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Zoo calls on citizen scientists to track endangered owls



(Photo courtesy Startup San Diego)

Annual 6-day networking event returns on May 28

By Dave Fidlin

A year ago, Bankers Hill resident Colette Mauzeralle spoke at San Diego Startup Week, the annual event that puts a spotlight on the city's startup culture and its continued emergence.

The conference features speakers helping attendees

turn their ideas into a reality as well as helping small businesses grow through developing a business plan, finding investors and hiring the right people. This is also accomplished through events during the week including pitch competitions, a career incubator, mentorship opportunities and even a startup crawl.

Mauzeralle, founder of Contour PR, said the experience has stuck with her in the 12 months since and is looking forward to continuing the enriching experience she was part of last year.

"The vibe at San Diego

see Startup, pg 17

Church leaves gentrifying North Park

Kendra Sitton | Editor

New Vision Church held its last service in North Park for the foreseeable future on Sunday, May 5. The aged buildings on the 2.2-acre site at 4353 Park Blvd. will be demolished to make way for luxury condos. Now, New Vision is expanding to a multi-site church with several congregations in urban areas of San Diego including Mid-City and Encanto.

The Park Boulevard property was sold for \$35 million last year to LMC North Park Holdings, LLC, which is owned by Lennar Multifamily Communities. After the purchase went through, New

Vision leaders looked for a place to gather in North Park or University Heights but have yet to find a location. Their main service will now be held in

Mid-City at 5310 Orange Ave., which used to be the home of Faith Lutheran Church.

see CHURCH, pg 19



Inside the sanctuary of New Vision Church's former home in North Park (Photo by Dalton Gannon)

San Diego Police defend transgender equality policies



(Photo by Kendra Sitton)

Kendra Sitton | Editor

At local community planning group meetings, police representatives typically share announcements about shift changes and offer opportunities to have coffee with their team, but during the May 7 Uptown Planners meeting, San Diego Police Department (SDPD) Community Relations Officer David Surwilo used his time to speak out against a recent San Diego Union-Tribune (SDUT) article.

"The article doesn't really reflect our city," Surwilo said in the wake of the local report on a transgender advocacy group's study that gave the SDPD low marks for its policies regarding transgender and nonbinary people.

Surwilo said that because the SDUT reporter reached out for comment on Friday, May 3, the department's media relations officer was already gone for the weekend. The article was then published Monday, May 6 without comment from the SDPD.

Backed by a recent National Center for Transgender Equality (NCTE) report that claims many of the nation's biggest police forces need to catch up to school and workplace policies regarding trans and nonbinary people, the SDUT article stirred anger and concern in the LGBT community immediately after it was published.

In response, City Councilmember Chris Ward said he would work with SDPD,

see Police, pg 13

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– Matt & Iris



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San Diego Junior Theatre parent accuses city attorney of misconduct

Kendra Sitton | Editor

As City Attorney Mara Elliott looks to get her office's budget finalized and prepared for next year's election, a fellow attorney is attempting to stymie her efforts.

At the City Council meeting on Tuesday, May 7, where Elliott presented her budget, Junior Theatre Oversight Group cofounder Matt Valenti used a public comment period to accuse the city attorney of obstructing justice. In a PowerPoint presentation, Valenti displayed an email he sent to Elliott more than two years ago, which she then forwarded to private attorney Gil Cabrera, who was representing the board of San Diego Junior Theatre (SDJT). On April 13, 2017, Elliott wrote, "Hi Gil, I haven't read the attachments yet, but remember his [Valenti's] name from our prior conversations."

Attached to the email was a letter to State Attorney General Xavier Baccera about the board Cabrera was representing, which Valenti alleged of covering up child sex abuse cases at the Balboa Park-based nonprofit.

Elliott has said the contents of the email were a matter of public record since they were sent to multiple government offices and were not confidential — something Valenti disputes. According to a screenshot of the Junior Theatre Oversight Group website Valenti posted online, the letter to Baccera was made public on their site two weeks after Elliott sent it to Cabrera.

Former San Diego County Sheriff Commander Dave Meyers watched the City Council meeting and said in a phone interview he was upset that Elliott was using the office she was elected to helm in 2016 to assist a private attorney rather than the people of San Diego.

"What really struck me, after 35 years in law enforcement, was the city attorney releases what could be sensitive information to an attorney whose sole purpose is to represent the opposition," Meyers said.

The abuse allegations stem from two main incidents. In June of 2016, Executive Director James Saba placed his hands on the shoulders of a cast member (some witnesses have said he grabbed and shook the student) after what he described to the San Diego Union-Tribune as disrespectful behavior by students. After an independent investigation by the board and the police, Saba was allowed to stay in his role and was not charged with battery of a minor.

Then in June 2017, a former teacher at the theater, Eric

von Metzke, pleaded guilty to unlawful sex with a minor. He was 35 at the time of the incidents, which occurred in the fall of 2016.

In a statement last week, SDJT said, "The incident with Eric von Metzke was not ignored, nor covered up. A police report was promptly filed by Executive Director James Saba, and von Metzke was arrested and convicted. The situation was handled swiftly because strong safety standards are already in place."

"Mr. Valenti's allegations against me and my office are baseless, outrageous and defamatory," Elliott said in a statement. "As a mother and as city attorney, I take allegations of child abuse very seriously."

"The City Attorney's Office prosecutes cases brought to this office by a law enforcement agency. No report of abuse involving Mr. Saba was ever sent to our office by law enforcement. Nonetheless, our office's Domestic Violence and Sex Crimes Unit reviewed the matter, and they confirmed that police had investigated the allegations and no charges were brought against Mr. Saba."

Many parents involved in SDJT have rallied behind Valenti's efforts to uncover whether the board did enough to address warning signs that von Metzke was a predator.

One such parent, Francia Cohen, testified before City Council.

"I was a witness to the Executive Director Jimmy Saba the day that he grabbed (the student) and went into the girls dressing room. Because I was trying to tell the truth and tell everyone that I knew, Gil Cabrera sent me a cease-and-desist letter. He threatened to sue me if I spoke anything about what happened."

Cohen said she was falsely accused of breaking and entering SDJT while working on a show, something the police investigated and dismissed. "The reason that they had said that is because they were trying to intimidate me and it worked. I had high anxiety," Cohen said. "They are all lying to cover up [for] their friend Jimmy Saba. We have to look out for the safety of our children."

Following Valenti's presentation at the May 7 meeting, Chris Ward — who is the City Council representative for District 3 (home to Balboa Park, where SDJT is located) — said there were some substantial allegations that merit a full investigation. However, Ward said it would likely be under the purview of the district attorney or Baccera himself.

—Kendra Sitton can be reached at kendra@sdnews.com. ❖



The Valenti family and other San Diego Junior Theatre parents surround Matt Valenti as he testifies before City Council. (Photo by Kendra Sitton)



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30th Street a step closer to bike lane

North Park planners vote to eliminate hundreds of parking spots to add fully protected bike lane

Kendra Sitton | Editor

In a 7-6 vote at their meeting on Tuesday, May 14, the North Park Planning Committee decided to support a fully protected bike lane along a 1 ½-mile stretch of 30th Street, which would eliminate hundreds of existing parking spots. In a separate vote, which garnered support from all of the members who wanted to preserve some parking spaces along the busy road, the group added a set of recommendations for the city of San Diego to consider when implementing the bike lane. The

suggestions included studying how many bikes utilize the lane in the annual checkup of the Climate Action Plan, tracking the number of fatalities and injuries on the street, and annually reporting on the financial impact the change is having on community businesses.

Their vote departed from North Park Main Street, which represents businesses in the area. The Main Street organization voted in favor of Option B for Segment 1, which would have preserved half of the 400-plus parking spaces from Howard Avenue to Upas Street; and created floating

parking lanes to form a barrier between bicycles in a lane next to the curb and moving vehicles in the center of the street. This was decided in a re-vote requested by members on May 9. The business group had previously pledged support for Option A, a fully protected bike lane, in Segment 2, which will mainly affect the residential properties from Upas to Juniper streets.

Opponents of the bike lane came out in full force to the meeting compared to the initial information meeting on April 16, which was dominated by cycling advocates.



A bicycle parked outside the North Park Planning Committee meeting
(Photos by Kendra Sitton)

Their comments did convince a few of the board members to support the floating parking option instead of the fully protected bike lane, but they were still outnumbered by the rest of the board, many of whom ran on a pro-transit and pro-density platform.

“What I want to do is get rid of the option because it is arrogant to think that we want to have a minority controlling a city asset,” said Matt Thompson, a Utah Street resident.

Vernita Gutierrez, who represented the SoNo Neighborhood Alliance, said she is vehemently opposed to Option A for the bike lane. “I’m not opposed to bike lanes totally, but I don’t know why it has to be on the main artery. Why not the side streets? I haven’t heard a compelling argument for why it can’t be on streets parallel to 30th. This is really typical of the city and our elected officials to cater to (the) bike lobby and developers,” Gutierrez said.

The current bike lane on Utah Street was brought up repeatedly during the meeting as it runs parallel to the proposed bike lane on 30th Street. Bike lane opponents, many of whom are either business owners or decades-long residents, argued cyclists should be using the existing bike infrastructure instead of taking away from the already overburdened street parking in the area. However, members of the board who regularly bike pointed out that although there is a bike lane on Utah, it is not protected with a barrier at any point and disappears entirely at other points. In addition, it does not connect to South Park so it is not as useful to commuters.

While there were less speakers in favor of the bike lane at this meeting compared to the April 16 meeting, many were still influential figures in the area, including City Council District 3 candidate Chris Olsen, as well as Clint Daniels and Brer Marsh, from the Uptown Planners community

advisory board.

Despite the loud and sometimes rowdy opposition from the crowd, the majority of the board was not swayed from their previous pledges to support the bike lane. Some even said it would help alleviate other problems the community is facing like that of electric scooters.

