

FOOD AND DRINK P. 13



Mission Hills happy hour at Farmer's Bottega Restaurant

THEATER P. 15



City Heights resident debuts on San Diego stage

NEWS P. 18



San Diego Zoo prepares to say goodbye to pandas

FEATURE P. 20



Independent bookstores ready for San Diego Book Crawl



The Uptown Planners prepares to seat seven new members who support high-density development (Photo by Kendra Sitton)

Historic election brings pro-density advocates to board that has resisted development in the past

By Kendra Sitton | Editor

The newly-elected members of the Uptown Planners group were seated on Tuesday, April 2 dramatically shifting the group to be more pro-development.

Michael Brennan, Clint Daniels, Gail Friedt, Zach Bunshaft, Matthew Mederios, Brer Marsh and Stephen Cline won in a field of 14 candidates. The seven people elected to the open seats on March 5 were

all backed by the pro-density grassroots organization Rise Up Town and beat out three members of the historically intransigent group, including the former chair.

"It's so exciting for me to

be on the ground to make it [Uptown] a better place to live, work and play," said Bunshaft, who lives on the border between Missions Hills and Hillcrest.

see YIMBYs, pg 3

San Diego Zoo hosts national STEM educators

By Kendra Sitton | Editor

Hundreds of education leaders, STEM (science, technology, engineering and math) professionals and teachers gathered at the San Diego Zoo on Tuesday, March 26 to discuss the STEM teacher shortage and other issues in the field.

Organizers announced 100Kin10 had trained over 68,000 STEM teachers so far and are on track to reach 100,000 by 2021. The nonprofit, led by Executive Director Talia Milgrom-Elcott, made this goal a central part of its work as it seeks innovative solutions to improve the teaching profession.

Held at the nonprofit's partner organizations around the country over the years, this is the first time this annual conference came to San Diego. Milgrom-Elcott was excited for the venue to be San Diego's renowned zoo. Although 100Kin10 partners with a variety of companies, foundations, government agencies and universities, the San Diego Zoo is the only zoo in its network. She said she felt the educators who came could be refreshed by returning to a place where the love of science and discovery



100Kin10 Executive Director Talia Milgrom-Elcott speaks at summit on filling the shortage of STEM teachers (Photo courtesy Adele Godfrey Photography)

sparked for many.

"You want a place where, people when they come here, connect back to: Why did I enter STEM in the first place?" she said.

see STEM, pg 4

Uptown Briefs

California awards \$40M to help San Diego address homelessness

On March 20, California Department of Housing and Community Development (HCD) announced awards totaling \$302 million from the No Place Like Home Program (NPLH). Enacted in 2016, NPLH dedicates up to \$2 billion in bond funds to build permanent housing with supportive services for Californians who live with severe mental illness and are experiencing homelessness, chronic homelessness, or are at risk of chronic homelessness. The awards are spread among counties with 5% or more of the state's homeless population with the bonds to be repaid by funding from California's Mental Health Services Act.

"A home is where your life is centered, where you raise your kids, a place you open to your loved ones. We often take for granted our

see News Brief, pg 7

Index

Opinion.....6

Politics.....7

Puzzles.....21

Classifieds.....22

Business and Services.....22

Calendar.....23

Contact us

Editorial/Letters

619-961-1968

kendra@sdnews.com

Advertising

858-270-3103 x 106

julie@sdnews.com

www.sdnews.com

San Diego Community News Network

Introducing Our CBD Massage - Now Available at Fix Body Group!

•Relieves anxiety and stress

•Helps with Pain Relief

•Reduces Nausea

•Anti inflammatory

•Treats Muscle Spasms

•Muscle relaxant

Limited Time Introductory Offer!

