchised with the health care system, that they don't know where to look or what treatment options are even available to them.

"Those are the kind of people that organizations like Komen make a huge difference for. People getting the word out about what these people do is so important," Jabbari said. "People don't know. Lilian didn't know that. She is an intelligent woman, the vice president in her company and she had no idea."

Jabbari said that with the mortality rate in African-American women, a small part of it is biological, as certain types of cancers can be more aggressive for them.

"But a lot of it is access and how early they are diagnosed," Jabbari said. "We know that most importantly, the determination on how better people do through treatment depends on how early they are diagnosed. African-American women and other disenfranchised people don't know or don't have the access to early diagnosis."

Shaina Gross, Susan G. Komen San Diego president/CEO, said that 1 in 8 women will be diagnosed with breast cancer in their lifetime. In the

African-American community, it is 1 in 9, so the incidence rate is actually less, but the mortality rate is 40% higher.

"This is due to many things — not getting screened regularly, not having a trusting relationship with their physicians, feeling uncomfortable bringing up questions or saying something doesn't feel right," Gross said. "We hear all these stories of people advocating for themselves and many African-American women say they don't feel comfortable having that conversation. For treatment, African-American women's compliance rate is half that of Caucasian women. Some of the reasons we have mentioned, but some of it was due to the fact that they had worse side effects from the pills, which we tie back to the clinical trials largely done on Caucasian white women. When you don't have diverse populations participating in clinical trials, you don't have the opportunity to test the drugs properly. So we are trying to push diversity into the clinical trials as well."

Gross said that this is one of the things that Komen does for families. It also has other programs, including financial assistance, which help cancer patients and their families through many things — gas cards, food pantry access, grocery cards, even things like paying car registration so that patients can continue to drive to appointments.

"Those kinds of things that you can't submit a claim to your insurance company for but could be the reason that you cannot complete your treatment," Gross said. "You might not go to your appointments anymore or you might not be able to afford that medication because you are deciding between medication and groceries for your family this week. Financial concerns are the number one reason people don't complete their treatment. So Komen can step in and help people in that way."

Jabbari said the financial assistance gap filler is important for patients and families that don't have that kind of support system.

"A lot of women with breast cancer need radiation," Jabbari said. "Most women do. In this country, half the women that require radiation don't get it. And it is simply because of transportation and resource logistics. In San Diego, in more urban areas, it is easier. The inner cities, it is not. But most of the countries in the world setting, those disenfranchised populations don't have the ability to travel 50 or 100 miles a day. Komen does a great job. These resource needs can be overcome. Every day they make a difference for our patients."

The annual More Than Pink Dinner is coming up on April 11 at the Hyatt Regency La Jolla Aventura. A fundraiser to provide services year round, Gross said that along with its Race for the Cure, it is a great opportunity to spread the word about Komen's services.

"The next time someone says, 'I just don't know how I'm going to get through this,' we will have 350 people in



Douglas Gray and Lilian A. Vanvieldt-Gray at the 2018 Komen's Race for the Cure. (Photos courtesy Komen San Diego)

the room that can say, 'Call Komen,' and that we have the resources to be able to support them," Gross said.

Locally, of the money Komen raises, 75% of that money stays in local programs, the financial assistance program, paying for MRIs, ultrasounds, and more. Twenty-five percent of the money goes to its national headquarters and that pool of money from all of its affiliates is invested into international research.

"We have several researchers here in San Diego who are Komen-funded scholars," Gross said. "For the many years we've been doing that research, two of the drugs that Lilian were on were discovered through Komen research."

"We just had some research come out that estimates that one-third of all breast cancer deaths could be prevented without a single new discovery," Gross continued. "That is getting screened early, getting into treatment early, having access to clinical trials, things that already exist. So Komen's mission is to remove those barriers, because if we can eliminate one-third of all breast cancer deaths without a new drug, new treatment, new test, that is incredible. And that is all about removing barriers to give people access to the things that are already out there."

Gross said in terms of the event, it's going to be a really great evening.

"We are showcasing some of the local San Diego science and research that is happening," Gross said. "During the cocktail hour, we have someone coming and demonstrating

## Susan G. Komen San Diego

### More Than Pink Annual Dinner

Hyatt Regency La Jolla at Aventura

3777 La Jolla Village Drive

April 11 at 5 p.m.

[komensandiego.org](http://komensandiego.org)

how hand-grip strength is related to the strength of your immune system and the likelihood of recurrence of breast cancer. We'll have a microscope so you can see a breast cancer cell and a healthy cell. We'll have an origami wall made up of notes that survivors have written, so you can kind of get a glimpse into the survivor journey.

"The event is educational in a very interactive way and then the program during dinner will feature Dr. Jabbari and Lilian telling their story with Marty Emerald, former broadcaster and breast cancer survivor herself," Gross continued. "It is a fun event, but you will also leave learning something new. We are trying to have the feel of the event to be a little bit more celebratory. Come to this event and learn about the services we offer, be inspired, be educated and be a part of our community with people that have been a part of this journey in one way or another."

—Albert Fulcher can be reached at [albert@sdnnews.com](mailto:albert@sdnnews.com).



Lilian A. Vanvieldt-Gray (center) with Team Lilian at Race for the Cure

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FROM PAGE 1

## WRITERS FESTIVAL

"We were on the ground ourselves," Freedman said. "We looked around, and we saw lots of other little soldiers on the ground in fragmented groups."

Freedman has worked with memoirists, fantasy writers and Christian theme writers, to name a few of those "fragmented" writer groups.

"When we can get these people together, we see an amazing transformation," Freedman said.

Day events at the festival include children's activities, including face painting and art bags just for kids. The night highlights more adult material.

Freedman explained that the original vision for a local writers festival was for three days on a San Diego community college campus. The daylong Central Library festival instead offers multiple simultaneous ongoing venues for creators and fans of written arts.

Pitch Fests, on a first come, first served schedule, will link writers with potential funders of their proposed projects. Successful debut writers will describe their first time in the spotlight for other budding not-yet-there comrades.

Breakout panels and topic sessions will discuss how "Black Stories Matter," how military veterans fare post-service during "Incoming," comedy writing, graphic novels, new approaches to poetry, women's voices and different cultures.

This inaugural writers festival features a presentation of seven writing awards. The keynoter, who is slated to receive a special award, is Piper Kerman, who penned "Orange Is the New Black," about her experiences as a prisoner and the coincident and subsequent prejudices and biases that beset her.

The festival organizers have vendor booths still available for \$200 apiece. And the organizers are seeking more volunteers for assisting with the event.

Freedman expressed hopes that the event would be broadly inclusive for all writer voices, perspectives and points of view. She invited all practitioners and patrons of writing arts to feel welcomed. "If you feel your story isn't represented, see me," Freedman said in conclusion.

This event is free to the public.

— B. J. Coleman is a local freelance journalist and editor/staff reporter with 22nd District Legionnaire. B.J. can be reached at [bjcjournalist@gmail.com](mailto:bjcjournalist@gmail.com).

(Graphic provided by [www.CanStockPhoto.com](http://www.CanStockPhoto.com)) ♦

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## This show will go on

### Increased volunteerism effort ensures EarthFair celebrates 30 years

By Dave Fidlin

Since its inception 30 years ago, San Diego's venerable EarthFair has always been a volunteer-driven effort.

But last fall, as planning for this year's milestone extravaganza in honor of Earth Day got underway, organizers behind it sent out an urgent call for the volunteer community to step up their efforts to even greater heights as funding constraints became obvious.

Midway through 2018, city officials informed EarthFair organizers an art and culture grant was being reduced.

"The EarthFair is really a one-year-at-a-time situation," said Carolyn Chase, co-founder of the San Diego EarthWorks organization, which oversees EarthFair.

Upon learning of the city's decision last year, Chase said, "It was quite the blow."

But the push late last year for contributions gave enough of a boost to ensure EarthFair 2019 will indeed go on to celebrate the three-decade mark. This year's festivities, which will include more than 300 exhibitors, will again take place at Balboa Park on Sunday, April 28.

"We're definitely going to make it this year," Chase said of procuring the funds needed to bring the event to life.

Specifics are still in flux as the countdown to the big day continues, but with less than a month to go, Chase said the estimated 60,000 visitors attending the free event will be treated to a number of new exhibits.

Some of the new exhibitors include Energy Upgrade California. Representatives with the statewide initiative will be on hand to discuss the state's different energy goals — including doubling energy efficiency, moving one-third of the power grid to renewables and cutting greenhouse gas emissions to levels recorded in the 1990s.

The growing concern about the number of plastic-based materials polluting waterways will also be on prominent display at EarthFair 2019, Chase said. Ocean-related conservation

also will also be a focal point, with representatives from such organizations as Oceana and the Pacific Marine Mammal Center on hand.

Another new exhibitor this year is Bye Bye Mattress. Ohio-based Mattress Recycling Council spearheads the program, which is the outgrowth of state legislation passed in 2016, requiring the mattress industry recycle the bulky bedding accessory.

"The Bye Bye Mattress program is funded by a recycling fee collected on each mattress and box spring sold in California," Amanda Wall, a spokeswoman with the council, said in an email interview.

She added, "The fee is used to establish free drop-off locations and collection events throughout the state, then transport collected units from these sites to companies that dismantle old mattresses and recycle the materials."

Locally, Wall said the council has forged a number of partnerships with the city's elected officials and other organizations in the hopes unwanted mattresses can be discarded for recycling with relative ease.

Details on events tailored around drop-off sites will be shared with visitors of EarthFair, as will information on how the program works.

"In San Diego, we are working with the Urban Corps San Diego to operate a drop-off location at Qualcomm Stadium," Wall said. "We've worked with local leaders to host collection events."

As EarthFair heads into a milestone year, Chase said she waxes nostalgic about the event's past, present and hopeful future.

When the first EarthFair was held in 1990, the concept of Earth Day and environmental stewardship was just getting a foothold in the broader culture.

Back then, Chase said eating organic produce — even in a state as progressive as California — was considered more of a novelty, as was the concept of a plant-based diet, relying on solar energy and the zero-waste movement.



**Protect Our Climate**  
30th San Diego EarthFair 2019  
Artwork for the 2019 EarthFair with this year's theme, "Protect Our Climate."

"I sort of like to think we made an important impression here in our little part of the world," Chase said. "We have adults coming back, remembering what they saw as kids when they went to some of the early EarthFairs."

EarthFair has evolved, Chase said, but one important lifeblood — the volunteers — remains as true today as ever. In prior years, Chase said 300 to 350 volunteers pitched in to ensure the event would go on without a hitch.

"We're on track to hit 400 (volunteers) this year," Chase said. "I'm optimistic about our future."

EarthFair 2019 will be held from 10 a.m. to 5 p.m. Sunday, April 29, at Balboa Park. For information, visit [earthday-web.org](http://earthday-web.org).

— Dave Fidlin is a freelance journalist with a special affinity for San Diego and its people. Contact him at [dave.fidlin@thinkpost.net](mailto:dave.fidlin@thinkpost.net).

## San Diego: An age-friendly city

### Serving Seniors

William E. Kelly



On March 28, San Diego District 3 Councilmember Chris Ward held a press conference in the courtyard of City Hall and announced the city of San Diego joined the World Health Organization's (WHO) Age-Friendly Communities (AFC) movement and the AARP Network of AFCs. This WHO worldwide movement is designed to make our cities and communities friendly, safe and livable for people of all ages. It is an undertaking that requires a solid perspective and understanding of the needs and challenges inclusive of a richly diverse intergenerational and multi-cultural population.

Quoting from the May 2018 executive summary of San Diego County's Age Well San Diego Action Plan, "Communities across the world are looking for ways to accommodate the growing population of older adults. Due to longer life spans and decreasing birth rates, older adults make up a larger percentage of the population than ever before. In San Diego

County, seniors over the age of 65 will make up an estimated 21% of the population by 2030, up from 13% today."

That is less than 11 years away. Many will remain active and independent but growing numbers will suffer from Alzheimer's disease and related dementias (ARD). These demographic shifts present both significant challenges and potential opportunities.



(Left) The San Diego Foundation board member Benjamin Haddad, (right) Joe Garbanzo, AARP councilmember, and District 3 Councilmember Chris Ward holding the certificate presented to the city of San Diego. (Photo courtesy The San Diego Foundation.)