“Scooters need to be addressed and integrated in our mobility options more generally. One issue a lot of people have raised in these meetings in the past is the presence of scooters on sidewalks which is obviously dangerous and illegal,” board member Eduardo Velasquez said. “If we want to get scooters off the sidewalks, another thing we can do is create better protected bike lanes so the scooter riders will feel safe integrating with general traffic.”

Another repeated concern was elderly and disabled people being unable to access businesses without nearby parking. While the street will still have to be compliant with the Americans with Disabilities Act according to federal law, the board included in its list of suggestions that the city should evaluate nearby side streets for disabled parking and loading zones.

Some board members expressed a willingness to reevaluate the decision and even bring back parking along the street in a few years if the bike lane does not bring in the promised increase in cyclists and causes a detrimental financial impact on businesses.

“This is an important moment. Change is always hard,” Velasquez said.

Based on this community input, Councilmember Chris Ward will be making a recommendation to Mayor Kevin Faulconer about the repaving project. The mayor will make the final decision on what could be the first protected bike lane in North Park.

—Kendra Sitton can be reached at kendra@sdnews.com.

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Many longtime residents and business owners lined up to give their input on the proposed bike lane.



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Letters

I am sorry to see your slanted coverage of the bike lane on 30th issue. No one on the side against the installation of a bike lane was quoted, while several advocates were. This is not balanced reporting, it is an editorial! There are good arguments in favor of the lanes, but there are also points that support not installing them on 30th Street. You made NO mention of the fact that there is already a bike lane on Utah to Upas.

I have no problem with you publishing an editorial supporting your position on the issue, but your front-page article is masquerading as news, not an opinion piece.

I now know not to read your paper for news.

— Cathy Greene, North Park

I applaud the idealism of those who want to create a world in which large numbers of cars are displaced by bikes. But implementing such a model in North Park by adding protected bike lanes to 30th Street at the expense of most or all of the parking is an experiment in social engineering that gambles with the livelihood of merchants and their employees. We may wish biking

would relieve traffic congestion on 30th Street but it isn't a workable solution.

Where bike lanes have been established in San Diego, the majority aren't being used enough to warrant their cost and disruption to busy roads. On a recent sunny, weekend morning I walked along University Boulevard from Park Boulevard to Front Street and saw only two bikers using the new bike lanes. When I walked back two hours later, there were none.

Businesses along University Boulevard have not been helped by the removal of parking and I fear many stores along 30th will suffer the same result. Even though parking is being added to adjoining streets, delivery trucks, emergency vehicles and customers, especially the disabled and elderly, require easily accessible parking in order to maintain and increase the vibrancy and security of the North Park community.

North Park is an old neighborhood and some streets, such as 30th, can't be retrofitted to please everyone's needs. Compromises must be made such as protecting the existing bike lane on Utah Street, expanding it onto 30th only when it crosses Switzer Canyon and then



The initial information meeting at North Park Planning Committee about the proposed bike lane drew a large crowd. (Photo by Kendra Sittton)

moving it off of 30th and onto less traveled streets.

But more bike lanes are hardly a total solution to fulfilling our city's climate action plan. The discussion about 30th Street needs to be more comprehensive. Other possibilities, such as self-driving cars, smart traffic controls, and a proposed 30th Street trolley line may provide more effective ways of relieving congestion in the future. Painting stripes on pavement is a cheap way for our city to pat itself on its back for addressing climate change. I think North Park deserves much more.

— Jennifer Sarff, North Park

Guest Editorial

Three weeks later: Our imperative to resurge following an anti-Semitic terrorist attack

By David G. Wang

Just half a week after the domestic terrorist attack at Chabad of Poway, I received a text from my brother. As a first-year student at Columbia University engulfed in final exams, I found his "how are you?" particularly refreshing. Diverting momentarily from our banter on family and classes, with the synagogue shooting lingering on my mind, I tacked on "And how is San Diego?" to the end of our messages. Buried beneath my brother's anxieties about Advanced Placement exams and high-school course selection were four words — his reply — that made me scoff: "San Diego is reeling."

My laughter about a subject so somber surprised and stung me. Yet, upon further introspection, I realize that the spontaneous, scornful sounds that had slithered from my throat were not unfounded. In a Columbia dining hall just a few nights prior, I had watched as "hundreds" filled Valle Verde Park for a candlelight vigil. In San Diego County — a city of 3 million "strong" — would you not expect more to show up to memorialize its fallen, especially on a Sunday evening?

What had been my scorn became my sorrow. Despite murder and blatant anti-Semitism, my community's outrage was tired and short-lived. Despite an inundation of "this can't keep happening" posts on my Facebook feed, my neighbors' activism rarely surpassed a like. Despite all-caps, sans serif headlines that plastered the CNN homepage for a few hours of April 27, sweeping action against anti-Semitism and domestic terror by my reeling community had not, has not, and will seemingly never come.

A tremendous disparity exists between how we Americans respond to foreign and domestic terrorism. For the former, our nation has spent nearly 1 trillion dollars in Afghanistan — the longest-running war in its history. For the latter, domestic mass shootings and bubbling extremism receive thoughts, prayers, and failed demonstrations alone.

One explanation for this gap is what Harvard Law School Professor Cass Sunstein calls the "Goldstein Effect." Sunstein postulates that an identifiable perpetrator is essential to fueling outrage and spawning tangible democratic change.

While our hands pinned radical Islamic terrorism on Osama Bin Laden, to whom do our fingers point for domestic terror and anti-Semitism? No one. For this reason, these evils are especially foul. They are poisons without a distinct scent; they fly undetected until hatred becomes bullets and blood. As San Diego has proven, it takes just two weeks for us to lose their scent trail again; our inability to identify a perpetrator for the root causes of the Chabad attack is a consequential shortcoming for our city's response.

Given this challenge, what then are we supposed to do? Another culprit for our inaction is the lack of solutions we hear. While the media swarms to cover Elizabeth Warren's proposal for student debt relief or Donald Trump's for a coal-powered energy revolution, no one widely covers resolutions to anti-Semitism or domestic terror.

When Fox News' debates on these topics stream and scream through our screens, we further become conditioned to these debates' fundamental premise: that anti-Semitism and domestic terror may be debated,

that their threat may not be real. According to the canonical psychological work of Amos Tversky and Nobel laureate Daniel Kahneman, any information made more available to us more rapidly grafts into our conscious. Therefore, these skewed messages about anti-Semitism and domestic terror distort our perception of the synagogue attack and sedate our urgency.

When texting my brother Wednesday, I probed further, "Is SD actually reeling?" He responded, "No. Honestly not really."

While languor summarizes our present, action and activism must define our future.

In his op-ed in the New York Times, Rabbi Yisroel Goldstein of Chabad of Poway resurges in pride and resolve to never fear his Jewish identity and faith again.

San Diego, it is our turn to surge forth too. Although I write to call us out for our lukewarm reaction to a domestic, anti-Semitic terror attack in our home, I doubly call us in to rupture our idleness.

While there is no easily identifiable perpetrator to blame for anti-Semitism and domestic terror, let us seize responsibility to fight back anyway. While many of us have no Jewish blood, let us comfort our Jewish neighbors who lost theirs. While many of us possess no Judaic faith, let us invite others to fortify the memory of this tragedy, inspire outrage against anti-Semitism, and pursue change even if we cannot completely fathom it. Only then, will our "this can't keep happening" become a victorious affirmation that it won't.

— David G. Wang is a San Diego native and first-year student at Columbia University in the city of New York.

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Atkins on wildfire risks: ‘Inaction is not an option’

California Senate leader Toni Atkins (D-San Diego) says the time is now to reform state policies surrounding the confluence of wildfire, climate change and energy. She is urging residents in San Diego and throughout California to educate themselves about wildfire risks where they live.

“Inaction is not an option,” Atkins said. “Climate change is here, and it’s threatening our communities, our energy systems, our economy and our way of life. With wildfires increasing in frequency and intensity, we’ve seen what can happen if we don’t act. The costs to human life and well-being are unacceptable.”

Fire season is now a

year-round phenomenon, and the fires are growing ever more ferocious. Six of the 10 most destructive wildfires in California history have raged within the past two years, including the worst one — last year’s Camp Fire, which killed 85 people and destroyed more than 18,000 structures, including most of the town of Paradise, as it torched more than 150,000 acres.

San Diego County experienced the front end of what could be called the modern wildfire plague in California. The Cedar Fire of 2003 and the Witch and Harris fires of 2007 — respectively the fourth, sixth and 19th most destructive fires in our state’s history

— destroyed a combined 5,018 structures and killed 25 people.

In response to those blazes, San Diego Gas & Electric (SDG&E) invested more than \$1.5 billion on wildfire mitigation and grid resiliency. SDG&E, one of three investor-owned utilities that supply energy to California homes and businesses, is now considered a national industry leader in recognizing the presence of conditions that create wildfire danger and neutralizing the threat.

Despite that, two leading credit agencies have recently downgrading the utility’s rating, each citing catastrophic wildfire risks.

“I applaud SDG&E’s

innovative efforts,” Atkins said. “Still, it’s clear that we need comprehensive reforms to better manage growing fire risks.”

Meanwhile, Pacific Gas and Electric Company (PG&E), the state’s largest investor-owned utility, serving more than 16 million ratepayers across Northern and Central California, has entered bankruptcy, due to costs incurred from its role in numerous recent wildfires. Southern California Edison and SDG&E have warned that they could be just one fire away from joining PG&E in seeking Chapter 11 protection.

In April, Governor Gavin Newsom released a comprehensive report on the danger that

wildfires create for California’s economy, energy infrastructure and public safety amid advancing climate change.

Atkins said the Senate is currently digging into the details of the governor’s report in advance of proposing policy changes. “The priority of Senate Democrats will be protecting ratepayers, fire victims and the reliability of electric and gas service to California’s consumers,” she said. “While we continue our recovery and rebuilding efforts in the communities devastated by recent wildfires, we also have to decide how we will respond to future disasters. We must take proactive steps to limit the damage.”❖

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Notes
from Toni
Toni G. Atkins



Recently, the president talked about closing the border between the United States and Mexico. That would be a monumentally terrible idea, and fortunately, he quickly changed his position, first saying he would wait a year and then saying he didn’t think he’d ever have to close it.