In brief, the independent jurisdictions within the county of San Diego follow guidelines set forth by WHO before they are granted a certificate into the fraternity of the some 750 age-friendly cities throughout the world. Members must show measurable progress to maintain that status. There are eight domains to an age-friendly community:

see Age-friendly, pg 8



Wild mural panels from artist Michael Richard Rosenblatt will again be displayed at this year's EarthFair in the Promenade Area, between the Organ Pavilion and the Plaza de Panama. (Photos courtesy of Carolyn Chase)

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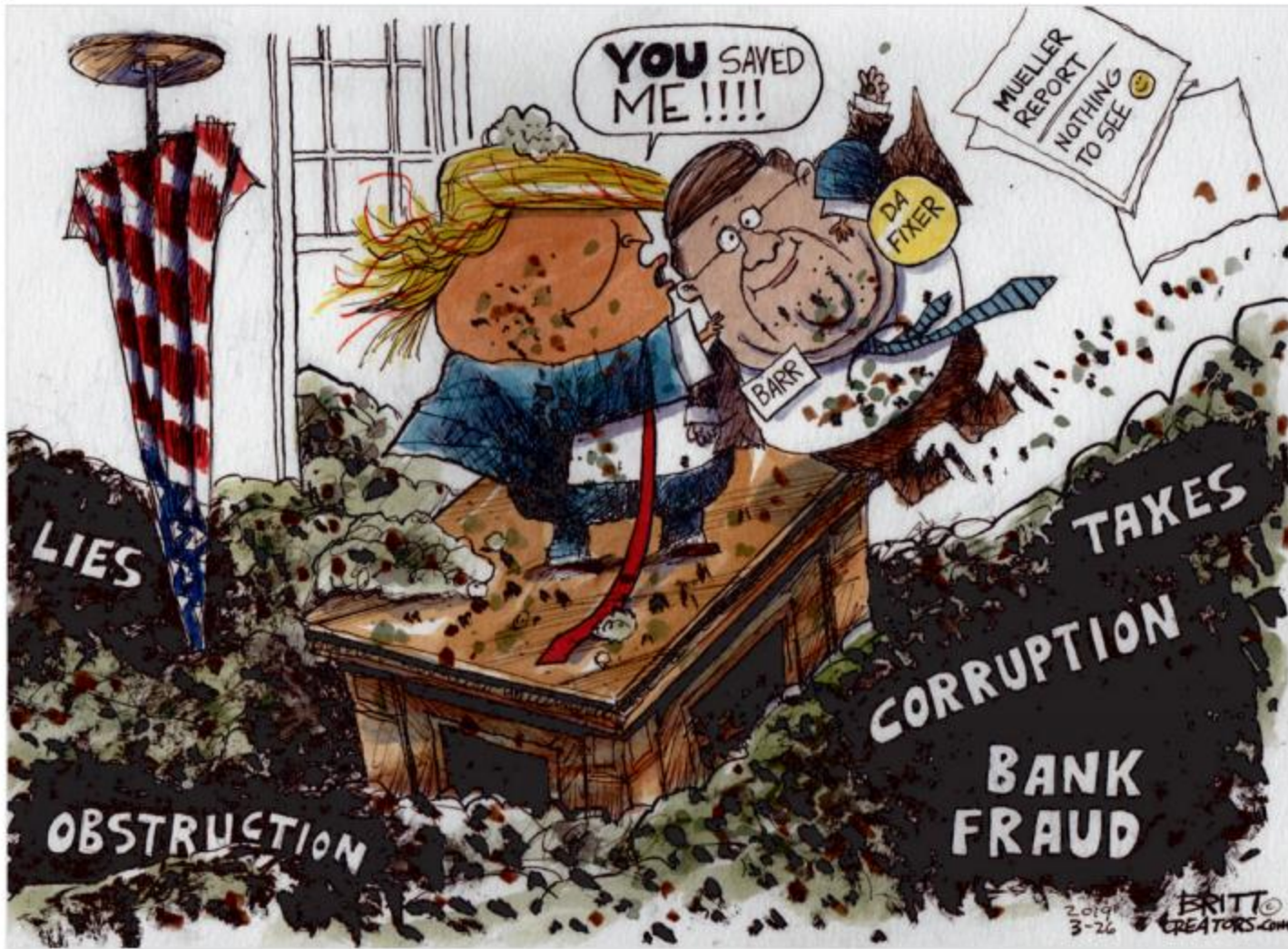
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## Guest Editorial

# Students should be proactive when placed on college waitlists

By Angelica Colon, Cynthia Couperu and Dr. Helen Griffith

Most four-year-college-bound high school seniors in San Diego have received their admissions decisions and are now in the process of choosing what university to attend. There are also thousands of students, however, who may have found themselves in an unexpected situation — they've been waitlisted for their top choice school.

There can be a lot of confusion with being waitlisted. Many assume they should just wait. After all, it's called a waitlist. Fortunately, there are many proactive — and ethical — ways to increase a student's likelihood of being accepted.

The first step is to decide if this school is still the student's top choice and if they want to remain on the waitlist. Something to consider is that since the student is notified later than other students of acceptance, housing and financial aid options may be more limited. That said, students who are committed to attending their top college, where they were waitlisted, should formally accept the offer and then make an action plan to maximize their chances of being selected.

The second step is to understand and accept what a waitlist really is. Generally speaking, students on a waitlist are not ranked for an order of acceptance. There are many reasons for this, but one is that universities

generally attempt to fulfill all of their seats for all of their programs. For example, a university has discovered it has 100 seats to offer on the waitlist — 75 of those seats are for the arts and sciences and the other 25 are for business. In this scenario, virtually nobody on the waitlist for engineering or math would be accepted, but a good number in the arts and sciences would. Additionally, admissions offices may or may not determine that they need to draw from the waitlist strategically taking into account students' majors, regions, talents, gender, or racial and ethnic background. These things are out of a student's hands.

Colleges accept more applications than they have spots for based on their past yield rate, which is the percentage of students who accept admissions offers. The smaller the school and the higher the yield, the fewer spots can be drawn from the waitlist.

Last year, Harvard accepted about 2,000 students to fill just over 1,650 spots in its freshman class. With an 82% yield, they were able to take 63 students from the waitlist. While Harvard does not disclose the size of its waitlist, Yale, Princeton, and Stanford typically have waitlists between 1,000-1,500 students.

It's important to remember that every year, there are schools that are not able to accept anyone from the waitlist because their yield was higher than anticipated.

The third step is to commit to another university by the May 1 deadline. The large majority of students that get admitted from the waitlist do not find out until after decision day. Since there is no guarantee of admission, students must secure their seat at another school. In order to do this, the student must pay an intent-to-enroll deposit, which is usually nonrefundable.

The last step is to create an action plan to show the student's top choice school that they are still their No. 1 choice.

Many of the factors that go into selecting students from the waitlist are completely out of the student's control, but there are some aspects they may be able to influence. Many universities have different approaches to this process. Be sure to check with your specific university to see what they will and will not accept. It can vary from essays to interviews to a supplemental application form.

Some universities ask that waitlisted students write an essay or letter when accepting their waitlist spot.

This letter or essay should be positive and optimistic, offering new and/or specific information about why the student is a perfect fit for the school. It would be good to include any new accomplishments the student has made or any information that cannot already be found on the application. Remember, the student should try to offer more reasons as to

why they should attend the school, not the same reasons the admissions officers have already seen. If applicable, students should mention that the school remains their top choice and, if admitted, they will attend.

Some students send letters to the school with news about a jump in grades. Others submit letters about impactful projects they have started. A Southern California high school student on the MIT waitlist wrote to the admissions committee with news that she received the Athena Pinnacle Award. The new information about the student doesn't need to be strictly academic. A local young man on the UC Berkeley waitlist wrote an essay about how he had just come out as gay and how it was important for him to be part of the vibrant LGBTQ community at Berkeley. He also listed classes he wanted to take, three LGBTQ organizations he wanted to become involved with, and what specific contributions he would make to campus life.

Both students were accepted.

There is a difference between offering new, relevant information and going overboard. Every year, YouTube is flooded with videos of well-intentioned high school students trying to get off the waitlist. One that went viral was a young woman serenading Harvard. It was sweet, but offered no substance. In another, a young woman made a music video of her putting on and taking off several dozen Yale shirts, which told admissions officers nothing more than this

see College waitlists, pg 7

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# Health care is a top priority for the American people and the House is listening

## District 53 Dispatch

Susan A. Davis



Since passage of the Affordable Care Act (ACA) nearly a decade ago, we have seen 20 million Americans gain access to health coverage coupled with slowing the rise of premiums.

A majority of Americans support the landmark law and want improvements made to it. The question is will we listen.

Instead of Democrats and Republicans working together to build on this landmark law, opponents have worked to bring it down legislatively, administratively, and judicially.

The legislative efforts to repeal the law have failed, including a 2013 shutdown of the federal government to defund the law.

Administratively, President Donald Trump has undermined the law by ending outreach and education efforts, cutting subsidies to help Americans afford health coverage, and allowing junk health plans that provide less coverage.

In the courts, the Supreme Court upheld the new law

citing the authority of Congress to levy taxes. The tax penalty is what gave the law teeth to enforce the mandate that Americans buy health insurance.

The chaos and uncertainty created by these attacks on the ACA have resulted in rising premiums, insurers leaving the marketplace, and this year — for the first time since it was enacted — more people will lose coverage than gain it.

My constituents are nervous and frustrated. I'm hearing from people who say the ACA helped them become entrepreneurs and start their own business. Now they aren't sure they can maintain those businesses.

Others say rising premiums are pricing them out of the market making health coverage unaffordable.

Repeatedly, the top concern of my constituents is health care, especially when it comes to costs. And with this uncertainty, who can blame them.

When Trump signed into law a massive tax cut for corporations, it included a provision to repeal the tax penalty used to encourage people to sign up for the ACA.

This set the wheels in motion for yet another assault on

the ACA in the courts. Last year, a federal judge in Texas ruled that with the tax penalty gone the entire law is now unconstitutional.

While the Obama administration's Justice Department defended the law in court, the Trump administration has refused to do so.

In fact, it has gone so far as to file briefings in support of the legal attack on the ACA.

In filings to the court, the administration originally argued the law's provisions protecting Americans with pre-existing conditions should be overturned while the rest of the law should stand.

As the case moved to the appellate court, the Justice Department — under the direction of President Trump — reversed itself and recently filed a briefing in support of overturning all of the ACA.

According to the Urban Institute, 17 million Americans would lose health coverage if the law were struck down.

This would mean those with pre-existing conditions could be kicked off their plans and denied coverage in the future.

Seniors who get help paying for prescription drugs would no longer get that assistance.

The millions of low-income families who received health care through the expansion of Medicaid under the ACA would lose coverage.

Parents who can keep their children on their health care plans until the age of 26 — one of the more popular provisions of the ACA — would no longer be able to.

Many states, including California, have been defending the ACA in the courts.

With the start of the new Congress, the House of Representatives has joined the fight to protect the health care law. The House Counsel is now defending the law before the courts.

Where do we go from here? Ultimately, improvements must come on the legislative front, and the House is taking the lead.

There are a number of Democratic proposals to rein in costs, increase access, and lower prescription drug prices.

The recently introduced Protecting Pre-Existing Conditions and Making Health Care More Affordable Act will protect Americans with pre-existing conditions, lower health insurance premiums, and stop junk health

care plans that lack basic coverage.

It would also require this and future administrations to engage in open enrollment outreach, education, and helping people navigate the health insurance system.

The House this month also passed a resolution calling on the administration to end its efforts to undermine the ACA and join in protecting the health care of the American people.

Hopefully, we can get to a point where Democrats and Republicans will come together to expand health care coverage and lower costs associated with it.

Improving our health care system is a priority for the American people and all of their representatives in Congress should be listening to them.

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

## Making our justice system better

### Notes from Toni

Toni G. Atkins



Ensuring a fair and accessible system of justice is one of the most important responsibilities we have in our society. During the past few weeks, I've had the pleasure of taking part in several events that focused on ways we can make our justice system better.

One event I was excited to be involved in was a summit between leaders of the Legislature and leaders of the courts, including Chief Justice Tani Cantil-Sakauye. It was the first time such a summit has taken place.

It's no secret that those of us who write the laws and those who interpret them haven't always seen eye to eye. The summit allowed for a good exchange

of ideas between our two branches of government, and I was very pleased that Attorney General Xavier Becerra was also on hand to present the executive branch perspective.

I believe keeping this dialogue going will help us achieve our common goal—improving the system that affects the lives of so many Californians.

Meanwhile, my Senate colleagues and I were honored to host the chief justice for her State of the Judiciary Address — the first time the Senate Chamber has been the site of this annual event.

Her remarks, as always, were incredible.

The chief justice started by thanking former Governor Jerry Brown for his work to diversify the courts, making them more representative.

She then focused on several challenges, including income

inequality, language barriers, and intentional or unintentional bias, and pointed out some ways that policy changes and technological advances have increased access to the courts.

Chief Justice Tani Cantil-Sakauye finished her address by quoting from "Hamilton: An American Musical." She didn't sing — but there's always next year.

Fortunately, there was also no singing when I joined her for a discussion as part of a conference sponsored by the National Association of Women Judges and the Legislative Women's Caucus.

The conference focused on the steps the court system and the Legislature are taking to address sexual harassment, and what more needs to be done to rid our society of this toxic problem.

Our discussion was moderated by the Honorable Joan P. Weber, the longtime San Diego trial judge. It was good to see her, and it is good to have her leading on this issue. Many prominent San Diego women judges were also on hand representing our great region.

You don't have to be a judge or a legislator or even a lawyer to help improve our justice system. Here in San Diego, the Superior Court is looking to fill two vacancies on the San Diego County Juvenile Justice Commission.

The mission of the Juvenile Justice Commission is to

promote an effective juvenile justice system that is "operated in an environment of credibility, dignity, fairness and respect for the youth of San Diego County."

Applications are available on the court's website, [sdccourt.ca.gov](http://sdccourt.ca.gov). The application deadline is April 12. If you are interested, be sure to apply soon.

We all have a role to play — and work to do — if we want to make sure "and justice for all" is reality.

— Toni G. Atkins represents the 39th District in the California Senate. Follow her on Twitter @SenToniAtkins.✦

FROM PAGE 6

### COLLEGE WAITLISTS

young woman owned a lot of Yale shirts. On the other hand, a young man made his way into the University of Michigan with an upbeat, clever song about exactly why he loved Michigan. Proceed on videos with caution.

If you are a student on the waitlist of your top college, remember to congratulate yourself. A waitlist letter may be disappointing, but it also means that the admissions team thinks you would be a successful student at their college.

Finally, continue to enlist the help of your high school

counselor. They share in your hopes and dreams and are there to support you in every step of your journey to college. Whether or not you are selected from the waitlist, counselors know that going through this process will be a positive growth experience. In their experience, counselors have seen that students always seem to

end up exactly where they are supposed to be.

—Angelica Colon and Cynthia Couperus are college counselors at e3 Civic High, the public charter school inside the San Diego Central Library. Dr. Helen Griffith is the executive director of e3 Civic High.✦

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San Diego Community News Network, (SDCNN.com), has an opening for an advertising sales representative to join our six-newspaper publishing company to sell print advertising and our digital products. Our newspaper group includes San Diego Downtown News, San Diego Uptown News, Mission Valley News, Mission Times Courier, La Mesa Courier and Gay San Diego.

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## Threats San Diegans face today

**City Attorney News**  
Mara W. Elliott



As your City Attorney, it's my job to protect San Diego and its residents.

I do that in many ways, including defending the city from frivolous lawsuits, prosecuting people who damage your quality of life, supporting survivors of domestic violence and sex trafficking, and advising city officials on how to follow the law.

This month, I'd like to update you on three aspects of my work.

### Protecting you from opioids

Addiction to opioids kills thousands of Americans and destroys countless lives every year.

This national health crisis has its roots in deception, manipulation, and greed. Opioid manufacturers used dishonest tactics to manipulate doctors into overprescribing their drugs. They got rich; America got sick.

That's why my office is suing Purdue Pharma and other manufacturers and distributors of prescription opioids who created the opioid health crisis. Our lawsuit is part of a multidistrict litigation involving hundreds of other cities, counties, and states.

Opioids were falsely marketed to doctors as safe and non-addictive. Yet 1 out of 5 persons who are prescribed opioids for 10 days still take them one year later. Illegal labs that cook synthetic substitutes are a booming underground industry. And tens of thousands of Americans have died as a result of their addiction.

In 2017, a record 273 San Diegans died from an opioid overdose. Our first responders are overburdened with emergency calls related to opioid use and overdose — all at taxpayers' expense.

Our lawsuit will recover those costs and compel the companies to fund drug treatment and education programs to help our addicted population and prevent it from growing.

### Protecting our ecosystem

San Diego is home to a rich and diverse marine ecosystem that we all enjoy. Yellowtail tuna are one species that sustains the fragile balance of our ocean ecology, while attracting sports fishing tourists from all over the world, stimulating the local economy. These fish need our protection.

My office prosecutes anyone who compromises our marine species by overfishing or by taking young yellowtail at their prime mating age. Recently we prosecuted a fisherman who illegally took

81 undersized yellowtail from waters off San Diego.

Returning from his excursion, the fisherman was stopped at the dock by wardens of the Department of California Fish and Wildlife, who discovered the undersized fish as he unloaded his vessel.

Last month, he pleaded guilty to 16 counts of Unlawful Possession of Fish. He was placed on probation for three years and was ordered to pay an \$8,000 fine and perform 10 days of public work service. If he violates probation, he'll serve at least 90 days in custody.

### Protecting survivors of domestic violence and sex trafficking

My office runs the San Diego Family Justice Center, a safe place where survivors of domestic violence, sexual assault, and sex trafficking can reclaim their lives, seek justice, and begin healing.

The clients who come to the Family Justice Center need many kinds of help, including a place to stay and legal assistance.

We recently received a \$587,000 grant that will allow us to do that, and more.

Importantly, it will help provide a temporary place to stay for victims who come to the Family Justice Center to escape an abusive partner, often with their children in tow.

This is a critical need because, too often, without a safe place to spend the night, women feel they have no choice but to return to the dangerous place they fled.

The grant will also allow the Family Justice Center to expand its outreach programs to raise awareness about intimate partner violence throughout the city of San Diego including underserved populations. We look forward to continuing to serve the needs of victims of domestic violence, sexual assault, and sex trafficking.

These are just a few of the many issues my office is taking on to make San Diego a safer and better place for everyone, and I count you as a partner in this effort. If you'd like to learn more about our work, please visit: [sandiego.gov/cityattorney/media/releases](http://sandiego.gov/cityattorney/media/releases).

— Mara W. Elliott was elected City Attorney of San Diego in 2016 after serving as the chief deputy attorney for the Office's Public Services Section and legal adviser to the city's Independent Audit Committee and Environment Committee. Elliott and the lawyers in her section held polluters accountable, reformed city contracting, cut administrative red tape, and strengthened the city's living wage and non-discrimination in contracting ordinances. ♦

## Stop bullying in its tracks

**District Attorney News**  
Summer Stephan



As your district attorney, I'm committed to increasing communication and accessibility between the DA's office and you, the community. One way I have been doing that is through this monthly column, where I provide consumer tips on public safety matters.

It's nearly impossible to go through school without being exposed to bullying. As a victim, a perpetrator or a bystander, bullying has short-term and long-term effects on all of us. Studies show that one in five students report being bullied in school. Although it's a common phenomenon, its effects are serious. At its most severe, it causes depression, anxiety, isolation, poor performance in school and suicidal thoughts.

One of my priorities as district attorney is making sure our youth have opportunities to thrive and stay out of the juvenile justice system. That's why we spend so much time on preventative programs and outreach in our juvenile division.

Here, I'd like to leave tips for what to do if you are bullied, if your child is bullying or if you see bullying happen. But first, it's important to know what bullying is. It's when you are repeatedly exposed to harassment or attacks by one or more students. It comes in direct or indirect forms. This isn't

friendly banter; it's an imbalance of power where the subject finds it hard to defend him or herself.

### If you're bullied:

- Walk away. If possible, remove yourself from the situation immediately
- Say "stop" in a calm but firm voice if it feels safe to do so
- Stay calm
- Do not fight or bully back

### If you see bullying:

- Tell an adult that you trust (parent, teacher, school counselor, or a family friend)
- Tell a friend and ask for support
- If your friend tells you they were bullied, listen to them. Tell them you care about them and help them find an adult they can talk to
- Speak up. Do not stand by and watch someone get bullied

### If your child is a bully, you can:

- Enforce family rules
- Encourage, reinforce and reward empathy and kind behavior
- Spend time with your child at their school and in extra-curricular activities
- Partner with the school to develop an intervention plan
- Seek professional help if necessary

### Cyberbullying tips for parents:

- Monitor your child's cell phone and social media accounts

● If you allow your child to have a cell phone or participate in social media websites, ensure you have the password to their phone as well as their password for every social media app

● Have privacy settings, but remember even friends can share your child's private posts by taking a screenshot

● It is common for kids to have more than one account on a social media site

● Online bullying through social media hurts and harms a child as much as if it were done in person

Finally, bullying can lead to criminal conduct. Consider this: 60 percent of boys who were aggressors in middle school had at least one criminal conviction by age 24. In addition, adolescents who bully others tend to exhibit other defiant and delinquent behaviors, have poor school performance, are more likely to drop-out of school, and are more likely to bring weapons to school. Parents who notice these characteristics in their children should address it.

—District Attorney Summer Stephan has dedicated nearly 30 years to serving justice and victims of crime as prosecutor. She is a national leader in fighting sex crimes and human trafficking and in creating smart and fair criminal justice solutions and restorative justice practices that treat the underlying causes of addiction and mental illness and that keep young people from being incarcerated. ♦

FROM PAGE 5

### AGE-FRIENDLY

Communications and information, community support and health services, outdoor spaces and buildings, transportation, housing, social participation, respect and social inclusion, and civic participation and employment.

San Diego County has established a plan for the unincorporated areas. The incorporated city of San Diego will now begin to develop its own. The process takes patience and collaboration over a period of years. The communities of Chula Vista and La Mesa are in various stages of this process.

There will naturally exist many similarities in needs, priorities and solutions from

community to community and neighborhood to neighborhood. Simultaneously, there will also be conditions unique to a given community or neighborhood. No two community plans will be identical. But they will have the experience of each other's efforts to share so as to avoid completely rebuilding wheels that already exist and might be perfectly applicable or could be with some modification. Further, AARP California is available for providing information helpful to our communities. Funding can come from anywhere and often come from more than one source, i.e. donations or grants from individuals or nonprofits, corporate/business donations and local, state or federal tax revenue sources. Through generous support from the Del

Mar HealthCare Fund, the Age-Friendly Communities Program at The San Diego Foundation has granted \$1.9 million dollars to local nonprofits and municipal efforts in improving the lives of older adults in our region, since the program began in 2013.

To be successful, the city of San Diego must have a solid perspective and understanding of the needs and challenges of our richly diverse intergenerational and multicultural population. Though within the City of San Diego many similarities in needs, priorities and solutions exist from community to community and neighborhood to neighborhood, some are unique and more specific to each.

This is great news and an opportunity for volunteers

see Age-Friendly, pg 9

# CHARITY SPOTLIGHT

## A Night to Remember Prom

Friday April 26<sup>th</sup> 6pm - 9pm

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A Night to Remember Prom is a charity that honors Prom Night for Special Needs students age 15-22.

Each guest receives a free tuxedo/prom dress, hair styling, make-up, ride in a limo complete with a red carpet entry!

Greater Good Realty is a proud sponsor of this wonderful organization.





## Easter lily seasonal floral display, tree dedications and more

### Growing Balboa Park

John Bolthouse



With San Diego's spring officially in full swing, we look forward to new beginnings around the "Jewel of San Diego." Friends of Balboa Park, a nonprofit that champions the legacy and beauty of the park, is stewarding a number of exclusive opportunities for the community to enhance Balboa Park throughout the coming weeks.

### Easter lily seasonal floral display

Friends sponsors the seasonal floral displays in Balboa Park's iconic Botanical Building, made possible by donor dedications for just \$25 each. Easter lilies will be on display from early April to mid-May, so be sure to stop by and celebrate one of the region's most festive seasonal displays!

### Victorian lilies in the historical Lily Pond

While you are at the Botanical Building visiting the Easter lily display, be sure to check out the Victorian lilies coming in late April, the first time this lily varietal will be introduced into the historical Lily Pond. This park enhancement was made possible in part by the Friends' Sandra B. Phelps Wilson Horticulture Fund and in partnership with the city of San Diego's Parks & Recreation Department. Friends was also responsible for the rehabilitation of the Lily Pond when it was vandalized in 2012, and we are happy to be part of yet another chapter of the pond.

### Balboa Park tree dedications

Celebrate a life moment, family, or friend with a dedicated tree in Balboa Park. In celebration of National Arbor Day, a special grove of trees is planted by Friends of Balboa Park with your support, expanding Balboa Park's unique urban tree canopy. Learn more about the event and tree dedications at [friendsofbalboapark.org/arbor-day](http://friendsofbalboapark.org/arbor-day).

### Balboa Park Carousel

Friends of Balboa Park has undertaken numerous projects around Balboa Park, but our acquisition of the Balboa Park Carousel has been by far one of the organization's most consequential. Phase one of fundraising to purchase the carousel is officially complete, with phase two underway for restorations and site enhancements. Please consider a contribution of any size as we steer toward our goal!

### Benefits of being a friend

Friends is celebrating our 20th anniversary this year, and is commemorating this milestone by launching a new membership program that rewards supporters and encourages

even more people to join our efforts to make a meaningful difference in Balboa Park. Join online at [friendsofbalboapark.org/membership](http://friendsofbalboapark.org/membership).

For more information on Friends' events and park improvement projects, or to support the Balboa Park Carousel, call 619-232-2282 or visit [friendsofbalboapark.org](http://friendsofbalboapark.org).

—Friends of Balboa Park is a nonprofit affinity organization that champions and enhances the park by connecting the philanthropic community to Balboa Park. The group has spearheaded major capital improvement initiatives throughout Balboa Park, including upgraded carillon speakers in the California Tower, restoration of the historic Cabrillo Bridge gate houses and Lily Pond, information kiosks, Adopt-A-Plot program, dedicated benches and trees, operation of the historic Balboa Park Carousel, and other



Balboa Park Carousel (Photo by Friends of Balboa Park)



programs that facilitate the community's direct involvement in the enhancement of Balboa Park.

—John Bolthouse is the executive director of Friends of Balboa Park. For more information, visit [www.FriendsOfBalboaPark.org](http://www.FriendsOfBalboaPark.org).

FROM PAGE 8

### AGE-FRIENDLY

from all corners of the city of San Diego to get involved and help create the differences that will impact their and the lives of their loved ones for generations to come. So, stay tuned for future announcements as this complex process evolves in the city of San Diego. In the meantime, to get an appreciation for the work that thousands of volunteers, local government workers and organizations have been doing, refer to San Diego County's detailed Age Well San Diego Action Plan released in May 2018, which also has a detailed timeline at: [bit.ly/2FOUg7h](http://bit.ly/2FOUg7h).

You can also view Chula Vista's Creating an Age-Friendly City at [bit.ly/2YJCn2s](http://bit.ly/2YJCn2s).

My role in this project began some 12 years ago asking community leaders to explore the needs and challenges faced by the LGBTQ community in San Diego as it aged and the impact. That led to a professional LGBT senior-needs assessment through the San Diego LGBT Community Center and their creation of a senior

services position. The decade that followed, saw the North park Senior Apartments planned, funded and built with the professional guidance of Community Housing Works. My role evolved into supporting intergenerational and multicultural set of city and county wide age-friendly initiatives impacting all people in San Diego County, primarily as an influential messenger and long-term volunteer, spokesperson and cheerleader involving friends, colleagues, neighborhoods, community organizations, leaders, volunteers, businesses and local government and facilitating meetings to foster collaboration. But this is only the beginning of the research, surveys and community input required before a strategy for an implemented plan with viable solutions for the city of San Diego can be devised.

—Bill Kelly is a longtime local activist who currently focuses on LGBT senior issues and moderates the Caring for our LGBT Seniors in San Diego Facebook page. Access to the group is free to all seniors, their advocates, families, friends and caregivers. Reach Bill at [wekbill@yahoo.com](mailto:wekbill@yahoo.com).



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## Women in Blue

### San Diego Police Foundation honors women that serve

By SDCNN staff

The San Diego Police Foundation's 9th Annual Women in Blue Luncheon attracted more than 450 attendees, making it a grand celebration of the women who protect and serve San Diego. The Faces of Courage gallery greeted guests outside the Hilton San Diego Bayfront's Indigo Ballroom.

The accomplishments of the 2019 honorees, Detective Susan Righthouse and Margaret Mendez, exemplified this year's

theme, "Courage Knows No Gender." This year's honorees include one sworn officer and one civilian professional, illustrating the complementary ways in which uniformed personnel and their civilian counterparts work together to protect San Diego.