I hold hope that if he changes his mind again, he would ultimately listen to the chorus of voices saying such a move would be economically and culturally devastating for the San Diego region, California and the country — and carry

damaging ripples into the global economy.

Mexico and California have become inextricably linked — and that’s a good thing! Mexico is California’s largest export market, supporting more than 566,000 jobs north of the border.

If Baja California were a country, it would be San Diego’s second largest trading partner, behind only Mexico itself. The collective manufacturing supply chain for our binational mega-region (San Diego County, Imperial County and Baja California) accounts for \$2.5 billion in trade.

Numerous companies in our region have a robust cross-border presence, such as Cubic, Becton Dickinson and Company, and Kyocera. Cubic, for example, has 400 employees

in Tijuana. The defense and transportation-technology company’s southbound exports are worth more than \$59 million per year, and its northbound imports account for nearly \$33 million.

An average of 137,000 border crossings between San Diego and Tijuana occurs every day, with people traversing the international boundary for work, school and tourism. More and more Americans are living in Mexico and commuting across the border, due in part to the rising cost of living in California and thanks to the vibrant culture of Tijuana and

beyond.

The Valle de Guadalupe wine region, for instance, is experiencing tremendous growth and has become an enormously popular destination. Tijuana is rich with cutting-edge visual artists and innovative culinary experiences.

Meanwhile, the Cross Border Xpress, the world’s first binational airport terminal, connecting the United States with the Tijuana Airport, has become an increasingly common way for San Diegans to travel by air. Nearly 2 million passengers used the Cross Border Xpress in 2017.

On a bipartisan and widespread basis, elected officials, business leaders and other regional advocates understand that this economic and cultural exchange is extremely good for San Diego County, California and Baja California.

I will continue to be an enthusiastic supporter of all efforts to bring our two countries, and our peoples, together.

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

Medicare Helps Seniors Use Opioids Safely

By Greg Dill

If you get injured or have surgery, your doctor may prescribe opioids, a class of drugs used to treat pain.

Although opioids can be an important part of treatment, they carry serious risks of addiction, abuse and overdose, especially if used continuously. This is true even for seniors and other people with Medicare coverage.

While illicit use is part of the opioid epidemic, prescription opioids provided by physicians can also be a problem when not used carefully. Since Medicare pays for a significant amount of prescription opioids, we strive to ensure appropriate stewardship of these medications that can provide a medical benefit but also pose risks.

That’s why Medicare has developed new policies for Medicare prescription drug (Part D) plans, doctors and pharmacists to help you use opioids safely. Medicare is also using new drug-management programs to look for potentially high-risk opioid use.

The new policies aren’t “one size fits all.” Instead, they’re tailored for different types of Medicare prescription opioid users. These policies don’t apply

to people living in hospices or long-term care facilities, receiving palliative or end-of-life care, or being treated for active cancer-related pain.

When a prescription is filled, Medicare drug plans perform additional safety checks and may send pharmacies an alert to monitor the safe use of opioids and certain other medications.

Safety checks may cover situations like:

- Possible unsafe amounts of opioids. The pharmacist or Medicare drug plan may need to more closely review a prescription with the prescribing doctor if a patient has one or more opioid prescriptions that total more than a certain amount.
- First prescription fills for opioids. These may be limited to a 7-day supply or less for acute pain if a patient hasn’t recently taken opioids (like within the past 60 days). This safety check applies only to new users of prescription opioids.
- Use of opioids with benzodiazepines. Benzodiazepines are a class of drugs commonly used for anxiety and sleeplessness, which can be dangerous when taken in combination.

see Medicare, pg 9

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Who should be your financial advisor?

Uptown Money
Steve Doster



Editor's note: This is part two of a two-part series

Last month, we talked about how important it is to work with a fiduciary when selecting a financial advisor. This month, we will dig deeper into additional criteria to consider before making that final decision.

There are many companies creating a service generally called "robo-advising." These software programs can manage your portfolio with no human involvement. And this can be done at a very low cost.

When looking at using these robo-advising services, though, it's crucial to consider the importance of working with a real person. There is value in clients having a place where they feel safe talking about money and retirement. Most family members, friends and even spouses rarely talk to each other about their salary, savings and retirement goals. It is a taboo topic.

Vanguard, the largest mutual fund company in the United States, researched this area in their Advisor Alpha Study. According to Vanguard's research, behavioral coaching is the single

most impactful skill a financial advisor provides their clients. Behavioral coaching allows the advisor to know a client's weaknesses and habits around money and use techniques to have the client make better financial decisions. A great example of this is the human fight-or-flight survival instinct. During a severe market downturn, the brain kicks into survival mode and forces investors to flee the market. Of course, this is the exact opposite of what an investor should do. With behavioral coaching, mistakes like this are avoided. In fact, Vanguard's research study estimated behavioral coaching can add an additional 1.5% per year over a long-term investment horizon.

Morningstar, an independent mutual fund research firm, discovered that investors value their advisor mostly for the technical knowledge and expertise. However, it is the behavioral coaching that provides the most value to investors.

When you have your potential financial advisors filtered down to those that are fiduciaries and have the right experience and credentials, then it's time to focus on the human aspect. This is where the true value of your relationship exists.

Ask your prospective financial advisor questions like these to see if they can

provide valuable behavioral coaching:

- How do you help clients manage emotions and stress during market corrections?
- Will you educate me on personal finance issues?
- What are some examples of how you can provide peace of mind about retirement and achieving my goals?
- What are some ways you can save me time and make my life easier?
- How will you help me avoid running out of money?

There isn't a right or wrong answer to these questions. Allow your instincts to guide you as you listen to the responses. Trust yourself! You will be trusting this person with your financial life, so make sure it feels right.

If you would like to take things to a deeper level, you can get into specific areas of how your financial advisor will help you. Ask some questions like these:

- Will you help me understand employer benefits?
- Will you provide a detailed savings strategy?
- Will you coordinate with my CPA and estate planning attorney? If so, how?
- Do you perform year-end tax planning to implement strategies like Roth conversions or charitable giving?
- Do you tax loss harvest if the opportunity arises?
- Will you help with Social Security benefits and when to start taking them?

• Will you help work through different long-term care insurance options?

• How do I withdraw money from my accounts?

These are just a few areas that provide value beyond managing your investments. Understand what this prospective advisor will do for you. Compare services among different advisors to discover the varying level of services.

We've gone through a lot in two articles. This information can be an excellent resource for you when it's time to begin the search for a financial advisor. Remember, the absolute must-have criteria in choosing your financial advisor is that they are a fiduciary (see part one of this series, which ran on May 3). Confirm they have the necessary experience and expertise. After these steps, get a sense of their behavioral coaching skills and how they align with your personality. Remember, this is someone who will get you through tough times. And finally, look to the additional areas they offer beyond investment advice and behavioral coaching. It can be a long process to find a financial advisor, but when you find the right person for you, you will see it was time well spent.

— Steve Doster, CFP, is the financial planning manager at Rowling & Associates — a fee-only wealth management and CPA firm helping individuals create a worry-free financial life. Rowling & Associates helps people with their taxes, investments, and financial planning. Read more articles at www.rowling.com/blog.

FROM PAGE 7

MEDICARE

If a prescription can't be filled as written, the pharmacist will provide a notice explaining how the patient or doctor can contact the Medicare drug plan to ask for a coverage determination (the first coverage decision made by the Medicare drug plan). The patient or doctor also can ask the plan for an exception to its rules before the patient goes to the pharmacy, so they know whether or not the prescription will be covered.

If a beneficiary gets opioids from multiple doctors or pharmacies, the beneficiary may need to receive their medications from specific doctors or pharmacies to ensure appropriate care coordination. The plan will send the beneficiary a letter if it will limit their access to these medications under its drug management program. If so, the beneficiary and his or her doctor have the right to appeal.

Medicare's new opioid policies encourage collaboration and care coordination among Medicare Part D drug plans, pharmacies, prescribers, and patients in order to improve opioid management, prevent misuse, and promote safer prescribing practices.

Medicare is committed to addressing the opioid crisis and helping our beneficiaries use prescription opioid pain medications safely. More information about safety checks and drug management programs is available on Medicare.gov at Medicare drug plan coverage rules.

— Greg Dill is Medicare's regional administrator for Arizona, California, Nevada, Hawaii, and the Pacific Territories. You can get answers to your Medicare questions by visiting www.Medicare.gov or calling 1-800-MEDICARE (1-800-633-4227).

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The **Hillcrest Farmers Market** recently doubled the number of chairs, tables and canopies in its food court area to provide ample shaded seating for those purchasing dishes prepared onsite.

In addition, several new San Diego-based vendors have arrived since the start of spring. They include: **Fresh Flavors Chutney**, which sells six different chutneys created by Madhulika Achal from India. There is also **Marley's Pet**

Planet Dog Beer specializing in a fermented non-alcoholic beverage for canines; **Grandma Sally's Farm** out of Chula Vista, which brings in fresh herbs, mini beets and other seasonal veggies; **Ritual Energy**, a maker of healthy bars containing 100 milligrams of caffeine; and **Veg-N-Out**, a purveyor of pea-protein burgers, vegan bratwurst and home-made sauces.

Vendor manager Mark Larson says the current number of food and merchandise sellers has reached 176 — and there's still room for several more.

"We now rank as the largest farmers market in the city of San Diego," he added.

The market runs from 9 a.m. to 2 p.m. every Sunday along Normal Street between University Avenue and Lincoln Street. For more information, call 619-237-1632 or visit hillcrestfarmersmarket.com.



These unique, caffeinated bars are now available at the Hillcrest Farmers Market. (Photo courtesy Ritual Energy)



A paleo bakery celebrates a milestone anniversary. (Photo courtesy Paleo Treats)

Paleo Treats in Normal Heights is celebrating its 10-year anniversary beginning May 25. The company, owned by Lee Selman and her husband, Nik Hawks, touts itself as the first paleo bakery in the nation and the only one in San Diego. It launched originally from a tent in 2009 at Cross Fit Games in Northern California. Soon after, the couple grew it into a direct-to-consumer business before moving the business into its current retail space a couple years ago.