Righthouse is a 29-year veteran of the San Diego Police Department. Involved in every type of criminal investigation at the local, state and federal level, including child abuse, domestic violence, gangs and narcotics cases, for the last 13

years, she has been assigned to the Internet Crimes Against Children (ICAC) Task Force.

Righthouse investigated more than 400 child abuse-related cases and is responsible for more than 250 child predator convictions. She is the recipient of the Exceptional Performance Citation and Commanding Officer's Citation for her work on the ICAC Task Force.

Mendez is the human resources manager for the San Diego Police Department, serving as the commanding officer for the Human Resources Division. She has 16 years of police-related experience assisting supervisors and managers in navigating personnel-related

see Women in Blue, pg 12



Honorees Margaret Mendez and Detective Susan Righthouse accept their awards at the 9th annual Women in Blue luncheon. Righthouse is a 29-year veteran of the San Diego Police Department currently assigned to the Internet Crimes Against Children (ICAC) Task Force. Mendez is the Human Resources Manager for the department. (Photo courtesy Doug Gates of Gates Photography)

IT'S TIME TO THINK ABOUT ENERGY DIFFERENTLY.



Hi, I'm Whendell. What's not to love about the beauty of San Diego? We're the envy of everyone. Let's keep it that way. But, it's going to take all of us to protect what we have. That's why we're introducing new pricing plans that ask you to think about **when** you use energy. If you can use less between 4 p.m. and 9 p.m., we can make better use of cleaner energy... and help keep San Diego beautiful. It's time to save.

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Time to save.

## Makers of San Diego History celebrates civic pride

### San Diego History Center annual fundraiser most successful to date

San Diego History Center

The San Diego History Center's 2019 Makers of San Diego History event was the most successful in the organization's history, raising \$109,000 for the nonprofit on March 23. More than 300 community leaders attending the event left inspired about the work the San Diego History Center is doing.

The event recognized those in the San Diego region who are making history in their own time. The honorees were California Senate President Pro Tempore Toni Atkins and former California Senator Christine Kehoe. These leaders made and continue to make a positive, lasting impact on our region. Master of ceremonies for the event was community leader and philanthropist Robert Gleason. Event co-chairs were Kristi Pieper and Julie Cowan Novak.

"San Diego is a culturally diverse and a vibrant community," said San Diego History Center Executive Director/CEO Bill Lawrence. "As we look forward to what we want our community to look like in the future, we are honoring the struggles and triumphs of San Diego's LGBTQ+ community along with two of our civic leaders who have made history in their own time by furthering inclusion and diversity. The San Diego History Center is

more than a museum, it is a forum to discover, discuss, and determine why history matters today."

The evening kicked off with a Champagne reception at the prestigious San Diego History Center in the heart of Balboa Park with a performance by the San Diego Women's Chorus. Guests enjoyed dinner at the Prado, followed by a program honoring the 2019 Makers of History and a performance by the San Diego Youth Symphony.

#### About The San Diego History Center

The San Diego History Center, founded as the San Diego Historical Society in 1928, has always been the catalyst for the preservation and promotion of the history of the San Diego region. The San Diego History Center, a Smithsonian affiliate, makes history interesting and fun and seeks to engage audiences of

all ages in connecting the past to the present and set the stage for where our community is headed in the future. Through the flagship museum in Balboa Park as well as the Junípero Serra Museum in historic Presidio Park, the San Diego History Center is a place where visitors and locals can discover, discuss, and determine why history matters today.



(l to r) Julie Warren, Christine Kehoe, Toni Atkins, Jennifer LeSar



(l to r) Grace Cherashore, Assemblymember Todd Gloria, Council member Chris Ward, Mike Kirkeby



## 'Life After,' a musical with life lessons

### Theater Review

Jean Lowerison



It's a pain, having a famous father who seems never to be home when you need him. In Britta Johnson's new musical "Life After," 16-year-old Alice Carter (Sophie Hearn) has a psychically bruising argument with dad Frank (Bradley Dean), accusing him of valuing his job as a motivational speaker over that of being her father. Angry words are exchanged on both sides.

Frank calls her later to make amends, but Alice does not call him back. The next thing Alice gets is a call from mom Beth (Mamie Parris), "You should come home. Something has happened."

Frank has been in a fatal car crash, and now Alice blames herself. "Life After" is her voyage of discovery to find out what really happened.

Helping (and sometimes confusing) her in the endeavor are elder sister Kate (Charlotte Maltby) and best friend Hannah (Livvy Marcus), along with Alice's English teacher Ms. Hopkins (Dan'yelle Williamson).

A heavy topic for a musical? You betcha. Johnson, a new face on the theater scene from Stratford, Ontario, has written book, music and lyrics for "Life After," now in its American premiere at the Old Globe Theatre. The Globe's artistic chief Barry Edelstein directs.

In this show, Johnson explores topics of grief, loss, guilt and the inevitable messiness of life with a clever, intelligent and moving book and a score that is of the next generation: reminiscent of Sondheim (Johnson reports that she was fascinated as a child by "Into the Woods") with fast lyrics and a pop undergirding. This show even has a mythological aspect: three shape-shifters called Furies, who serve as a sort of Greek chorus.

The script jumps around between now, then and Alice's fantasies — the physical changes accomplished visually with movable fabric panels (by Neil Patel) and Japhy Weideman's lighting. Some of the fabric has also been used in costumes by designer Linda Cho, and by Sven Ortel for projections. It's all very clever and economical — and best of all, it works.

Japhy Weideman's lighting maintains the almost other-worldly aspects of the plot, as does Ken Travis' sound design.

And with a terrific cast of engaging characters, the intriguing music and human problems we can all identify with, "Life After" is a winning show.

Hearn nails Alice's roller-coaster emotional ride from hurt to guilt to confusion and final acceptance (when she learns to do what Frank suggests in the song "Control What You Can") in a terrifically nuanced performance. She'll break your heart with her final song, "Poetry."



(l to r) Bradley Dean as Frank Carter and Sophie Hearn as Alice Carter

Parris' Beth wants to help the suffering Alice, but she has her own problems to deal with — including her new identity as the "wife of a famous dead man." She takes out her frustration in the song "Wallpaper," in which she paints over the wallpaper she's always hated in Frank's office.

Maltby's Kate tries to convince her sister that she's not responsible for Frank's death,

but it's a hard sell, and the best she can do is be there.

Marcus is excellent as Alice's only friend Hannah. These two girls are not members of the school "in group," shown amusingly in a scene in which Hannah goes to a reportedly "open" party of the popular kids.

Dean's Frank is excellent as Alice's dad, and especially amusing in a scene where he does his thing as a motivational

speaker, advising followers to "Forgive Yourself."

Kudos also to music director Chris Kong and his fine five-member band, who do justice to Johnson's fine score.

Playwright Britta Johnson is a bright new Canadian face (she's from Stratford, Ontario) on the theater scene. She began writing "Life After" at the age of 18. I look forward to many more fine plays from her.

"Poetry" Video available here: [www.youtube.com/watch?v=GWHB3aZGQcg](https://www.youtube.com/watch?v=GWHB3aZGQcg)

—Jean Lowerison is a long-standing member of the San Diego Theatre Critics Circle and can be reached at [infodame@cox.net](mailto:infodame@cox.net).



Sophie Hearn as Alice Carter deals with the death of her father



Sophie Hearn as Alice Carter (center) with the cast of "Life After," running March 22 – April 28 at The Old Globe. (Photos by Jeremy Daniel)

### "Life After"

Plays through April 28

The Old Globe  
Donald and Darlene Shiley Stage  
1363 Old Globe Way in Balboa Park

Tuesday and Wednesday at 7 p.m.  
Thursday and Friday at 8 p.m.  
Saturday at 2 and 8 p.m.  
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### "A luminous new musical!"

The work announces a significant talent in Britta Johnson.

The San Diego Union-Tribune



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Sophie Hearn with the cast of *Life After*. Photo by Jeremy Daniel.





## Happy evARTS Block Party, East Village

### East Village Biz News

Dora McCann Guerreiro



Quartyard Your City Block (quartyardsd.com) and the East Village Association (EVA) are teaming up to host the inaugural evARTS Block Party! Come join us on Saturday, April 13, from 3 to 9 p.m. for this Downtown San Diego open-street, evARTS program fundraiser and Quartyard four-year birthday celebration! The block party will be located on 13th Street, off of Market Street, next to Quartyard. The mission of the evARTS program is to support and contribute to a greater artistic vibe in the East Village community; and on behalf of the community, we want to thank Quartyard for helping bring art to the public.

As the East Village neighborhood transitions from a light industrial area, into an artistic and cultural hotspot, its growth has been encouraged by the burgeoning new East Village neighborhood vibe of a soon-to-be-tripling residential population. The April 13 block party

celebration will provide all who attend an opportunity to also become an active participant in bringing and supporting community public art. And of course, what's an East Village celebration without a sampling of our emerging craft-beer and live-music scene!

Block party attendees will have the opportunity to sip on specialty cocktails and sample craft beer from participating East Village breweries with pop-up tasting tents along 13th Street (costs vary). The "neighborhood brewery reVolution" will be represented by Amplified Ale Works, Duck Foot Brewing Company, 10 Barrel Brewing Company, Melvin Brewing, Knotty Barrel, and Little Miss Brewing. In addition to craft beer, the event will host an all-day live-music fest featuring San Diego talent, specializing in all musical genres, including The Sure Fire Soul Ensemble, The Heavy Guilt, and The Stoney B Blues Band. And inside Quartyard, attendees can turn it up by participating in the largest silent disco dance party with six local DJ crews performing back to back.

And if a craft beer, music, and an evARTS program launch isn't enough to excite you, April is also California's Arts, Culture, and Creativity Month — and the evARTS Block Party has been selected by Californians for the Arts as an official state-recognized and -supported event! Thanking our community leadership for their help in receiving this distinct recognition, the block party will also help celebrate a proclamation to be made by our civic leadership and representatives from the San Diego Arts & Culture Commission on the importance of community involvement in supporting San Diego arts.

By way of background, the Quartyard venue itself began as a community-based urban park project, dreamt up by graduate students of East Village's NewSchool of Architecture & Design. Their thesis was to simply construct, from repurposed shipping containers, space activation on previously vacant land. And the Quartyard of today has now exploded into a local eatery, dog run, craft-beer garden, event venue, art space, and coffee shop — a one-stop-shop cultural hotspot. As the founder's original design began as a commitment to transform vacant urban land into active outdoor community space, they have now become a leader in partnering with the public to launch the evARTS initiative, preserving that same commitment to transforming vacant wall space into locally and



Risk by Birdman (Photos by East Village Association)

nationally recognized artistic pieces of public art murals.

All of the proceeds from the evARTS Block Party will go directly back into the evARTS program. The nationally acclaimed artist Kelly Graval, aka "Risk," will create the first placemaking public art mural piece at a to-be-determined date. Using a color wash technique on a 6,000-square-foot/five-story building facade, his work will help brighten Market Street facing Downtown. Continually looking to create partnerships with local businesses by identifying open spaces for artwork introduction, evARTS looks forward to working with the creative community with the same innovative vision as a part of the visual East Village Evolution.

—The East Village Association is excited to bring you new neighborhood experiences. For more information/tickets to the evARTS

and Quartyard four-year birthday celebration, please visit: [eventbrite.com/e/evarts-block-party-at-quartyard-tickets-56522769124](https://eventbrite.com/e/evarts-block-party-at-quartyard-tickets-56522769124). Questions? Please visit EVA's website at [www.eastvillagesandiego.com](http://www.eastvillagesandiego.com), or contact: [director@eastvillagesandiego.com](mailto:director@eastvillagesandiego.com).



Placemaking Project

QUARTYARD + EAST VILLAGE ASSOCIATION

### QUARTYARD 4 YEAR BIRTHDAY BLOCK PARTY AT 13TH STREET

AN ARTS FUNDRAISER SAT APR 13

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FROM PAGE 10

### WOMEN IN BLUE

laws, policies and procedures. Mendez serves as an instructor on personnel issues for the San Diego Regional Training Center, POST Management Course and was previously honored with a City of San Diego Diversity Distinction Award.

"The contributions of women in the San Diego Police Department, and this year's honorees in particular, are worthy of the highest recognition," said Chief David Nisleit. "The dangers and demands are ever present, but I believe policing remains one of the most noble and rewarding professions in the world. It greatly benefits our community when women pursue a career in law enforcement, and I hope this trend will continue in San Diego. Congratulations to Detective Righthouse for her

unwavering leadership, dedication and service in protecting our communities, and to Ms. Mendez for her leadership and commitment to all of the employees of the San Diego Police Department."

"The ninth anniversary of Women in Blue is a landmark moment for San Diego and our longstanding tradition of honoring extraordinary women in policing," said Sara Napoli, president and CEO of San Diego Police Foundation. "Each year, it has been a privilege to see hundreds of San Diegans come together to celebrate females who are excelling and thriving in the challenging field of police work. These incredible role models, with their unique skills, talents and sheer grit, create a better and safer community for us all."

Dozens of uniformed officers also joined the festivities to meet and greet guests, underscoring the importance of strong ties between law

enforcement personnel and the communities they serve. Net proceeds of just over \$149,000 were raised to propel the mission of the San Diego Police Foundation: to ensure that those who protect and serve San Diego have what they need to do their jobs safely and with excellence. The safety of men and women in blue — who often run towards danger to keep San Diegans safe — was a high priority for donors that day. The money raised will fund equipment and training, such as rifle fire-resistant plate carrier vests for officers, the San Diego Police Department's quarterly Women's Leadership Conference, and much more.

—The San Diego Police Foundation is dedicated to preventing crime, saving lives and making our community a safer place to live and work by providing resources not otherwise available to the San Diego Police Department. The

foundation funds equipment, training and outreach programs that are vital to creating a safer San Diego, strengthening community/police relations, and raising awareness of the extraordinary contributions of law enforcement officers. The

San Diego Police Foundation is a nonprofit 501(c)3 organization that is supported entirely by grant funds, organizations, corporate sponsors and individual donors. To learn more or make a donation, please visit [sdpolicefoundation.org](http://sdpolicefoundation.org).