The celebration kicks off with a day of raffles and samples followed by daily samples from its six-item product line through the end of June. The treats include chocolate bars with nuts and raisins, assorted cakes and espresso brownies, all of which are free of gluten, grains, dairy and starches. 4662 30th St., 619-795-2203, www.paleotreats.com.



Fashion Valley Mall's latest food tenant specializes in grass-fed beef burgers. (Photo by Frank Sabatini Jr.)

Carlsbad-based **Pure Burger** has opened a new branch on the lower level of **Fashion Valley Mall**, just under the **AMC Theatres**. Known for using organic grass-fed beef that is ground daily onsite, the burgers are handmade to order and served on white, whole-wheat or gluten-free rolls. Lettuce wraps are available as well. Topping choices

include Tillamook sharp cheddar, fresh jalapenos, avocado, alfalfa sprouts, pineapple and more.

The menu extends to grass-fed bison burgers, Jidori chicken sandwiches, vegan Impossible burgers and gluten-free french fries cooked in non-GMO rice bran oil. 7007 Friars Road, 760-683-5101, www.pure-burger.com.

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Los Angeles-based **Elite Restaurant Group** recently purchased the three remaining locations of **Project Pie** in San Diego County, which includes the outlet at 3884 Fourth Ave.

in Hillcrest. The others are in Chula Vista and Eastlake. A source connected with the sale tells us the restaurant group will likely convert the Project Pie eateries into **Patxis Pizza**

shops, a brand-name concept it has established in cities throughout California and Colorado. The company also owns **Slater's 50/50** and **Daphne's** restaurants. www.patxispizza.com.



An Italian restaurant driven by two Michelin-star chefs has opened at the intersection of Fifth Avenue and Laurel Street. (Il Dandy Yelp page)

Bankers Hill has seen the much-anticipated arrival of **Il Dandy**, an Italian restaurant of striking midcentury design located on the ground floor of the famed "Mister A's" building.

The venture was launched in part by Dario Gallo of Little Italy's **Civico 1845** and chefs Antonio Abbruzzino and his son, Luca — recent transplants

from Italy who earned Michelin stars for their restaurant back home called **Ristorante Abbruzzino**.

Open daily for dinner, meals potentially start off with house-baked bread, salted cod and slow-cooked pork belly before progressing to fuller plates such as pumpkin-truffle pizza, wheat pasta with rabbit ragu, and dry-aged rib-eye with

artichoke salad. The space features an outdoor patio and will soon open a small offshoot dining area called **Arama** for intimate multi-course meals based on the whims of the chefs. 2550 Fifth Ave., Suite 120.

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

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Fusion without confusion

Restaurant Review

Frank Sabatini Jr.



Ever since fusion cuisine came into vogue some 30 years ago, I've encountered ethnic pairings ranging from tastefully harmonious — like French-Vietnamese and Greek-Persian — to downright outrageous, such as the forgettable dishes made by a long-defunct Downtown restaurant that merged the cuisines of Italy and China.

Orange chicken Parmesan? No thanks.

I was admittedly a little skeptical when hearing about Medina Moroccan-Baja Kitchen, which sits adjacent to Barn Brewery on El Cajon Boulevard. The indoor-outdoor space last housed Cruiser Taco, a rudimentary prelude to new tenant Alia Jaziri, who ties together her Tunisian heritage with a love of Mexican food she acquired from growing up in San Diego.

Tacos are indeed still served here, but they aren't your Southern California variety. They instead borrow from North African staples such as preserved lemon, tzatziki and house-made spicy lamb sausage, known as merguez.

Twists abound. In a mahi fish taco, for example, the customary white sauce is swapped out for pinkish aioli combining chipotle with equally spicy harissa, a common Tunisian condiment infused with chilies, coriander and caraway seeds. And it works quite well.

The chicken "asado" taco, too, is anything but traditional. The myriad ingredients used for marinating the poultry

— turmeric, cinnamon, green olives and preserved lemon — reveal you're biting into something influenced by a faraway land. Yet in its folded construct, it still comes off as familiar food from Baja.

Jaziri was exposed to North African cooking by her father, who ran a Tunisian-French cafe in San Francisco years ago. She also spent summers in Tunisia, where she'd cook with her grandmother. Though as a native San Diegan and frequent Baja traveler, she reveled in Mexican food.

After attending law school and working in the tech industry, the idea of going commercial with her knowledge of the two cuisines called. Thus, she launched a food truck in San Francisco while living there for a while, and then after recently returning to San Diego, she opened the casual restaurant she long wanted.

Visiting with a vegetarian friend, we took a table just yards away from the open, front deck. The space inside is bright and soothing with aqua-colored walls and decorative tile-top tables.

My friend took particular delight in the "veg" bowl combining couscous with roasted sweet potatoes, black beans, toasted pepitos, tomato-cucumber pico de gallo, and roasted corn cut fresh from the cob. The flavors and textures blended seamlessly amid a light cloaking of Dijon-tarragon vinaigrette. That same dressing accented the house salad loaded with seasonal veggies.

The lamb sausage is a must. It appears as a protein option in either a taco, couscous bowl or the famous North African egg-veggie dish called shakshouka.

Medina Moroccan-Baja Kitchen

2850 El Cajon Blvd.
(North Park)

619-230-5037,

www.medinakitchen.com

Prices: Tacos, \$4.50 to \$5.50; bowls, \$12 and \$13; shakshouka skillet, \$10 to \$13.50; sides \$3 and \$5

Shaped into thin links, I had the feisty well-spiced lamb tucked into the taco, which also contained arugula, pickled onions and queso fresco — all swaddled in grilled pita bread. If there was ever a single dish in which Mexico and Morocco meet, this is it. Every bite offered heat, crunch, softness and creaminess.

The main event for me, however, was the shakshouka presented in a cast iron skillet. It's the only non-fusion dish on the menu, sticking traditionally to its North African roots with braised bell peppers and other veggies set in a light tomato sauce. In the middle is a partially sunk poached egg.

I ordered the dish with the aforementioned spiced chicken, which elevated the arrangement to that of a Moroccan tagine (clay pot) meal, but sans the couscous. Yet with the oozy egg involved, it tasted even better in comparison.

As Jaziri explained, shakshouka is a lunch or dinner entree that doubles as a breakfast item. Served with grilled pita, it makes for a complete, filling meal.



Chef-owner Alia Jaziri (Photos by Franka Sabatani Jr.)

Given Medina's small kitchen, the menu is concise with only a few other taco and bowl options available. There are also several sides, which include some very good truffle-garlic-Parmesan french fries cut additively thin.

Beer and kombucha are on tap, although if you come knocking for more of a North African experience, we found that a pot of

Moroccan-imported tea served with honey made for a soothingly exotic beginning and end to our visit.

—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.



Shakshouka skillet with chicken

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(l to r) Lamb sausage and mahi tacos

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City of San Diego gives zoo Recycler of the Year award



(Photos courtesy San Diego Zoo)

San Diego Zoo Global has been presented with a Recycler of the Year award by the city of San Diego, in recognition of the organization's successful and innovative recycling program. The Recycler of the Year awards, now in their 27th year, were presented by the city's Environmental Services Department during a ceremony at the San Diego Central Library on Wednesday, May 1.

The SDZG programs include composting food waste, using a green-certified laundry for staff uniforms and instituting an ongoing change-out program for LED lighting fixtures.

"San Diego Zoo Global continues to implement new methods to increase our diversion of materials going to local landfills and to encourage guests to do the same," said Adam Ringler, director of performance

improvement at San Diego Zoo Global in a press release. "At our San Diego Zoo facility, we worked closely with summer camp kids in 2018 to encourage zero waste after finishing their lunches by limiting plastic and using recyclable and compostable methods for disposal. Kids in camp were also taught the importance of bringing refillable water bottles, so plastic can be reduced."

The Recycler of the Year Awards are designed to help San Diego achieve its Climate Action Plan and Zero Waste goals. With the ultimate goal of having zero waste end up in landfills by 2040, the Climate Action Plan is working to reduce greenhouse gas emissions in the city by 50% and to generate all electricity used in the city from renewable sources by 2035. Similarly, the city's Zero Waste Plan established intermediate goals of diverting 75% of all trash by 2020 and 90% by 2035.

Wildwatch Burrowing Owl invites the public to help with wildlife research



After two years of success with an online "crowdsourcing" effort

to help track giraffes in Kenya, San Diego Zoo Global is launching a new citizen science program in Southern California — inviting the public to help save an important bird species in San Diego County by classifying photos online. Western burrowing owls are found in grasslands and prairies throughout North America, but local populations in San Diego are at risk of going extinct. Starting May 13, anyone with a computer or a smartphone can visit wildwatchburrowingowl.org on Zooniverse, the largest online platform for crowdsourced volunteer research. Online participants will help researchers by classifying thousands of photos from remote-activated trail cameras — normally only seen by conservation scientists — to help follow a family of western burrowing owls as they set up their burrows, hatch and raise chicks, catch prey and protect their domain.

"We are very excited to launch Wildwatch Burrowing Owl and invite volunteers to contribute," Colleen Wisinski, conservation program specialist at the San Diego Zoo Institute for Conservation Research, said in a press release. "We use trail cameras to gain valuable information about how the burrowing owl population in San Diego County is doing, including how many owlets are raised each year and how much food they are able to find."

More than 10 million images have been captured by motion-activated cameras in San Diego County. After collecting the photos, researchers would

normally catalog each image, identify and count the birds, and document their behavior — a task that could take them years to complete. Wildwatch Burrowing Owl allows the public to help view and sort these photos, which will save valuable time, allow scientists to move forward with their conservation work faster and collect a wealth of conservation data.

Volunteers will be asked to identify what is pictured in each new trail camera photo by choosing from a list. Every image will eventually be viewed by multiple volunteers, to ensure that photos that are not needed are filtered out.

Western burrowing owls are small, long-legged birds that live in open landscapes of North and South America. Unlike other owl species that live in trees, these owls make their homes in abandoned California ground squirrel burrows, prairie dog burrows or rattlesnake dens. They use their long legs to further excavate these underground tunnels, creating enough room to store food and lay eggs.

As burrowing owl populations continue to decline throughout western regions of North America, the state of California has listed them as a Species of Special Concern due to multiple factors, including continued habitat loss. Burrowing owls are grassland specialists and require short, open grassland to thrive. Unfortunately, intact native grasslands are rare in Southern California, and the suitable habitats that remain are severely impacted by

increased human development.

San Diego Zoo Global takes part in a multi-agency burrowing owl conservation strategy that has been developed over the past eight years. The forward-looking plan includes monitoring the existing population while searching for suitable habitats to establish new colonies throughout San Diego County. Conservationists are working to help birds that could be impacted by planned development by establishing additional secure breeding nodes in the county — reducing their risk of local extinction.

"Because we gather so many images every year, we rely on the help of volunteers to comb through all of the photos and help us identify what is in each one. Now, we have the ability to enlist the help of even more citizen scientists and share our passion for burrowing owl conservation," Wisinski said.

The public can also view San Diego Zoo Global's new Burrowing Owl Cams — a live video feed from the San Diego Zoo Safari Park that lets viewers watch a pair of off-exhibit burrowing owls as they establish and manage their burrow. Along with being able to watch the birds' above-ground activities, viewers are also led into the dark to witness what goes on inside these birds' underground home, where eggs are incubated and chicks are raised. The new Aviary Cam and Burrow Cam are viewable online at sdzsafaripark.org/cams/burrowing-owl-cams.

see Zoo story, pg 20

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Freedom Bell gets permanent home

America's Freedom Bell was unveiled Wednesday, May 8, at its new home, San Diego's Veterans Museum in Balboa Park. Created to allow every American the opportunity to ring the bell to honor those who have served our nation, it has since traveled widely to Independence Hall, Arlington Cemetery, Pearl Harbor, Normandy Beach, and many other sites on national holidays and historically significant dates, but San Diego will be its first permanent home. Since its inception, over 5 million Americans have rung it to honor a family member or friend since it was cast in 2013.

With personal messages read from President Trump, Secretary of Defense Patrick Shanahan and others, the bell was rung proudly by San Diego Medal of Honor winners Robert Madrzewski and Jay Vargas, as well as veterans from all military conflicts including WWII, the Korean War, Vietnam War, Desert Storm and the Afghanistan/Iraq War. San Diegans are welcome to visit the bell at the museum and ring it in honor of a friend or loved one that has served in the U.S. armed forces. Esteemed guests included San Diego Mayor Kevin Faulconer; President of the Veterans Museum Jack Harkins; and Richard Rovsek, founder of the Spirit of Liberty Foundation, who created the bell.



(l to r) Richard Rovsek, Medal of Honor recipient Jay Vargas, Mayor Kevin Faulconer, Medal of Honor recipient Robert Madrzewski, and Jack Harkins
(Photos courtesy Veterans Museum)



America's Freedom Bell



WWII veteran/Pearl Harbor survivor Stuart Hedley and Korean veteran Virgil Whitehead ring the bell.

FROM PAGE 1
POLICE

trans and nonbinary San Diegans, and the San Diego LGBT Community Center (The Center) to address the needs of the community.

However, there is one major caveat to the NCTE study: it is based on what policies are made publicly available. SDPD said they have trained officers on how to interact with transgender people since 2014 in training bulletins entitled "Police Interaction with Transgender Individuals" and "Transgender Employees." However, those materials are currently private.

In a statement, SDPD said, "We provide our officers extensive LGBT training in the police academy and continued ongoing professional training, which includes state-mandated training. All of this training occurs throughout our police officers' careers."

According to the SDPD statement, new officers tour the LGBT Center and representatives from The Center have visited substations to train officers on LGBT-related matters and cultural competency.

Uptown News reached out to The Center for comment but they did not respond to repeated calls.

SDPD touts its emphasis on community policing and engagement, especially through its community liaison officers. Surwilo is in charge of outreach to the Western Division, which includes parts of Uptown, but there are also officers dedicated to LGBT matters. The SDPD statement said the responsibilities of LGBT Liaison Lieutenant Daniel Meyer and Transgender Liaison Officer Christine Garcia "include being on call for the LGBT community 24/7, responding to and addressing LGBT-related community concerns, working closely with the LGBT Center/SDPride organization and many other community groups as well as managing a chief's advisory board."

For some members of the transgender and nonbinary community who have had negative experiences with police, the presence of these officers, as well as the training bulletins, have done little to mitigate the harm they face.

"They're neither sensitive to being black or being trans," Adrian Scott said. "They think because they congratulate themselves for having a trans cop that that's enough. They need trans training, ethnicity awareness and general knowledge of the law training."

Scott is a nonbinary individual who lives Downtown and has frequent interactions with police while riding the Metropolitan Transit System (MTS).

In an altercation two months ago over a \$2.50 MTS ticket, Scott said one of the contracted Transit Security Services officers called them "sir" repeatedly while restraining them, at the behest of an SDPD officer.

"I said, 'I ain't no dude.' The [SDPD] officer that was telling the MTS officer it was okay to restrain me, said something like, 'Don't care what you are. I'd put my hands on you too if you got in my face,'" Scott said. Scott, who identifies as neither male nor female, presents as more masculine but is still designated as female on their ID.

According to Scott, the MTS officer pushed them against an information board while other officers took their bag and wallet from their pocket.

"When they saw my ID, I heard two of them in the back joking about it," Scott said. After being written a ticket, Scott said the confrontation ended "with one of them handing me back my ID with a smirk saying 'ma'am.' My friend thought I was going to get shot."

The transgender and nonbinary communities also often overlap with groups that feel marginalized by police, including people of color, individuals with mental illnesses and other disabilities, as well as people who are low-income or homeless.

A local Hispanic queer man, who wanted to stay anonymous, told Uptown News he was the victim of police brutality in February 2012. His journal entries at the time of the incident detail being pepper-sprayed, dragged in a parking lot, slammed against a police vehicle and passing out. He said he did not receive medical care for his eyes and bruised body until being released from custody the next day.

The anonymous source did not identify as transgender at the time of the incident, but it has still colored his view of SDPD ever since.

see Police, pg 19

Local scholar wins hat trick of prestigious national awards

With summer break fast approaching, some students are slowing down a bit.

Not City Heights resident Saw Paw Kay. He is ending the school year with a bang, racking up three major awards for his community engagement and academic excellence. The sophomore at e3 Civic High was awarded an Honorary Certificate for the Princeton Prize in Race Relations, a scholarship from the American Civil Liberties Union to attend the weeklong Summer Advocacy Institute in Washington, D.C., and a fall semester study with the School of Ethics and Global Leadership, also in Washington, D.C.

"We are so proud of Saw Paw," said Dr. Helen V. Griffith, executive director of e3 Civic High, a public charter school located in the San Diego Central Library Downtown. "Our scholars apply their coursework through active engagement in the community and Saw Paw really embodies this value."

Saw Paw is a Karen refugee from the Mae La refugee camp located between the borders of Myanmar and Thailand. The young teen talked about what his people went through.

"My Karen people were forced to flee from their original home country, Myanmar, due to one of today's longest civil wars that involved corrupt Burmese soldiers who mass



City Heights scholar Saw Paw Kay
(Photo courtesy e3 Civic High)

genocide my people," he said.

The City Heights teen is being recognized with the Princeton Prize in Race Relations for a project he launched in his community. "A Taste of Culture" is a monthly event in which members of the multi-cultural City Heights community gather to learn about a specific region of the world and sample its cuisine from a mother-son cooking team in the neighborhood. Saw Paw brought his mother on board to help with the inaugural event:

A Taste of Karen, his ethnic background.

"Most people have never heard of the Karen people, who live in Southeast Asia, in the mountains of Burma. This was a way of raising awareness about my culture by sharing our history, food, and journey to the United States," he said. "I learned a lot from my mom, too. People were really moved and started comparing our food and culture to their own people."

Saw Paw spent the first five years of his life in a refugee camp in Thailand after his family fled from Burmese violence against the Karen people, a persecuted ethnic minority in the country renamed Myanmar.

Saw Paw oversaw four more cooking events featuring the food and culture of mother-son teams from Mexico, Syria, Ethiopia, and Somalia. "This was a way to bring people together to learn each other's stories in a safe environment and to share great food."