The 2019 Women in Blue honorees, Margaret Mendez and Detective Susan Righthouse (center), pictured with Assistant Police Chief Sandra Albrektsen and officers from the San Diego Police Department. (Photo courtesy Doug Gates of Gates Photography)



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## Little Italy comes alive at annual Mission Federal ArtWalk

### Little Italy News

Christopher Gomez



Every year, the streets of Little Italy transform at the annual Mission Federal ArtWalk with art from more than 350 artists from around the world on display! This year, Mission Federal ArtWalk will celebrate 35 years of bringing visual and performing art to San Diego on Saturday, April 27, and Sunday, April 28, from 11 a.m. to 6 p.m.

The weekend-long premier arts and culture event spans 16 blocks and brings the community an opportunity to meet the artists behind the artwork and purchase art directly from them. More than 120,000 attendees roam the streets of Little Italy to browse every medium of art including painting, sculpture, glass work, photography, fine jewelry and more.

The free cultural festival is unlike any other with a variety of interactive art experiences, one-of-a-kind dance performances, street food, exceptional live music, family-friendly art projects at KidsWalk and more! Returning and first-time attendees can expect brand new and unique event elements. One of these new additions includes a surfboard art auction in partnership with Rerip, a nonprofit organization that specializes in repurposing surfboards to minimize waste. Artists used various mediums to transform surfboards into original artwork to be auctioned off. Grammy Award-winner and San Diego's very own Jason Mraz will be creating his own masterpiece that will be displayed at the festival and auctioned online. Another prominent participating artist includes San Diego artist Jeremy Sicile-Kira, an artist with autism and synesthesia — a condition that allows him to see letters, words and emotions in color. Sicile-Kira



(right) Artist Akzhana Abdileva (Photos by Little Italy San Diego)



Artist Sarah Stieber with collectors

received national recognition for his works of art — painting the “colors” he sees of people, organizations and businesses. He will be painting a surfboard showcasing “the colors” of Mraz’s “Have It All” song from his latest album, “Know.”

The surfboard art auction benefits ArtReach, Mission Federal ArtWalk’s nonprofit partner that delivers visual arts education to K-8 schools that have no other art education throughout San Diego County. Interested bidders can register online now and view the surfboards on both the Mission Federal ArtWalk and ArtReach websites, as well as at the event in the Piazza della Famiglia between India and

Date Streets. Bidders can register online at [charityauction.bid/artreachesandiego](http://charityauction.bid/artreachesandiego).

Along with the auction, Artist & Craftsman Supply will return to host an interactive art project where attendees can come together and participate in making their own art prints. Guests can also enjoy Mission Federal ArtWalk’s new dance program, ArtMoves, which will be located on India Street near Grape Street. Rebekah Brown, San Diego Dance Theater’s performing arts coordinator, and Ian Isles, a San Diego based choreographer and dancer, will produce the spectacular dance performances.

San Diego locals and visitors can spend the weekend exploring different types of art, meeting artists from around the U.S. and Mexico, and enjoying live entertainment in the Little Italy neighborhood!

To stay connected with Little Italy, check out what’s going on in the neighborhood by following the community on Instagram and Twitter: @LittleItalySD and Facebook: LittleItalySD. To learn more things happening in the neighborhood, visit [LittleItalySD.com](http://LittleItalySD.com).

— Christopher Gomez has been Little Italy’s district manager since 2000. Reach him at [chris@littleitalysd.com](mailto:chris@littleitalysd.com).



Annual Mission Federal ArtWalk transforms Little Italy with its visual and performing arts.



## 'Life is a cabaret, old chum...'

Convivio's Musicarramba! monthly series offers date-night fun for music lovers under the stars in Little Italy

### Little Italy Heritage

Tom Cesarini



Convivio proudly presents **Musicarramba!**, a monthly musical showcase on Thursday evenings, featuring local and international artists in an intimate, open-air cabaret performance venue. Thanks to the initiative and support of the Little Italy Association, which oversees management of the neighborhood, the venue will feature a stunning new stage for the performances.

The program launches April 4 at 7 p.m., and our inaugural artist will be Neapolitan

singer/songwriter **Valentina Ranalli**. Ranalli is noted for her purity of tone, phrasing, intonation and improvisational ability. She sings in English, Italian, Neapolitan, French and Portuguese. Ranalli studied singing, piano and music theory since she was a child, and has also explored opera, gospel and jazz music. With a master of arts in jazz music conferred by the renowned Santa Cecilia Music School in Rome, she has been touring around Italy for the past 10 years. She appeared on "The Voice" TV show and performed in many prestigious jazz festivals. Ranalli recently released a new solo EP, "Oversea," and is currently touring America.

Curated by acclaimed Italian tenor and Convivio Music Program Coordinator **Rosario Monetti**, Musicarramba! is a delightful and engaging extension of Convivio's objectives of promoting Italian arts, culture and heritage, and bringing a variety of cultural programming to Little Italy.

Guests will enjoy cabaret-style seating in the intimate park and patio setting of Amici House — a historic cottage and Italian cultural arts center in the heart of Little Italy. An urban oasis just steps away from Little Italy's bustling business corridor, Amici House is located at 250 West Date St. (in Amici Park, on Date and Union).



Opera tenor and Musicarramba! coordinator/host **Rosario Monetti**

Two ticket tiers are available and tickets may be purchased online at [conviviosociety.org/musicarramba](http://conviviosociety.org/musicarramba). Seating in front of the stage includes a seat at our cabaret-style table. Patio seating adjacent to the stage includes barstool seating and pub tables. A two-drink minimum purchase is part of the admission ticket.



Neapolitan jazz singer **Valentina Ranalli** (Photos courtesy of Convivio)

Visit [conviviosociety.org](http://conviviosociety.org) to learn more about all our programs.

Get social: @conviviosociety (Facebook / Instagram / Twitter)

—Tom Cesarini is the executive director of Convivio. Reach him at [tom@conviviosociety.org](mailto:tom@conviviosociety.org).

FROM PAGE 1

### FILMMAKERS

In the film, Venditti plays senior officer **Dominic Turmalino**, a special operations team soldier who is engaged to his best friend's sister. To complicate matters, his best friend is also part of the special ops team that is about to embark on a dangerous overseas mission. Turmalino and his fiancé also keep a secret from him that could jeopardize his focus on the upcoming mission. This creates tension that sets the stage for intense combat drama. "Entrenched Prologue" is the prequel for Venditti's main feature "Entrenched," which he plans to put into production in May.

With "Entrenched," Venditti creates a new genre of film that serves to raise awareness for various nonprofits or causes. While he has an extensive background in film, "Entrenched" is the first feature that Venditti will write, co-produce and co-star in.

"Entrenched" is a post-traumatic stress disorder (PTSD) awareness film. Specifically, it's a theatrical or narrative vehicle for a nonprofit called **Cammies and Canines**, so we're promoting them through means of a film instead of a commercial," Venditti said.

This is part of Venditti's own nonprofit **Face the Change**, whose mission statement is to promote health and longevity.

"What my nonprofit has decided to do is to be a pioneer for change. A way of not necessarily creating our own programs but finding out how to supplement or create sustainable innovative ideas for other programs," he said.

**Cammies and Canines** is a local nonprofit founded by **Kalani Creutzberg**, a veteran who at one point was homeless. Venditti met Kalani through a mutual friend who is a veteran as well.

After getting his life back in order, Kalani connected with renowned dog training and canine educational expert **Nathan Schoemer** to form **Cammies and Canines**. Schoemer is a former U.S. Marine and founder of the nonprofit **Hira's Legacy**, which serves as an educational foundation to improve the lives of dogs and their owners. He is also co-host of Animal Planet's "Rescue Dog to Super Dog" TV show, where he transforms rescue dogs into service dogs to help the lives of disabled people. **Cammies and Canines** also rescues dogs in danger of being euthanized and trains them to become service dogs. Creutzberg recruits vets who are homeless, have PTSD, or suffer from both, to help train the dogs and run his 289-acre **Cammies and Canines** complex in Dulzura. These veterans now tend the land and are part of the operations of the facility, which also features a kennel for the dogs they saved from death row. Venditti has incorporated some of the purpose of **Cammies and Canines** into "Entrenched."

During the planning of "Entrenched," Venditti realized the scope of his film was going to be much bigger than anticipated. In order to finish the film, he was going to have to secure additional funding.

"Entrenched" itself was too big of a cookie to take a bite out of, so we needed to take a step back, and we ended up writing a prologue for it instead. And that is what we just finished, it's called "Entrenched Prologue," Venditti said.



Director **Ray Gallardo** and **Jayce Venditti** go over details on the set. (Photos by Vince Meehan)

"Creating a documentary can be very informative, but dry for the most part and does not pull at people's heartstrings. We decided to create a theatrical department where we can find a nonprofit or a cause and make a film about it and have that be the fundraising campaign rather than a commercial. Kalani really liked that idea and he's actually going to be playing a role that I created for 'Entrenched.' He's going to be revisiting some demons from the past; it's a pretty intense scene that he's doing in the end."

Venditti filmed the prologue at a San Diego soundstage, which doubles as a realistic combat training school. He and his crew were trained by ex-special forces soldiers in the proper handling of weapons and techniques to insure authenticity on film. Everything from the proper body language, to the correct way to hold a weapon was shown to the cast in an effort to be achieve verisimilitude.

Venditti revealed that "Entrenched" begins with a scenario where the main set of characters has been killed. The prologue serves to introduce the audience to these operators before their ill-fated mission, when they are back home on vacation.

"The scenario begins to take shape after the team gets the call to go on the mission. It's about

them having their last supper and night together," Venditti said. "My character senior officer **Dominic Turmalino** has a secret that he is holding from his best friend. It's about holding that secret which is creating inner turmoil, almost foreshadowing the PTSD concept. The prologue wraps up with the team traveling overseas, getting their mission briefing and being inserted into the combat zone and leaves it there... to be continued."

Venditti is hoping that this cliffhanger will inspire sponsors to finance the second half of his feature. He has edited a trailer, which he has previewed to a select group of potential backers.

"The feedback we're getting is: 'Wow, I want to see the combat, I want to see what happens!' And to that I say, well, that's why we left you hanging, help us fund that, help us finance part two," he said.

If all goes well, "Entrenched Prologue" and "Entrenched" will serve as a pilot for a feature or a series. The project may even be pitched to Netflix for distribution. Several other storylines are in the works that will intertwine with the feature to create the series.

"We're basing that concept off a movie that came out in 2004 called 'Crash,' which is about a bunch of different topics happening where all these different storylines converge in the end. My episodes will involve different forms of PTSD and have them come together as well," Venditti said.

"Entrenched Prologue" will premiere Downtown on April



Filmmaker **Jayce Venditti** works atop the **IDEA1** complex.

27 with a red-carpet event and reception. This will also serve as a showcase for potential sponsors.

"We're getting great feedback. We can't wait till the premiere. We really feel that we'll hit the ground running and get the next film financed, which is really the focus of everything, and that's where we can raise awareness for **Cammies and Canines**. When we premiere this, it will be like priming the pump. This will showcase the first example of what our pilot program for **A Face of Change** can do for other organizations," Venditti said.

There is a female veteran by the name of **Kinessa Johnson** who is on the East Coast. She is the first female Army Ranger vet to actually help an organization in Africa fight the war on poaching. Her nonprofit **Warriors for Wildlife** is working directly with **Tac Trac**. This organization is training locals how to protect wildlife. She's actually planted in the end of "Entrenched," so when one of the characters wheels out of his therapy session, we see her going in. And she opens our next caused-based film which is called "Endangered."

The red-carpet premiere event for "Entrenched Prologue" will be held Saturday, April 27, in the **IDEA1** apartment complex at 895 Park Blvd. Venditti hints that there will be some theatrical surprises thrown in as well. Tickets are available online at [bit.ly/2ObbYFG](http://bit.ly/2ObbYFG).

—Vince Meehan can be reached at [vinniemeehan@gmail.com](mailto:vinniemeehan@gmail.com).



**Jayce Venditti** as senior officer **Dominic Turmalino**



# Food & Drink Blotter.

BY FRANK SABATINI JR.

After a short run, the Napa Valley-inspired **Route 29** in the Gaslamp Quarter recently re-branded to **The Butcher's Cut Steakhouse**—and “for no particular reason,” according to sales manager Ocean Mohanadi.

A few modifications were made to the tastefully designed space, including the installations of a meat locker for dry-aged steaks and a wine cellar that carries a revised inventory. The menu features a “who’s who” list

of meats, as described on the website. Choices include everything from grain-fed Black Angus cuts and state-farmed eye filet to pork chops, Australian lamb, and buffalo fillets. Pescatarians will find options such as tuna tartare, octopus carpaccio, lobster ravioli, and sea bass in blood orange reduction. The dinner-only restaurant opens at 4 p.m. daily. **644 Fifth Ave., 619-235-8144, thebutcherscutsteakhouse.com.**



Another steakhouse has emerged on the streets of Downtown. (Courtesy The Butcher's Cut Steakhouse)

Crafty matcha beverages prepared with two grades of “ceremonial” matcha — one of them grown in Kyoto, Japan — rule the menu at **Holy Matcha** in the East Village. This is the cafe's second San Diego location since debuting in North Park a couple years ago. Popular also for its menu of small bites, which include waffle bouquets and avocado toast, the new space greets with a sleek, minimalist design clad in terrazzo and featuring splashes of pink. **201 Park Blvd., Suite 105, holymatchasd.com.**



Get your green tea beverages at the Holy Matcha in East Village. (Photo by Amber Thrane of Dulcet Creative)

**Revel Revel** is a third-floor event space that opened April 4 for private dinners, wedding receptions, business meetings and other events. Food is prepared onsite by **Eco Caters**, which also owns **Lot 8** in Mission Valley.