Saw Paw's two scholarships to the prestigious summer and fall programs in Washington, D.C. were awarded for the scholar's academic performance and community engagement. He says he looks forward to learning more about political activism to help shape public policy and foster positive foreign relations. "These programs will help change me so I can bring positive change to the world."❖



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'Yoga Play' comedically crosses East and West

Theater Review

Jean Lowerison



The road to enlightenment may be paved with good intentions, but for high-end yogawear manufacturer Jojomon (not much interested in enlightenment), the road to riches seems laden with stress. Still, Jojomon is doing well under the frazzled head of recently hired CEO Joan (Jo Anne Glover), thanks in part to inflated clothing prices like \$200 for a pair of lavender-scented yoga pants. Any

perceived resemblance between Jojomon and Lululemon is strictly intentional. Joan has recently had to try to distance the company as quickly as possible from costly gaffes like founder John's infelicitous comment that women who complain that Jojomon's pants are too see-through may just be carrying around excess poundage. Moxie Theatre's current offering, Dipika Guha's "Yoga Play" takes great delight in outlining (and messing with) the intersection between Eastern philosophy and Western capitalism. But rest assured that this is no dry dissertation on ideals vs. money. "Yoga Play" is

funny — laugh-out-loud funny. In an attempt to derail any residual resistance from John's comment, Joan comes up with a revolutionary idea: adding size 12 to its line. After a weak complaint that the clothing line is "aspirational," John greenlights the idea and a new factory in Bangladesh is contracted. But soon thereafter, a new disaster looms: the BBC airs a segment stating that the factory is a sweatshop hiring mostly children, many as young as 9 years old. This calls for another Joan fix. In the executive meeting with Raj (Sri Chilukuri) and Fred (Albert Park), you can

almost see Joan's brain about to explode as she deals with this potential business disaster. Her solution: Jojomon will import a real live guru to calm the waters and purify the company's image. And perhaps reestablish their fading authenticity. It gets crazier and funnier from there, as staff prepares for the guru's arrival and Raj takes yoga lessons from unbelievably limber (and lovely) Romola (Tamara Rodriguez) so Jojomon won't seem totally — how shall I say it? — inauthentic. Moxie's associate artistic director Callie Prendiville makes an impressive directorial debut here, keeping all the balls in the air and the stress under control. It's a real pleasure to see Jo Anne Glover back onstage. She is the perfect Joan — capable, determined and totally stressed out. She's the one who needs yoga lessons (don't be fooled: Glover is a yoga expert in real life). Sri Chilukuri is a welcome new face on the Moxie stage. His Raj is funny (especially when he tries to learn some yoga poses from Tamara Rodriguez). And when Raj and Albert Park's Fred are called

The details
"Yoga Play" plays through June 2, 2019 at Moxie Theatre, 6663 El Cajon Blvd. in the College area. Thursday at 7:30 p.m.; Friday and Saturday at 8 p.m.; Sunday at 2 p.m. Tickets: 858-598-7620 or www.moxietheatre.com

upon to speak Hindi (which neither knows) — well, it's a gas. Much of the dialogue takes place on the phone, and Matthew Salazar-Thompson and Rodriguez share seven phone characters splendidly. Kudos to set designer Divya Murthy, who manages to get both businesslike and more spiritual looks on opposite sides of the stage. Lighting and sound are well handled by Christopher Renda and Matt Lescault-Wood. East and West have always met rather uneasily. That's true here, too, but in "Yoga Play" it's also fun.

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



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The yoga wear company in troubled waters turns to a guru for help in "Yoga Play." (Photos by Daren Scott)



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UPTOWN CALENDAR

Saturday, May 18

‘Quiet No More’
The San Diego Women’s Chorus presents “Quiet No More: A Choral Celebration of Stonewall,” a two-day event on May 18-19. This inspiring event will honor the 50th anniversary of the Stonewall uprising. SDWC will present the San Diego premiere of the brand new, unique work that will commemorate and convey the impact and legacy of Stonewall. “Quiet No More” will tell the Stonewall story clearly and passionately and will include previously unheard voices and the latest historical insights. The history of Stonewall balances the uprising’s continuing impact in the present moment with the future campaigning work still to be done. A blend of classical, musical theater and pop styles, the music will incorporate the perspectives of women and other minority participants in the uprising. Tickets: VIP: \$30. General admission: \$20 (advance), \$25 (at door). Discounts available for youth, students, military, seniors and disabled. Lincoln High School. May 18 at 7 p.m. May 19 at 4 p.m. 4777 Imperial Ave. bit.ly/2DDWTsn

Raise Your Glasses
The free Mega Vendor Trunk Show presented by Urban Optiks. Vendors show off luxury eyewear and frame collections. Noon to 4 p.m. at 3788 Park Blvd. Reserve your spot at uoosd.com.

SoCal Taco Fest
The SoCal Taco Fest is the premier taco festival featuring live music, beer and, of course, tons of delicious tacos. Twenty-five restaurants will be featured at the event, which also includes lucha libre wrestling, a “guac off,” and chihuahuas races and a pageant. Visit socaltacofest.com for more. General admission is \$25. 11 a.m.-10 p.m. at Waterfront Park, 1600 Pacific Highway.

Senior Resource Fair
It’s that time of the year again! It’s time for The San Diego LGBT Community Center’s 13th annual Senior Resource Fair! The event will include educational and information booths featuring: The chance to meet local health and human services reps; in-home health aids and services; retirement villages and homes; and much more. Free lunch will be provided to the first 125 attendees who are age 50 and over. 10 a.m.-1 p.m. at The Center, 3909 Centre St. For more information, contact LaRue Fields at 619-692-2077 x205 or seniors@thecentersd.org. bit.ly/2vBoHJz

Tuesday, May 21

Death Café
Death Café meetings are a part of a global movement where you can join open, honest discussions about life, dying, death and grief. The Café provides a relaxed and nurturing setting to explore thoughts and feelings that you may have about death and dying. Some of us come from cultures that are death-denying. What are ways we can live more

fully while embracing the fact of death? Enjoy light refreshments while engaging in stimulating conversation. There is no charge to attend; donations are accepted to cover cost of refreshments. Everyone is welcome. It’s an event for ages 18-plus, families, friends and co-workers. Bring an open mind, an open heart and your curiosity. 6-8 p.m. at Mission Hills/Hillcrest Knox Library, 215 W. Washington St.

Friday, May 24

Raza Visions Fundraiser
Centro Cultural de la Raza presents Raza Visions, a night of art, live music, food, drinks and presentations of interior design proposals for renovations to the building. With the 50th anniversary of Centro Cultural de la Raza approaching in 2021, Raza Visions is a fundraiser to help the Centro establish new collaborations with artists and to develop new approaches public engagement and historic preservation. 6 p.m. to midnight at Centro Cultural de la Raza, 2004 Park Blvd.

Tuesday, May 28

Uptown Democratic Club
Please join us on for our City Council District 3 candidate forum. All four candidates have been invited to share their visions for San Diego. Joyce Beers Center, 3900 Vermont. 6:30 p.m. social, program begins 7 p.m.

Stand-up comedy
Tim Dillon, from “Comedy Central Stand-Up” and the “Tim Dillon Is Going to Hell Podcast,” is headlining the Whistle Stop Bar and featuring Dallas S. McLaughlin from “Yo Gabba Gabba.” Additional talent on the lineup includes Billy Bonnell, Diya Basrai, Myles Magallanes, Daniel Delgado and Beau Hufford. \$5 cover. Show starts at 8 p.m.

Wednesday, May 29



Prohibition 10th Anniversary
Celebrated cocktail bar, Prohibition, will toast its 10-year anniversary with craft cocktails, passed hors d’oeuvres and live entertainment on Wednesday, May 29. Hidden in the Gaslamp Quarter at 548 Fifth Ave., the underground speakeasy will get the party started at 8 p.m. with The Lafayette Blues Jam. To commemorate the anniversary, GBOD Hospitality Group beverage director and Prohibition lead bartender Ryan Andrews will introduce new cocktails and bring back a Prohibition favorite.

Friday, May 31

The Art of Comic-Con 50
Don’t miss this rare opportunity to view original art and

process pieces that explore the creation of 50 years of Comic-Con souvenir book covers. A popular feature of the exhibit, especially with children, is an art-making station where visitors are invited to create their own version of the Comic-Con souvenir book cover. A selection of the finished pieces will be published in the real Comic-Con 2019 souvenir book! The free exhibit will be open from 5-8 p.m. at 2131 Pan American Plaza in Balboa Park.

Saturday, June 1

Night at the Padres
Kids’ Turn San Diego (KTSD), a nonprofit dedicated to changing family relationships in positive ways so children experiencing family separations are happier, will host its seventh annual Night at the Padres. Guests will enjoy the Padres game, an all-you-can-eat buffet and beverages, and all guests will receive a Padres giveaway! Proceeds from this year’s event will go towards KTSD’s programs: Family Workshops for Separated and Divorced Families and the Creating Brighter Futures Counseling Program for Children. Tickets are \$100 and may be purchased online by visiting kidsturnsd.org/7th-annual-night-at-the-padres.

Tuesday, June 4



National Cheese Day
Mezé Greek Fusion, located at 345 Sixth Ave. in the Gaslamp Quarter, will literally light up the room with saganaki, a popular “meze” appetizer that’s pan-seared and flambéed tableside, available for half price all day long. Served with freshly made pita bread, Mezé’s saganaki selections include: classic saganaki pan-seared Kasserli cheese flambéed with brandy; saganaki glyko, pan-seared Kasserli cheese flambéed with Grand Marnier, topped with sesame seeds, dried figs, Greek honey and fresh orange; shrimp and ouzo saganaki, jumbo shrimp pan-seared with garlic, tomato, green onion and feta cheese, flambéed in ouzo; and more. More information and reservations are available by calling 619-550-1600 or online at gaslamp-meze.com.



El Chingon, GBOD Hospitality Group’s “Bad Ass” Mexican restaurant located at 560 Fifth Ave. in the Gaslamp Quarter, will bring the fun with half-priced queso fundido throughout the day. Made with melted mozzarella, Manchego cheese, yellow onion and crushed red pepper, it is served with a choice of flour or corn tortillas. More

information and reservations are available by calling 619-501-1919 or online at elchingon.com.

Wednesday, June 5



‘Me, Myself and Everyone Else’
Christina Bianco, the ‘girl of a thousand voices,’ will make her San Diego debut with her hit show, “Me, Myself and Everyone Else” on Wednesday, June 5, at 8 p.m. at Martinis Above Fourth, located at 3940 Fourth Ave. The internationally acclaimed performer will celebrate the world’s most iconic vocalists and pop culture personalities through her soaring vocals and spot-on celebrity impressions. Tickets are now on sale at bit.ly/2Z6spbk.

Thursday, June 6

True Blue Luncheon
The San Diego Police Foundation proudly introduces True Blue, a one-of-a-kind experience featuring San Diego Police Department officers and their real-life stories. From harrowing to heroic, it’s time to buckle up as True Blue takes you into the heat of action in the fight against crime. Rated PG, for pulse-raising guaranteed! 11 a.m.-1:30 p.m. at Sheraton San Diego Hotel & Marina, 1380 Harbor Island Drive. 619-232-2130 x 111.