The venture absorbs 1,700 square feet formerly occupied by **Quad AleHouse**. It accommodates 245 guests standing, and up to 150 seated. The remodeled interior shows off exposed brick, wooden floors and beams, a living moss wall and mobile bars.

The building, which was a Navy laundry facility several decades ago, houses the **Gaslamp Tavern** on its ground floor. The second level is non-commercial. **868 Fifth Ave., 858-246-6129, revelrevel.com.**

The constellation of Coronado restaurants owned by San Diego-based **Blue Bridge Hospitality** now have an additional set of eyes upon them with the arrival of chef and former restaurateur **Matt Gordon**, who was brought on board as vice president of operations. Among the restaurant he'll help oversee are **Stake Chophouse**, **West Pac Noodle Bar**, **El Roy's**, and **Leroy's Kitchen and Lounge**.

Gordon recently closed his **Urban Solace** in North Park and **Solace and the Moonlight Lounge** in Encinitas, saying the restaurants had run their courses.

His arrival to Blue Bridge coincides with the recent departure of the Blue Bridge's corporate consulting chef, **Tim Kolanko**, who took a lead



Chef Matt Gordon lands unexpectedly in Coronado. (Courtesy photo)

position with San Diego's **Urban Restaurant Group**. **bluebridgehospitality.com** and **urbankitchengroup.com.**

San Diego's newest distillery is up and running in the East Village within a chic, industrial atmosphere marked by three distinct spaces.

**Storyhouse Spirits** features a bar that opens to a street patio, a mezzanine and a distillery/production area. It was launched by **Matt Kidd** and **Steve Kuffinec**, who are serving up varieties of vodka and gin. Bourbon and single-malt whiskey are in the pipeline for future releases. In addition, wine and beer are available, and a copper wood-fired oven is put to



Cocktails for discerning palates at Storyhouse Spirits (Courtesy Chemistry PR)

use for cooking items such as flatbreads and beef-lamb gyros. **1220 J St., 619-241-2780, storyhousespirits.com.**

Look for casual munchies like sloppy Joe sliders, popcorn chicken and meatball subs at the new **Himmelberg's**, an East Village fun spot that offers a nostalgic rock n' roll vibe with your food. Opened by **The Patio Group**, the lively restaurant is named fondly after **Joey Himmelberg**, a late friend of the restaurant group's CEO, **Gina Champion-Cain**.

Himmelberg passed suddenly in 2016 from a heart attack. He was a devoted fan of music from the '70s and '80s. The venture “represents Joey's zest for life and love for rock n' roll music,” said **Champion-Cain**.



David Bowie and other musical legends punctuate the atmosphere at a new East Village eatery. (Courtesy Himmelberg's)

Cocktails with theme names are also available, as well as desserts such as chocolate cake and ice cream floats. **369 10th Ave., 619-541-8301, himmelbergs.com.**

— Frank Sabatini Jr can be reached at **fsabatini@san.rr.com.**

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# CELEBRATING THE AGING PROCESS

## Restaurant Review

Frank Sabatini Jr.



Much like cheese and wine, beef is one of those staples that turns magically more flavorful when kissed by age.

For decades, steak junkies have been touting the virtues of dry aging (or meat hanging), in which the meat's enzymes break down muscle tissue while lolling in temperature-controlled environments for at least a month. The process requires careful oversight as the flesh takes on a nutty, funky flavor that evades fresh cuts.

Lou & Mickey's is a well-established chophouse that recently incorporated a dry-aging room into its handsome, classic atmosphere. Visible to guests seated toward the rear of the restaurant, it's well-loaded with an eye-ful of New York strips, porterhouses and rib-eyes.

We sat at a banquet table perched against one of the room's windows. The display inside looked like something out of a 1930s butcher shop, with shelves of aging beef fitting right into an overall interior design reminiscent of an old-style Chicago chophouse.

Visiting with my sister (coincidentally in town from the Chicago area), our dinner started with hot sour-dough bread and softened butter, exactly the kickoff decent steakhouses like this should provide. We progressed to a couple of appetizers — one fairly new and the other a mainstay since Lou & Mickey's opened in the early 2000s.

The former was a cast-iron skillet of five beef meatballs speckled with Gouda cheese and served in brown gravy — comforting and kind of Swedish in style.

The other starter, crispy coconut wild shrimp, was excessively sweet — more so than coconut donuts. So viscous and sticky, hot hand towels are brought to your table afterwards. We needed every thread to free our fingers of the gnarly glaze that clung to the shrimp. Next time, I'm going straight for the grilled jumbo artichoke or the New Orleans barbecue shrimp instead.

Our main entrees were thrilling: a pair of South African lobster tails for Sis, and a hunky dry-aged bone-in rib-eye weighing about 22 ounces for me.

South African lobster tails are prized for their sweet meat, more so than those originating from Maine. I recently went gaga over them at King's Fish

House in Mission Valley, which falls under Lou & Mickey's parent company, King's Seafood Company.

These tails were served exactly the same, each one lifted neatly from their shells, broiled and lightly seasoned. So sump-

including one I ate most recently at a certain highfalutin national chain.

Side dishes are sold a la carte. We chose fire-roasted broccolini with tahini and feta — a commendable preparation of the bitter-green vegetable — and what could have constituted as the world's largest baked potato. To boot, we opted for a full loading of butter, sour cream, cheese and bacon inside of it. Needless to say, more than half of the tuber came home with me and was joyfully consumed the next day.

In addition to a range of steak and seafood options, the menu features Colorado rack of lamb; char-grilled chicken; a few pasta dishes including linguine with clams; and raw bar offerings such as oysters, stone crab claws, and iced shellfish platters of various sizes.

There's also a full bar that makes stirred, shaken and exotic drinks. The booze choices extend as well to nearly two dozen local craft beers on tap and a well-rounded selection of California and international wines. Desserts are made in-house. When we were told the key lime pie contains Nellie & Joe's Key West Lime Juice, a chief ingredient that goes into the pie's original Florida recipe, I was sold. The contrast between the very tart curd and sweet graham cracker crust was excellent. There's also a multi-layer chocolate cake with chocolate frosting, New York cheesecake, caramel apple cobbler and more.

The thing I like about Lou & Mickey's is the courteous tribute it pays to steakhouses



House-made key lime pie (Photos by Frank Sabatini Jr.)

tuous, you can actually skip the drawn butter and lemon served alongside.

My steak was available in a choice of three dry ages: 30-day, 45-day and 60-day. I chose the younger of the three, which yielded the buttery and faintly robust flavor I prefer.

The older varieties demand something of an acquired taste due to their intense flavor, which has been described by some as mushroom-y or overly intense. Though when aged beyond 45 days, the steaks turn supremely tender and pretty much cut with the side of a fork.



Meatballs in brown gravy

Mine was cooked medium as requested and cut easily with a knife. From end to end, it oozed of clear, flavorful juices and offered more depth of flavor than any steak I've consumed in the past few years,



The menu abounds with steaks of various cuts and sizes. (Courtesy of Bread & Butter PR)



Beef is now dry-aged onsite at Lou & Mickey's. (Courtesy of Bread & Butter PR)

of yesteryear. Service is formal without being pretentious, the interior design feels familiar rather than trendy, and the food doesn't veer too much outside of the



South African lobster tails

classic tried-and-true steakhouse type.

## Lou & Mickey's

224 Fifth Ave.  
(Gaslamp Quarter)

619-237-4900  
louandmickeys.com

Dinner prices:  
Appetizers, soups and  
salads, \$10 to \$29  
Pasta and chicken,  
\$24 to \$31  
Seafood entrees, \$25 to \$59  
Prime steaks and chips,  
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— Frank Sabatini Jr.  
is the author of 'Secret San Diego' (ECW Press), and began his local writing career more than two decades ago as a staffer for the former San Diego Tribune. You can reach him at fsabatini@san.rr.com.✴

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# What's new and exciting at The New Children's Museum?

## Marina District News

Joan Wojcik

One of Downtown San Diego's most exceptional attractions, The New Children's Museum, provides an educational and playfully enjoyable experience for children of all ages. Located in the Marina District on Island Avenue and Front Street, the museum is ever evolving and improving its exhibits. This year, it has commissioned several artists to create art installations to impress and awe museum visitors, both big and small, old and young.

Those featured artists include an established young San Diego-Tijuana mural artist and an internationally renowned artist from Canada. These two talented individuals will

each contribute separate and distinct art mediums that will stimulate and excite the young museum visitors.

The first art experience occurs as you walk across the museum's impressive entry bridge through an eye-popping, 48-foot mural entitled "Smile." It is an avant-garde mural designed of various lines of colors, an assortment of numerous shaped eyes (eyeballs), sailboat "smiles", and abstract heart-shaped noses that seem to float across the bridge in a random pattern welcoming the young visitors to a fun exploration of art. The mural exposes children to abstract art by using a simple theme of eyes, noses and smiles to stimulate their senses.

"Smile" is the wonderful creation of a Chula Vista-born artist named Paola "Panca" Villaseñor, who is noted for her many Tijuana-San Diego murals. She recently completed a 45-foot-high mural, similar to the simple design of "Smile," entitled "La Calors" (the heat). The "La Calors" mural is located in Barrio Logan on the wall of a flour silo. Both works represent simple and fun



Woods of Net (Photo by East Village Residents Group)

designs that will bring smiles to the faces of viewers.

"I have always remembered the time I visited the museum as a child and got to paint the iconic truck," said the 32-year-old Villaseñor. "It was the first time I got to paint something on a large scale. It's so cool to be here now exhibiting at the museum as a commissioned artist."

A greatly anticipated and exciting art addition, "Whammock" by internationally renowned fiber artist Toshiko MacAdam, will debut at the museum on June 15. MacAdam creates climbable, large-scale textile art structures as playgrounds for children. Imagine an art structure as a very large trampoline covering an entire room, created from a very resilient and flexible fibre that stretches, allowing children to play safely while climbing across its beautiful design.

"My work is about the joy of bringing children together to play and having their movements and vibrations activate the art," said MacAdam.

Toshiko has created many playground structures with beautiful, uniquely created knitting designs. The uniqueness of play sculptures allow children to not only view the beautiful design of the net, but to touch, play and experience the wonders of texture. As Tomoko Kuta, deputy museum director at The New Children's Museum stated,



48-foot mural entitled "Smile." (Photo by Jeannie Mutrais)

"From the first time my son played in MacAdam's 'Woods of Net' Pavilion at the Hokone Open Air Museum in Japan, I dreamed of collaborating with her. We are thrilled to be working with Toshiko, someone who creates beautiful, immersive sculptures and who understands the needs of children." The New Children's Museum is excited to add Artist Toshiko's macramé art pattern to its offerings.

These two outstanding artists will provide the museum's attendees with a fun way to experience different artistic techniques that will cultivate a lifetime interest in the appreciation of the world of art.

Because The New Children's Museum is constantly commissioning new innovative exhibits such as "Smile" and "Whammock," it has become one of the most outstanding children's museums in the nation. In fact, The New Children's Museum has been chosen as one of 30 finalists vying for the prestigious 2019 National Medal for Museum and Library Service Award, presented in June by the Institute of Museum and

Library Sciences (IMLS) in Washington D.C. Only five museums in the entire nation will receive this prestigious award and it is hoped that our museum will be so honored.

Rep. Scott Peters nominated the museum for the IMLS award. "The New Children's Museum uniquely embraces an innovative concept that immerses children in art and design," said Peters. "I brought my own kids there to think, play and create — like many families in the San Diego region. It's a cornerstone of our community and a model for engaging people of all backgrounds with art. This award is certainly a testament to The New Children's Museum's service to San Diegans."

San Diego and the Marina community have much to be proud of in our local children's museum. Come and visit The New, "always dynamic," Children's Museum to view, interact, and explore.

— Joan Wojcik is president of the East Village Residents Group. Contact Joan at [eastvillageresidentsgroup@yahoo.com](mailto:eastvillageresidentsgroup@yahoo.com) or visit [evrgsd.org](http://evrgsd.org).

## Think about going on a 'bikecation'

By Dave Schwab

Heard of a staycation?

There's another new subspecies of vacation, a "bikecation," which offers tourists and locals alike first-hand, wheels-on-the-ground views of iconic city areas rarely glimpsed from a car or tour bus.

The San Diego County Bicycle Coalition (SDCBC) and the city of San Diego's Economic Development Department teamed up to present four-hour, six-to-seven-mile easy excursions of Downtown in a pilot project called Pedal, Play and Stay.

Being held now through June, such tours start and finish at The Broadway Pier traveling to the Midway Museum, Seaport Village, Gaslamp District, East Village and Petco Park.

The tour enlists bike-friendly hotels, restaurants and bars to draw tourists and staycationers to local businesses. It's all part of an effort to bolster San Diego bicycle tourism.

Bicycle tourism is defined as "any travel-related activity for



The San Diego County Bicycle Coalition and San Diego's Economic Development Department teamed up to present four-hour, six-to-seven-mile easy excursions of Downtown in a pilot project called Pedal, Play and Stay. (Photo courtesy of the San Diego County Bicycle Coalition)

the purpose of pleasure which incorporates a bicycle."

Most bike tourism falls under four main categories: Bicycle travel/touring, independently organized, long-distance bicycle tours; special events including organized rides, tours and races; destination riding centered around a particular destination or niche attraction; and urban cycling day tours of local/urban attractions.

see SD Biking, pg 19

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# Playing with science

## Downtown's 11th annual San Diego Festival of Science & Engineering

By B. J. Coleman

Scientists have all the fun. At least, that is the working hypothesis put to the test at multiple sites during this year's weeklong 11th annual San Diego Festival of Science & Engineering.

On March 9, the Fleet Science Center in Balboa Park opened the facility for a 21-plus crowd of adults to revisit Pause|Play, where they re-experienced the wonder of playtime accompanied by simple science lessons. The grownups were encouraged to forget about work, meetings, bills and other non-playful chores, with signs urging "No Adulting Allowed."

With a lot of real rekindled "kidding," the hands-on activities demonstrating scientific principles applied in real life were fun, entertaining and educational for those at the event. People attending the evening at the Fleet Center could engage in competitive games of atomic dodgeball, Nerf gun battles and Bernoulli ball relays.

Other less intense activities included lens-distortionary basketball shooting, musical challenge hopscotch, dry pool-ball diving, and merry-go-round catch. A long two-story tubular slide demonstrated gravity and accelerative motion. Nearby low-center-of-mass rotational chairs offered sitters the chance to see if they could spin and maneuver to tip the chairs over.

Lori Thomas, from Murrieta, sat outside the merry-go-round arena, awaiting her family's turn on the wheel.

"This is fun," Thomas said. "My daughter is covering this set of events for her science class back home."

But the festival is not all about adults. The Fleet Center's Kid City gave big kids an area for building forts. The adjacent "Power Play" hall provided adult-sized bouncy balls for races among visiting friends to figure out who's the boss of bouncing around. The Scat Match table laid out plastic versions of animal excrement to pair with their sources to determine who would be the best poop detective.

Quieter activities brought attendees into areas to learn better jigsaw puzzling skills, roller coaster design, and to best other players with wit and sarcasm in the science edition of Cards Against Humanity.

This year's multi-day festival was the first-ever venturing into inclusion of arts-related activities and experiences. That transformed the formerly STEM (science, technology, engineering and mathematics) event series into a STEAM festival.

The festival event series is staged every March. The event series kicked off March 2, with Expo Day at Petco Park, a free daylong exposition targeted toward engaging families with pre-kindergarten through high school children. New features and highlights for 2019 included the Writerz Blok San Diego Live Art, painting surfboards with images from STEAM concepts, and putting science designs to fabric patterns in Fashion Meets Science. Petco

Expo Day begins the festival annually, and this year featured over 100 booths, which brought out between 20,000 to 25,000 attendees.

Over 90 events were on this year's festival calendar schedule. For the past seven years, the science festival has been the flagship STEM program sponsored by the Biocom Institute. Sara Pagano, managing director of the



Festival gives adults the chance to break away and play like kids again.

festival, noted that in 2018, the STEM festival included 65 events, attracted 65,000 participants overall, and brought different events into San Diego County for different communities. Pagano praised the feedback that helped better the 2019 festival of events.

"Each year, we stretch out more geographically throughout the county," Pagano said. Pagano brought up the associated STEM in Your Backyard hyperlocal events as part of the festival outreach. "These events are smaller, and students can spend more time at these sites asking questions and seeking mentorship."

"In general, the majority of our festival events are free," Pagano continued, "Because we believe that access is really important." The events for 21-plus adults usually have a fee for entry, but Pagano said that 90% of the other activities are open and free of charge.

Pagano emphasized the importance of the festival on multiple levels.

"We love to have kids leave with excitement and a spark for science exploration. We are proud to expose students and their family members to the awe of scientific discovery," Pagano said. "This festival is a great catalyst: exposing local residents to the companies and technology enterprises here, as well as the good schools to train students for relevant careers. We are all surrounded by science every day and the festival reminds us of that."

— B.J. Coleman is a local freelance journalist and editor/staff reporter with 22nd District Legionnaire. B.J. can be reached at [bjcjournalist@gmail.com](mailto:bjcjournalist@gmail.com).



Adults enjoy a game of Merry Go Round Toss at the 11th annual San Diego Festival of Science & Engineering at the Fleet Science Center on March 9. (Photos by B. J. Coleman)

## FROM PAGE 18 SD BIKING

Bicycling is one of the fastest-growing types of outdoor recreation and tourism nationwide, with an estimated 48 million people bicycling recreationally annually, contributing \$96.7 billion per year to the economy.

To add excitement to its tour, Pedal, Plan and Stay stops at different local spots along the way to eat and drink, or visit landmarks like Petco Park's Tony Gwynn statue.

A recent small-group bikecation tour of Downtown was led by certified bicycling instructor Kevin Baross and RC Colon, SDCBC program coordinator. The pair explained why bike tourism is catching on.

"It's another way of seeing the city without a car that allows you to be more active, is healthy for you and creates less traffic," said Colon. "Participants can get a meal, a drink, learn about local businesses and make new friends."

### Remaining Pedal, Play & Stay Bike tours:

- April 5 — 11 a.m.
- April 26 — 11 a.m.
- April 28 — 1 p.m.
- May 3 — 11 a.m.
- May 17 — 11 a.m.
- May 31 — 11 a.m.
- June 7 — 11 a.m.
- June 8 — 11 a.m.

"When you're traveling by car, you're physically in a box separated from the road and the communities you're traveling through," Baross said. "Traveling by bike is a different way of seeing the world where you experience all the sights and smells."

Every bike tour begins with the certified instructor discussing the "rules of the road." Baross filled tour guests in on the problem-averting ABC's of cycling.

"A is for air," Baross said noting different-size tires require different amounts of air marked on the tire. He noted skinnier tires means "less friction on the road which allows you to go faster but is harder on your body." Conversely, he said larger tires with more traction slows speed but acts as a shock absorber for a smoother ride.

"B is brakes," continued Baross, noting the best way to check them is to move the bike and back and forth with one, and then both, hand brakes depressed.

"The best way I know to stop a bike is to squeeze the front brake as hard as you can ... but put your weight as far back on the bike as you can to keep you from moving forward," he said.

"C is the chain," explained Baross, pointing out chains can typically be checked by sight. "If it's sagging in any way, or it looks loose — then you may have an issue."

see SD Biking, pg 20

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# Fashion Redux

## Fashion Files

Diana Cavagnaro



The eighth Fashion Redux Finale Party was presented by San Diego Mesa College School of Fashion at the San Diego History Center on March 8. Each year, a date is picked and fashion students visit the history center's textile collection. This year, a few 1960s garments were brought up from the archives for the students to study. Using these garments as inspiration, they're tasked with reinterpreting the past look and creating a modern design.

The evening began with a reception in the atrium. The 1960 garments were on display for all to view. All the garments were evaluated by a panel of judges, who are professionals in the field of fashion. The top four garments were submitted for the evening. Models strolled through the crowd wearing them for all to see. This gave everyone the opportunity to vote for the People's Choice Award. This year, Divya Sharma won this coveted honor. Sharma also won the Most Innovative Award for a design inspired by the

multi-colored '60s dress in the archives. She created the dress by making her own textile print and using her own motifs. The dress was topped off with Swarovski crystals accenting the neckline and waistline.

Melanie Cox won for the Most Wearable Garment. This was inspired by a two-piece skirt and jacket suit from a collection in the archives. She used a black and white herringbone pattern that was finished off by teal piping. Lorena Silva was rewarded with the Most Creative prize. Silva made handmade faux chenille fabric on a collared jacket and a pleated pair of pants. Her inspiration was by the works of textile artist Tim Harding. Jessica Holland was awarded the Best Translation of the '60s theme. Using the 1960s party dress from the collection in the history center, Holland created a trapeze-like fit with long bell sleeves.

Everyone was encouraged to wear 1960s dress and many of the guests arrived wearing their best interpretation of this era. The Fashion Club gave an award for



Model shows off the Most Creative Award by Lorena Silva with her handmade faux chenille fabric.



Divya Sharma (right) with model wearing her creation, which won the Most Innovative Award and the People's Choice Award. (Photos by Diana Cavagnaro)



Melanie Cox (left) is with model wearing her black and white herringbone pattern design, which won for the Most Wearable Garment.



Jessica Holland (left) with model wearing her '60s-inspired dress that won for the Best Translation.

the best '60s costume in the audience.

Luz Arreola was the recipient of this prestigious award. After the award ceremony, all guests adjourned to the auditorium for a lecture on the 1960s by professor and fashion expert, Susan Lazear. Lazear took us down memory lane and said this was the time of war and rebellion, which created an anti-cultural movement. Fashion reflected that movement of the time with short hems and mini-skirts. The silhouette was a rectangular shape. One popular look was A-line dresses with empire waists. Big bold graphics were in style by designers such as Pucci, Mary Quant, and Mondrian.

If you missed this fun and educational evening, stay tuned for next year. Can you guess what will be the theme? For more information and exhibits, visit [sandiegohistorycenter.org](http://sandiegohistorycenter.org) or [sdmesa.com](http://sdmesa.com) for

details about the fashion program at Mesa College.

## Upcoming Events

**April 6 – Fashion with a Passion** presented at FIDM on 350 10th Ave. #300 from 11 a.m.-3 p.m. There will be raffles, ultimate swap, and a designer fashion show. Benefits the Make-A-Wish Foundation of San Diego. For more information, visit [fashionwithapassion.org](http://fashionwithapassion.org).

**May 11-12 – USA Lifestyle Show** will be in Hall E at the San Diego Convention Center from 9 a.m.-6 p.m. Beauty, fashion, cosmetics, and apparel will be some of the features at this expo. For more information, visit [visitsandiego.com](http://visitsandiego.com).

—Diana Cavagnaro is an internationally renowned couture milliner based in the historic Gaslamp Quarter. Learn more about our hat designer, teacher and blogger at [www.DianaCavagnaro.com](http://www.DianaCavagnaro.com).

## FROM PAGE 19 SD BIKING

Baross warned that people should also check for loose water bottles that can drop off their bikes, or loose-fitting clothing that could get caught in the chain while riding.

The certified instructor offered up his No. 1 rule of the road.

"Bicyclists fare best, are safest, when they act and are treated as drivers of vehicles," Baross said. "If you act like you're driving a vehicle, the more likely you're going to be seen, and be treated like you're driving a vehicle."

Out on the road, Baross schooled his bicycling pupils on common-sense approaches to sharing the road with cars.

Urging pupils to ride single file and together, Baross noted it's best not to travel to the far right side of the road, adding that prevents cars from making right-hand turns. Better to stick together as a group in the next lane over to the left, he said.

On one-way streets, however, Baross noted it's permissible to travel in the far-left lanes. He also warned riders to avoid the notoriously dangerous "open-door and startle zones" by keeping a safe distance away from cars parked along the curb.

"It's not hitting the (car) door that gets you, it's the swerving into traffic unexpectedly that hits you," Baross said of not paying attention to those cycling danger zones.

The March 24 Pedal, Play and Stay tour stopped off at The Social Tap at 815 J St. where chef Jake Snyder discussed the pub's background.

"We started in Ventura and we're now in our fourth baseball season," Snyder said of the eatery near Petco Park. "We have elevated bar food, we like to call it. 'Everything's made from scratch.'"

During lunch at Social Tap, discussing the future of bike tourism in San Diego, Baross said, "What San Diego scores highest in is potential." He added San Diego is increasingly putting in more separated bike lanes, like the ones being used now Downtown by Pedal, Plan and Stay. Baross noted separated lanes make cyclists feel safer, encouraging more people to use bicycles as one of their traveling modes.

"We're [bike coalition] not anti-car," Baross said. "People shouldn't be forced to use one travel mode over another. It's best for them to have as many options as possible."

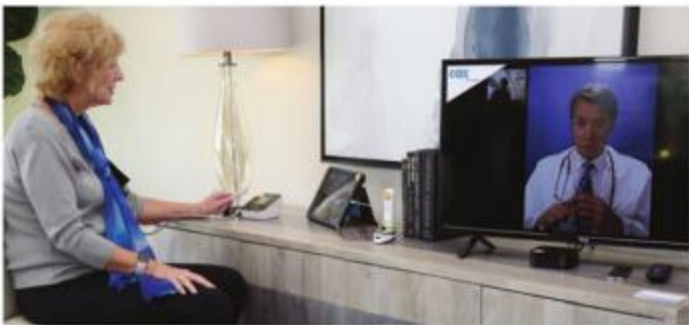
"That could mean putting your bike on a bus, or rolling it onto a trolley. Or it could mean putting it in the back of your car and driving halfway to your destination, then taking it out and riding the rest of the way to work and telling everybody you road all the way," added Baross.

For more information, visit [sdbikecoalition.org/tours](http://sdbikecoalition.org/tours).

—Dave Schwab  
can be reached at  
[dschwabie@journalist.com](mailto:dschwabie@journalist.com).

# 6 SMART HOME ESSENTIALS

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



- **A home speaker that doubles as a virtual assistant.** Current models can answer questions, turn on lights, play video, access virtual assistants like Siri or Alexa, share weather and news updates, act as a timer, and play music on demand. Some models even help you shop online.
- **Home cameras.** The latest in home monitoring such as Cox Homelife allows for remote live video viewing from your smartphone, video recording and customizable notifications.
- **Smart lights.** Replace existing light bulbs with energy efficient bulbs that can be controlled remotely with a few taps on your smartphone or tablet. Cox Homelife has an automation feature to control indoor and outdoor lights, bringing you (and your pet) peace of mind while you're away from home, as well as saving energy and money.
- **Smart locks.** Remotely control doors in your home. Features can include voice commands, customized chimes, activity logs, integration with other smart devices, and special codes for friends, dog walkers, and deliveries.
- **Smart thermostats.** Programmable thermostats allow you to remotely turn the air and heat in your home up and down, and on and off. Save money and energy, and arrive to a warm or cool home.

- **Smart Search entertainment.** There are many options to watch TV and stream content online, and Cox's Contour TV service brings smart search options, Netflix integration, a voice-controlled remote, and cool apps together into one service that is easy to navigate. Speak into the remote to find the programming you want to watch – use a famous movie quote, the title of a show, a genre, or the name of an actor. You can even say "free movies," and available titles in the On Demand library will pop up.

Just as important as the devices you select is the internet service you choose.

In San Diego, Cox Communications recently doubled internet download speeds automatically for the majority of its customers at no additional charge. Preferred, the company's most popular tier of service, is now up to 100 Mbps, while Essential and Starter, which are ideal for lighter users with one to five devices connected to the home network, doubled to 30 Mbps and 10 Mbps, respectively.