Saturday, June 8



Avolution Fest
The second annual Avolution Fest is back and better than ever! Meet us Downtown on the water for the best party of the summer. Avolution Fest is a one-day immersive experience celebrating all things avocado with live music, art installations, food trucks and drinks at Broadway Pier in Downtown San Diego. 4-10 p.m. Live music by Tim Legend at 5 p.m., Lost Kings at 6:30 p.m., and St. Lucia at 8:30 p.m.

‘Beauty and The Beast’ JR Auditions
“Beauty and The Beast” is based on Disney’s 1991 Academy Award-winning animated feature film and directed by Morie Williams, Nick Hessling and Jason Chase. We are now inviting kids and teens ages 5-17 from all cultural backgrounds to become part of our “Beauty and The Beast” family. Whether a casual enthusiast or aspiring professional, all are welcome and encouraged to attend. A good attitude and willingness to learn is just as important as experience. Rehearsals start

on June 15 and run through Aug. 22; Monday, Wednesday and Friday 4-8 p.m. Performance dates are Aug. 21-30. Auditions are June 8-9 from 11 a.m.-4 p.m. at The North Park Recreation Center, 4033 Idaho St.

Tuesday, June 11

Cancer Prevention Class
Learn how you can reduce your risk for cancer at this free event hosted by Sharp HealthCare and the city of San Diego. 3:30 p.m. at San Diego Central Library, Mary Hollis Clark Room.

Thursday, June 20



Red Shoe Day fundraiser
Volunteers are needed from across the county for Ronald McDonald House Charities of San Diego’s largest volunteer-driven fundraiser to collect generous cash donations from morning commuters from 6:30-9:30 a.m. at more than 200 major intersections throughout the San Diego Community. Visit RedShoeDaySD.com to register as a volunteer or create a personal fundraising page to help support Ronald McDonald House Charities.

Sunday, June 23

Scoop San Diego
Summer is coming, and so is San Diego’s first ice cream festival! Scoop San Diego will bring the tastiest ice cream and gelato from shops all over San Diego to the heart of North Park on Sunday, June 23. Proceeds from the festival will benefit Monarch School, supporting homeless children in San Diego with educational needs. The Scoop San Diego festival will be open 11 a.m.-4 p.m., June 23, at North Park Way and 30th Street. Tickets are now on sale at scoopsandiego.org. Single tickets, which entitle guests to 10 delicious samples, are \$20. “Shareable” tickets, which entitle guests to a sample from each participating vendor, are \$35.

RECURRING EVENTS

Mondays

Lestat’s West Open Mic
Weekly open mic event hosted by Robby Robertson every Monday, 6:30-11 p.m. at Lestat’s, 3343 Adams Ave. bit.ly/LestatWest

Tuesdays

Introduction to Buddhism & Meditation
Join an all-ages introductory class to learn the basic Buddhist concepts as well as participate in a discussion and silent meditation. Weekly event led by Jeff Zlotnik. Free. 7-8 p.m. at Dharma Bum Temple 4144 Campus Ave. Also held on Saturdays at 11 a.m.-noon bit.ly/dharmabum

Thursdays

North Park Thursday Market
Shop at more than 90 tents for locally-grown produce, seasonal grocery items, fresh food and hand-crafted arts and crafts. 3-7:30 p.m. at 3000 North Park Way, stretching from 31st to Utah streets in North Park. bit.ly/ThursMarket

Thursdays at the Ken
San Diego’s late-night jazz jam convenes every Thursday night at the Kensington Club. Hosted by musicians Ian Buss, Robert Dove and Hugo Suarez. \$5. 10 p.m.-1:30 a.m. 4079 Adams Ave. bit.ly/ThursKen

Fridays

Free Friend Friday
Looking for a co-working space with value-aligned social entrepreneurs, artists, nonprofit professionals and local startups? Collective Impact Center offers a complimentary day pass to use shared desks and office space. Bring your laptop and check in on social media with #cicfreefriendfriday for free Wi-Fi. 9 a.m.-5 p.m. at Collective Impact Center, 3295 Meade Ave. bit.ly/free-Fridays

Fridays in May

Coming of Age Film Fest
Coming of Age is the only film festival in San Diego dedicated to promoting, reinforcing and celebrating the process and power of aging. The Museum of Photographic Arts creates dialogue and new perspectives on aging through discussion and films that challenge cultural perceptions of life at different ages. Each Friday in May at 7 p.m. at 1649 El Prado. Mopa.org

Reel Science Four Fridays in May

Presented by The Nat and Digital Gym Cinema, two events will be at The Nat and two events will be hosted at Digital Gym. Attendees will enjoy a science-fiction movie, followed by commentary from a local scientist, who will provide contextualized and corrective feedback about the film’s scientific themes. This year’s films include “The Fly” (May 3), “The Martian” (May 10), “World War Z” (May 17), and “Damnation Alley” (May 24). Events start at 7 p.m. sdnat.org/reelscience

Saturdays

Old Town Saturday Market
This street market features original works from local artists including paintings, jewelry, photography and more. Every Saturday and Sunday. 9 a.m.-4:30 p.m. at Harney Street and San Diego Avenue in Old Town. bit.ly/OTMarket

Sundays

Hillcrest Farmers Market
About 175 vendors offer a variety of locally grown produce, hand-made arts and crafts, and fresh-cut florals at one of the city’s largest open-air markets. 9 a.m.-2 p.m. on Normal Street between University and Lincoln avenues. bit.ly/HillcrestMarket*

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Sudoku Puzzle

Enter digits from 1 to 9 into the blank spaces. Every row must contain one of each digit. So must every column, as must every 3x3 square.

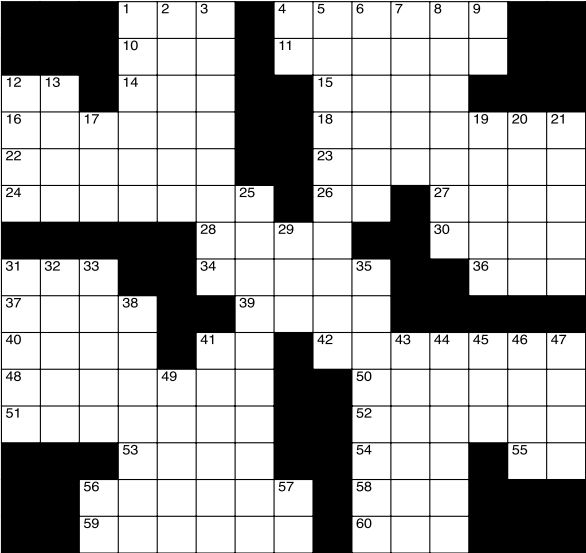
9/6

©2009 CNS/websudoku.com

Puzzle answers on page 18

Uptown Crossword

Classics



CLUES ACROSS

1. Maintains possession of

4. Other side

10. Comedienne Gasteyer

11. Lawn buildup

12. Southeast

14. Negative

15. Greek temple pillar

16. Blue

18. Pointless

22. Complete

23. Supervisor

24. Where kids bathe

26. Radio frequency

27. Cruel Roman emperor

28. Young woman (French)

30. Within

31. Civil Service Commission

34. Sarongs
36. Father

37. It grows on heads

39. A Spanish river

40. Boundary

41. Contains music

42. Causes to feel sorrow

48. Used to restrain

50. Fictional kids character

51. South American country

52. Devote resources to

53. Beginner

54. Everyone has one

55. University worker (abbr.)

56. Resist an attack

58. Unifying Chinese dynasty

59. Blood-sucking African fly

60. CNN's founder

CLUES DOWN

1. ___ and her sisters

2. Smear or rub with oil

3. Holy places

4. Indicates position

5. Drives around

6. Price

7. Semiaquatic mammal

8. With three uneven sides

9. Sacrifice hit

12. Covers a wound

13. Jaguarundi

17. Works produced by skill and imagination

19. A way to improve

20. River along India and Nepal border

21. Hairnet
25. DePaul University athletes

29. Bachelor of Laws

31. Game of skill

32. Holy man

33. Cylinder of tobacco

35. Most ingratiating

38. Repeats aloud

41. Red wine

43. Debilitating tropical disease

44. Entirely lacking

45. Female sheep

46. Where a bird lives

47. Stalk that supports the capsule

49. Cutlery

56. Symptom of withdrawal (abbr.)

57. Delaware

Puzzle answers on page 18

FROM PAGE 1
STARTUP

Startup Week is wholly inclusive and supportive,” Mauzeralle said, pointing out one of the reasons she appreciates the networking opportunity. “The business world can be competitive, yet at Startup Week, there is a feeling of camaraderie that pervades the event.”

San Diego Startup Week — or, as it sometimes is known, SDSW — is an offshoot of Startup San Diego, the nonprofit organization that provides resources throughout the year to the city’s entrepreneurial community. Last year’s event drew over 3,000 people and more are expected this year.

This year’s SDSW, under the theme, “We Are San Diego,” kicks off Tuesday, May 28, and runs through Sunday, June 2.

Daniel Goldstein, co-founder of the startup Trust & Will, has been attending SDSW in recent years. Goldstein, who also lives in Uptown, said he has benefited from the program and looks forward to what’s ahead this year.

“It is designed to grow our whole ecosystem, and I’ve seen so many people benefit from the teaching, mentoring, networking and overall attitude,” Goldstein said of SDSW.

San Diego is home to more than 400 startups and as San Diego continues to show it has the chops to embrace the startup culture that long has epitomized Silicon Valley, Goldstein said platforms such as SDSW help raise awareness of the growing trend.

“SDSW helps our city embrace entrepreneurship and give



Bankers Hill resident Colette Mauzeralle spoke at last year’s San Diego Startup Week. (Photo courtesy Colette Mauzeralle)

people stepping stones for next steps in their own journey,” he said. “I am honored to have been part of it the past few years, and I hope to contribute and learn in the coming years.”

This year’s program, in its seventh year, will be held at multiple venues across the region, including the San Diego Convention Center, MAKE creative office space in Carlsbad and Border X Brewing in Barrio Logan.

Across the border, a portion of the program also is slated to take place in Tijuana with sessions focused on networking and binational partnerships.