For households with multiple family members who want to connect dozens of devices simultaneously, are heavy gamers or have the need for the fastest speeds around, Cox's Gigablast service offers download speeds of 1 gigabit (1,000 Mbps).

Take a short quiz on the speed advisor at [www.cox.com](http://www.cox.com) to determine which speed is right for your household.

Cox is also improving the in-home internet experience with Panoramic WiFi, which provides "wall-to-wall" WiFi coverage so you have a connection wherever you may roam in your smart home.





## PUZZLES

ANSWERS ON  
PAGE 15

## SUDOKU

Fill in the blank cells using numbers 1 to 9. Each number can appear only once in each row, column and 3x3 block. Use logic and process elimination to solve the puzzle.

	9	1				8		7
			1		3		9	
	6			9			2	
	1				4			
4	3	9		8		2	7	5
			9				4	
	8			1			5	
	4		3		7			
5		7				6	1	

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13				14				15			
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49	50				51	52		53			
54					55			56			
57					58			59			
60					61			62			

## ACROSS

- 1 Husband: Fr.  
5 Concluding musical passage  
9 Inviting letters  
13 Jewish month  
14 Exodus author  
15 Needle wielder  
16 Western CO town  
18 Flat: prefix  
19 Honest president  
20 Misfortunes  
21 Pulverizes  
22 Household

## DOWN

- 1 Sir's mate  
2 Building block  
3 Northern VA community  
4 Anger  
5 Shore bird  
6 City on the Oka  
7 Loses vitality  
8 Inquire  
9 Survivor  
10 Alberta, Canada area  
11 Sell  
12 Those in favor  
13 Dapper  
17 Panatella  
23 Prefatory sound  
24 Muscle-relaxant substance  
26 City of northwest Czechoslovakia  
27 Mocker  
28 French river  
29 Modernists  
30 Rebuff  
31 Watson's target  
32 Town near Roanoke, VA  
36 Like some bogs  
37 Swiss river  
39 Climbed

## ACROSS

- 24 Divan  
25 Ontario town  
30 Almost perpendicular  
33 Capacious  
34 Fabrication  
35 Grist, for gardeners  
36 Daddies  
37 Too  
38 HS subject  
39 Passover feast  
40 Demolishes, in Dover  
41 Stream near Fergus Falls, MN  
44 Poetic muse  
45 Builds  
49 No more or less  
51 David Copperfield's child-wife  
53 Altercation  
54 Make amends  
55 Southern MN town  
57 Sped  
58 Zest  
59 Knife  
60 Fraternal order  
61 1492 vessel  
62 Circus overhead

## DOWN

- 21 Clanging instruments  
23 Prefatory sound  
24 Muscle-relaxant substance  
26 City of northwest Czechoslovakia  
27 Mocker  
28 French river  
29 Modernists  
30 Rebuff  
31 Watson's target  
32 Town near Roanoke, VA  
36 Like some bogs  
37 Swiss river  
39 Climbed  
40 Played the tape again  
42 Dunne and Paps  
43 Home of Shakespeare's Two Gentlemen  
46 Mountain of southern OR  
47 Subway necessity  
48 Saccharine  
49 Moon's dark area  
50 And others: abbr.  
51 Supermarket sec.  
52 Algerian city  
55 Layer  
56 WWII craft

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# Downtown News

## COMMUNITY AND ARTS & ENTERTAINMENT CALENDAR

### FEATURED EVENTS

FRIDAY

April 5

#### 'Angels in America'

"Angels in America Millennium Approaches" and "Perestroika." Set in America in the mid-1980s. In the midst of the AIDS crisis and a conservative Reagan administration, New Yorkers grapple with life and death, love and sex, heaven and hell. Alternately hilarious and heartbreaking, it was awarded two Tony Awards for Best Play and the Pulitzer Prize for Drama. Playing through April 20. Cygnet Theatre. \$35-\$55. 4040 Twigg St. Old Town. [bit.ly/2EWYGAf](http://bit.ly/2EWYGAf)



#### 'Life After'

The Old Globe presents the U.S. premiere of "Life After," a rapturously beautiful and stirring new musical with book, music, and lyrics by Britta Johnson, directed by the Globe's own Barry Edelstein. With choreography by Ann Yee and music supervision, arrangements, and orchestrations by Lynne Shankel, "Life After" will run through April 28 on the Donald and Darlene Shiley Stage in the Old Globe Theatre, part of the Conrad Prebys Theatre Center. 1363 Old Globe Way. \$34-\$102. [bit.ly/2UslnvO](http://bit.ly/2UslnvO)



#### Arab Film Festival

The San Diego Arab Film Festival announced its lineup for 2019. It will open on April 5 and include nine feature films and six shorts. The festival will host three screenings at the Museum of Photographic Arts in Balboa Park and seven at the AMC 20 complex at Westfield Mission Valley. The festival is offering passes for all 10 screenings, three-screening ticket packages, as well as tickets for individual screenings. Individual tickets are \$12 for general admission and \$7 for students. Three ticket packages are

\$33. Festival passes are \$100. [sandiegoaff.org](http://sandiegoaff.org)

SATURDAY

April 6



#### 'They Promised Her the Moon'

The Old Globe Theatre presents the West Coast premiere of Laurel Ollstein's "They Promised Her the Moon," detailing the life and accomplishments of aviator Jerrie Cobb, the first woman to be tested by NASA for duty as an astronaut during the 1960s. This story examines the powerful forces that kept her from reaching orbit. Ticket pricing starts at \$30. Playthrough May 5. [bit.ly/2FSu64H](http://bit.ly/2FSu64H)



#### Photos with the Easter Bunny

The Easter Bunny will be located in Seaport Village's West Village Food Court. No appointment necessary; all captured photos will be saved on a USB drive for you to keep for \$35. Guests will also enjoy live music and free Easter treats. Various dates and times. 849 W Harbor Drive. [bit.ly/2HYdWek](http://bit.ly/2HYdWek)

SUNDAY

April 7

#### Autism Awareness Bar Crawl

In honor of National Autism Awareness Month, Gaslamp District Media has created a scavenger hunt-themed bar crawl for its annual event. Attendees will enjoy small bites, cocktails and the chance to win prizes along the crawl, which begins at Meze' Greek Fusion. Additional stops along the route include Float at Hard Rock Hotel and Monkey King. The event will conclude at the final stop, El Chingon, followed by an

after-party. Registration is priced at \$20 per person, with additional team pricing. All proceeds from this event go toward Community Connect, a local nonprofit benefiting kids, teens and young adults with developmental disabilities. [bit.ly/2uDPDHZ](http://bit.ly/2uDPDHZ)

#### 'Step by Step' 5K

The Parkinson's Association of San Diego (PASD) will hold its annual "Step by Step" 5K walk on April 7 at Liberty Station. CBS News 8 Anchor Carlo Cecchetti will emcee the event that will feature speakers from the Michael J. Fox Foundation and the Davis Phinney Foundation. An expo and entertainment are part of the festivities and the walk is dog friendly. All proceeds from the event go towards services and resources provided by PASD. The walk will commence at 9:30 a.m. The entry fee is \$50. [bit.ly/2OE2ovf](http://bit.ly/2OE2ovf)

THURSDAY

April 11



#### Art Alive

The San Diego Museum of Art announced its signature Art Alive fundraiser for 2019. On view from April 11-14, the exhibit features the work of nearly 100 floral designers who have interpreted famous works throughout the museum, filling the galleries with beautiful color. Open from 9 a.m.-5 p.m., the expansive exhibit will be included with general admission. The fundraiser will kick off with the Bloom Bash, followed by three days of special events and activities. [sdmart.org/artalive](http://sdmart.org/artalive)

#### First Port, First City

A San Diego 250 commemorative event inspired by the arrival of the Spanish sailing ship, San Antonio, into San Diego Bay 250 years ago to the day. The event brings together the Kumeyaay Nation, public officials, the Maritime Museum and honored guests to share in marking the day that San Diego began. The Maritime Museum's San Salvador ship will serve as an impressive backdrop to the beautiful gazebo location in

Embarcadero Marina Park North. Short presentations and cultural exchange activities will begin at noon, lasting approximately 30 minutes. Educational information panels, light snacks, refreshments and seating will be provided in a covered area adjacent to the gazebo. This event is free to the public. Embarcadero Marina Park North, 400 Kettner Blvd.

FRIDAY

April 12



#### Classic Cinema Under the Stars

Convivio's popular outdoor Films Al Fresco series continues with a screening of Cecil B. DeMille's biblical epic, "The Ten Commandments." Presented in Little Italy's Amici Park, the series of 10 movie classics invites guests to gather together, under the stars to view great films alongside great company. "The Ten Commandments" tells the story of Moses (Charlton Heston). Raised as an Egyptian prince, Moses discovers his Hebrew heritage, hears God's call, and engages in a bitter battle with Pharaoh Ramses (Yul Brynner) to free the Jews from slavery, leading them to the Promised Land. \$12/50-\$17.50. Amici Park, 1660 Union St. [bit.ly/2OLSiZr](http://bit.ly/2OLSiZr)

SATURDAY

April 13



#### SDGMC Presents: 'Motown'

The San Diego Gay Men's Chorus presents "Motown: The Music + The Legends." Join their nearly 200 singers and dancers for music that roared out of Detroit and took a nation by storm. They'll be at the Civic Theatre, playing some of your favorite classics from superstars like Stevie Wonder, Diana Ross & the Supremes, Lionel Richie, Gladys Knight & the Pips and the Jackson 5. Three shows over two days, April 13-14. Tickets start at \$27. [bit.ly/2FR0ovU](http://bit.ly/2FR0ovU)

#### Taste of Hillcrest

Hillcrest's vibrant walking feast is back! With over 40 different types of cuisine, Fabulous Hillcrest offers an international tour of exciting new concepts and

comfort food favorites. Savor small bites from some of Hillcrest's most recognized and award-winning restaurants while you discover and explore an eclectic mix of shops and boutiques! \$30 presale, \$35 day of event. Noon-4 p.m. [bit.ly/2GGKfZ0](http://bit.ly/2GGKfZ0)

SUNDAY

April 14



#### SpeakUp5K

Join us for the 4th SpeakUp5k San Diego! This is a fun, family-friendly event designed by Cameron Gallagher to help eliminate the stigma associated with teen depression and anxiety. Whether you run, walk, stroll or volunteer, we want you to "SpeakUp" with us. A portion of the race proceeds will benefit the mental health initiatives of Rady Children's Hospital. 8:30-11 a.m. Embarcadero Marina Park South, 200 Marina Park Way. [bit.ly/2ucQEXk](http://bit.ly/2ucQEXk)

FRIDAY

April 19

#### Easter Bunny Teas

April 19-20. A Westgate tradition. Celebrate spring in elegance with our sumptuous signature Parisian-style afternoon tea. Delicious proof of a long love of afternoon tea, Easter tea is served with a delicious selection of house-made sweet delicacies, yummy child-friendly petit-fours, savory tea sandwiches and pastries. All accompanied with a choice of freshly brewed fine teas and a special hop-in appearance from a fluffy guest. Stay on, as the springtime cheer continues on the Riviera Terrace with an egg hunt extraordinaire and an enchanting magic performance featuring the Easter bunny. There is no finer way to indulge in the chichest of San Diego surroundings. \$79 adults, \$55 children, complimentary ages 3 and under. 2:30-5 p.m. Westgate Hotel, 1055 Second Ave. [bit.ly/2CXxa8S](http://bit.ly/2CXxa8S)

SATURDAY

April 20

#### Freedom Rider: An Art Blakey Centennial Celebration

In a career that spanned the decades between the Big Band sounds of Billy Eckstine and the modern generation of neo-traditional jazz practitioners such as Wynton Marsalis, percussion master and

band leader Art Blakey boldly blazed a trail of his own. For 35 years he led several incarnations of the Jazz Messengers through the glory years of bebop and beyond, incubating a dazzling lineup of young jazz talent along the way. Series Curator Gilbert Castellanos has assembled a stellar group of musicians, including former Jazz Messengers Brian Lynch, Bobby Watson, Bill Pierce, Donald Brown and Peter Washington, for this centennial tribute. The concert also features Freddie Hubbard drummer Carl Allen, who is former Artistic Director of Jazz Studies (2008-13) at The Juilliard School. \$24-\$76. Joan and Irwin Jacobs Music Center, Seventh Avenue. [bit.ly/2TPNT8J](http://bit.ly/2TPNT8J)

SATURDAY

April 27

#### Adams Avenue Unplugged

The annual free music festival will feature 80 artists performing on 24 stages from Kensington through Normal Heights and ending in University Heights. Restaurant, bars and coffeehouses along Adams Avenue will be hosting performances. Multi-instrumentalist extraordinaire David Lindley and Grammy Award-winner Gaby Moreno are headlining. The event also features a beer garden and free trolley service to the festival. [adamsavenueunplugged.com](http://adamsavenueunplugged.com)



#### ArtWalk Little Italy

For 35 years, Mission Federal ArtWalk has celebrated both visual and performing arts in San Diego. We believe art has the power to connect communities, cultivate new artistic talent and create a better quality of life for all through cultural enrichment. On April 27-28, Mission Federal ArtWalk will fill 16 blocks in San Diego's Little Italy neighborhood. Thousands of attendees come to view and purchase artwork, enjoy music and dance performances, and participate in interactive art experiences. [bit.ly/2HiQTbc](http://bit.ly/2HiQTbc)

#### Fine Art

Adelman Fine Art is pleased to announce that they will be representing six incredible gallery artists including ArtWalk Featured Artist, Jennifer Hannaford, at this year's Mission Federal ArtWalk in Little Italy! See us at booth #627/629 on Fir Street and at our gallery on Kettner just steps away. We have a dynamic ArtWalk Demo Schedule at both locations all weekend. 1980 Kettner Blvd. STE 40. [bit.ly/2YOiVBq](http://bit.ly/2YOiVBq)

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