Mia Mian, a former North Park resident, serves as co-director of SDSW and holds the distinction of being its first female leader. As she looks to this year’s program, Mian said “quality and inclusion” are among the takeaways she hopes participants gather as they attend this year’s program.

“We hope that this is an

accessible and enriching experience for all of our attendees, from space to content to the connections they make and get to foster through the year,” Mian said.

In a statement provided to Uptown News, Jarrod Russell, executive director of SDSW, said this year’s program serves as recognition of its growth since the first offering was rolled out to the startup community in 2012.

“It truly is remarkable what the San Diego community has achieved through this grassroots effort,” Russell said.

In the statement, Russell also said the program’s “incredible volunteers, sponsors and community partners ... make (SDSW) possible.”

Final details are being polished as the countdown to May 28 draws closer, but Russell and other organizers plan on showcasing more than 150 events across the 6-day event, with experts offering insight in a disparate number of topics. Among them: the ins and outs of entrepreneurship, sales and marketing, biotech, venture and capital.

All told, Russell said thousands of entrepreneurs, developers, designs, investors, strategic advisors, community leaders and talent are expected to take part in this year’s SDSW.

For full details on this year’s SDSW, visit sandiegostartup-week.com.

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



(Photo courtesy Startup San Diego)



This year’s San Diego Startup Week is being held at multiple venues including the San Diego Convention Center. (Photo courtesy Startup San Diego)

Call David
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FROM PAGE 13
POLICE

“SDPD got away with what they did to all of us... Do we trust cops? No. They continue to intentionally use brutal force against our communities,” he said.

Ward’s office said details of a potential community forum or roundtable are still being worked on, as “Councilmember Ward wants to ensure that any guidelines developed or reinforced are modeled after nationally-recognized best practices and shaped by our transgender and nonbinary communities.” In addition, SDPD is working to make public the current training materials.

—Kendra Sitton can be reached at kendra@sdnews.com.



Children play in grass along Park Blvd. during an outreach event held by New Vision Church (Photo by Kendra Sitton)

FROM PAGE 1
CHURCH

“That [property sale] was really not our first choice for what we were going to do, but basically with the options that were in front of us and the changes in the neighborhood and our situation as a church without operational funds — with everything thing going on here, we really did not have a lot to work with,” Mike Haskins, who develops the church’s urban missions, said.

The sale was prompted by several factors, but a key one was the area being rezoned for higher density, which made the property value soar as developers sought out new locations for lucrative apartment buildings. Already, the changing neighborhood was pushing out many low-income families — the demographic New Vision leadership members say is central to their mission.

“There was some negotiation for about two years of different opportunities and options. One of them was to sell the property and then we would take the money and use it for ministry stuff... We took that option. We’ve taken that money and used it to buy multiple properties for ministries in urban communities,” Lead Pastor Pete Contreras said. “We wanted to go into working neighborhoods we could bring resources to.”

Since the church was surviving month to month, it was

difficult to pay for the repairs the decades-old buildings desperately needed.

“Our oldest building was [built in] 1912, right around there, so it needed a lot of fixing up,” Contreras said.

As well as discussing whether they could stick it out in the old buildings, Contreras said they also looked at only selling half the property to a developer and rebuilding the church on the other half. However, he said the offers would have only covered the cost of construction.

“I didn’t like the joint venture because I was going to break even having a nice building next to a luxury place but a luxury place probably wouldn’t allow all the homeless people to be around there, all the ministry we do, all the feeding programs. Probably some tension that was gonna be there,” the pastor said.

He listed several ways the landfall sale will be used by the church, including its continued support of 20 church campuses in Ethiopia, a long-term homeless youth shelter as well as launching vocational training schools and opening up businesses to provide jobs for people.

“We’re also going to be building housing. Some of that money will be used to help us build multiple units for transitional housing, clean and sober homes, also senior housing,” Contreras said. “There’s a whole bunch of stuff we’re going to be doing that’s going to be launching off the income from the property

sale.”

According to Contreras, New Vision distributed 20,000 meals a month out of its Park Boulevard location. With wealthier neighbors moving in, he worried opposition to the food distribution would grow. He also said many of the low-income people the church serves were being displaced and forced to move further east.

While the church is not currently holding services in North Park, its pastors are still looking for a suitable campus to hold Sunday services.

“We’re still looking in that area, but it’s hard to find a place with parking,” Outreach Pastor Sean Beaudoin said. “Basically, throughout all the city of San Diego, we will have a presence in to be able to do God’s work.”


In addition to looking for a service location, Haskins said the congregation will continue to do some of the community work they are already involved in, including highway cleanups and other beautification efforts. In addition, some of the people they served at food distributions are being redirected to Grace Church near Adams Avenue.

The church will be holding an SD Community Fest on Saturday, June 1, from noon to 5 p.m. at Colina Del Sol Park, which is across the street from their new Mid-City location.

—Kendra Sitton can be reached at kendra@sdnews.com.



Children play in grass along Park Blvd. during an outreach event held by New Vision Church (Photo by Erica Contreras)



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Emerging Leader Girl Scout Alina Ho and Girl Scouts CEO Carol Dedrich (right) honored Nancy Jamison as a Cool Woman of 2019.
(Photo by Paul Nestor)

Hillcrest resident named Cool Woman by Girl Scouts San Diego

Girl Scouts San Diego honored Hillcrest resident Nancy Jamison during its Cool Women of 2019 luncheon and ceremony on March 29. Proceeds from the 19th annual event will support programs that help Girl Scouts use their voices, develop a strong sense of self, step outside their comfort zones, and build resilience.

Jamison — a Girl Scout alum — retired in January from San Diego Grantmakers after 13 years as president and CEO. She has served on the boards of several nonprofit organizations, and often speaks to audiences about strategic approaches to philanthropy that address social issues on a systemic level.

“By shining a spotlight on these extraordinary Cool Women, we are inspiring today’s Girl Scouts to reach their own potential,” said Girl Scouts San Diego CEO Carol M. Dedrich. “Girl Scouts is the best place for girls, wholly devoted to preparing them for a lifetime of leadership, from the wilderness to the boardroom.”

The Cool Women Class of 2019 were selected for the personal and professional achievements that make them consummate role models for girls.

Girl Scouts San Diego also presented its 2019 Emerging Leader Girl Scouts during the event. The girls were selected

for their potential and outstanding achievements that are already making the world a better place. The 43 teens completed an orientation session that included training in networking skills, business etiquette, and the basics of personal branding. In addition, they spent the morning of the Cool Women event participating in a mentoring workshop with Cool Women and other highly accomplished professionals.

Five of the Emerging Leader Girl Scouts introduced the five Cool Women honorees on stage at the program. Each girl had met “her” Cool Woman during a one-on-one meeting. Emerging Leader Alina Ho presented Jamison.

“Listening to Nancy Jamison speak from the heart while drawing from her vast knowledge opened me up to new perspectives and understanding of social issues,” Ho said.

Jamison was equally impressed with Ho and the other Emerging Leaders. “These young women have the character and conviction to make the world a better place,” declared Jamison. “Clearly, Girl Scouting is preparing this next generation to lead, guided by principles of innovation, collaboration, inclusion and justice.”

FROM PAGE 20 ZOO STORY

African penguin colony produces its first chicks

The San Diego Zoo’s animal care staff is celebrating the arrival of two new African penguin chicks at the Dan and Vi McKinney Penguin Habitat, located inside Conrad Prebys’ Africa Rocks. The fluffy pair of two-month-olds are the first chicks hatched at the Zoo from eggs laid by the colony’s resident penguin couples. They are named Doug and Barbara in honor of Douglas G. Myers, president/CEO of San Diego Zoo Global, and his wife Barbara Myers. Their arrival marks an important milestone for the Zoo’s breeding colony — and adds two more individuals to this endangered species’ worldwide population.

Doug and Barbara hatched in March from eggs laid by adult



(Photos courtesy San Diego zoo)

Once one of southern Africa’s most abundant seabirds, the species has suffered a massive population decline—from an estimated 1 million breeding pairs to only 23,000 breeding pairs today, a population decrease of more than 60% in the past 28 years. Historically, penguin eggs and guano were commercially harvested, which had a

A (H5N8) virus, habitat degradation and predation by seals, sharks and land-based predators — contribute to a continuing population decline.

San Diego Zoo Global participates in the Association of Zoos and Aquariums’ Species Survival Plan program for these endangered aquatic birds and partners with the Southern African Foundation for the Conservation of Coastal Birds to help facilitate conservation programs in South Africa.

Doug and Barbara’s story will be featured on the San Diego Zoo’s first-ever “reality television”-style web series, called “Penguin Beach.” The new episodic show — scheduled to premiere this summer on Facebook, YouTube and the San Diego Zoo Kids channel — will focus on the dramatic, hilarious and often unexpected social dynamics of the San Diego Zoo’s colony of penguins. Viewers will also learn about the many facets of penguin life, including their individual personalities, and how they handle conflicts with their mates and their neighbors. San Diego Zoo animal care staff will provide insightful commentary, addressing “drama” in the colony while offering expert clarification on these birds’ natural behaviors.



Debbie Denton sits with Doug and Barbara.

penguin pairs Norinne and Simon, and Danny and Malloy. Shortly after hatching, animal care staff began working diligently with the chicks, getting them used to human interaction. Staff said this early hands-on training is vital to providing effective husbandry care to the birds and the youngsters will be reintroduced into the colony within the next few weeks.

“Doug and Barbara are sweet, amazing birds and we want them to feel safe,” said Debbie Denton, keeper at the San Diego Zoo. “We work with them while they’re young because it helps them be comfortable around us when we feed them, do health checks, or change their name bands.”

The African penguin is listed as Endangered on the International Union for Conservation of Nature (IUCN) Red List of Threatened Species.

devastating effect on the population. Although both practices were abolished toward the end of the 20th century, other threats — including a lack of readily available food due to overfishing, climate change, oil and marine pollution, the emergence of avian influenza



Doug and Barbara explore Africa Rocks.

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