1 CBD Infused Massage for \$79 (\$110 value) or 2 CBD Infused Massages for \$139 (\$220 value)

Mission Valley 5030 Camino De La Siesta, Suite 404 | San Diego, CA 92108

72840 HWY 111 | Palm Desert, CA, 92260

12171 World Trade Dr | San Diego, CA 92128

Fix BODY GROUP

CHIROPRACTIC & REHABILITATION

(619) 295-9791



www.fixbodygroup.com

Call 619.786.5001, press 60057 for info



JUST LISTED 2BR 1BA • 1150 sq ft
\$775 - \$799,000 3044 29th St

Call 619.786.5001, press 60017 for info



AVAILABLE 1BR 1.5BA • 648 sq ft
\$499,000 3216 Landis St

Ask about our
**Hassle
Free Listing**

Call 619.786.5001, press 60047 for info



UNDER CONTRACT
CONDO 2BR 2BA • 1048 sq ft
\$499,000 3761 Villa Terrace

Call 619.786.5001, press 60027 for info



UNDER CONTRACT
2BR 1BA • 792 sq ft
\$625 - \$645,000 3215 Myrtle Av

SOLD



4BR 3BA • 2597 sq ft
\$1,220,000 4833 Tula Ct

SOLD



4BR 1.5BA • 1783 sq ft
\$869,000 2465 G St

SOLD



TOWNHOUSE 3BR 2.5BA • 1660 sq ft
\$576,000 5474 Caminito Borde

SOLD



2BR 1BA • 964 sq ft
\$604,000 3164 Thorn St

SOLD



3BR 4BA • 2365 sq ft
\$1,075,000 3551 Villa Terrace

SOLD



3BR 2.5BA • 2057sq ft
\$881,500 2823 Vancouver Av

SOLD



2BR 2BA • 1065 sq ft
\$830,000 4027 Jackdaw St

*"What a great experience we had working with the **McT Real Estate Group** to sell our North Park home. From the very beginning, Mary and Z made the home selling process extremely easy. They contacted us as soon as any new information came up and always kept us in the loop about everything that was happening. We were never left feeling like we were unsure or uninformed throughout the entire process. Their knowledge of the central San Diego market is exceptional. They know what sells and how to set the best and highest price that the market will sustain.*

*Mary and Z are true professionals. They are extraordinarily courteous. They responded to any questions or concerns I had quickly and thoughtfully. When we needed a repairman or contractor to get ready to go on the market, their network of contacts made getting the work done fast, affordable and worry-free. They even made a special trip to let our cat out when we couldn't make it home on an exceptionally hot summer day. Incredible service! We highly recommend the **McT Real Estate Group**."*

— Seth C



619.736.7003
McTRealEstateGroup.com



FROM PAGE 1

YIMBYS

The winners, who include an architect, an urban planner and political staffer, ran on a platform of raising building heights and faster approval of urban growth. They faced off against seven other candidates supported by Uptown United, a group that opposed high-density development.

The winners ran on a platform of addressing the housing crisis.

“As a woman, I’ve seen my quality of life decrease in the past three years,” Freidt said.

“Housing in this city and all across coastal California is astronomically expensive and I am focused on bringing more housing opportunities in Uptown and across the region so my kids, if they choose to live in San Diego, they can afford to do so at some point in time,” Daniels said.

With former chair Leo Wilson unseated, Soheil Nakshab, whose first term will end in 2020, sent a letter indicating his interest in the position. Ten voted in favor of his appointment, while two abstained. While the previous vice chair, Tom Mullaney, was interested in staying in his position according to another member, he was not at the meeting to defend his title. Instead, eight voted in favor of Brennan taking over the position after his recent reelection to the board.

“I’m really aware of the complex issues in Uptown,” said Brennan in a speech in March. “I believe that we have a housing crisis and we must take action on that, to create quality, affordable housing at every opportunity.”



(l to r) Vice Chair Michael Brennan and new board members Zach Bunshaft and Stephen Cline

Wealth Management * Investments * Taxes

www.rowling.com * (619) 295-0200

Stay Somewhere Unique!

Voted By International & US Travelers

San Diego's Top B&B

3845 Front Street • 619-990-2441

www.hillcresthouse.net

HILLCREST HOUSE

SAN DIEGO (1910) CALIFORNIA



Urban planner and newly-elected board member Clint Daniels said he was the victim of doxxing by a Hillcrest advocacy group (Photos by Kendra Sitton)

The pro-density advocates also flexed their power when it comes to chairing subcommittees. Daniels will run the Public Facilities Committee and architect Marsh was designated to chair the Design Review Committee.

“I feel like I can bring an analytical position to how we view projects,” said Daniels while running for the board. “I spent the better part of 20 years looking at demographics, looking at economics, and looking at the demand for projects all across the country and I think I can bring that level of analytical skills to bear on the projects that are considered here.”

The drastic change in the makeup of the board to be more YIMBY (Yes In My Back

Yard) has come with its share of conflict. Daniels said he was doxxed, a dangerous form of on-line harassment, on the Rescue Hillcrest Facebook page. He claimed his home address was posted there and reminded the audience the board is serving in a volunteer capacity. He said this behavior is not appropriate.

After being voted off the board, Mat Wahlstrom, the founder of Rescue Hillcrest, sat front and center in the audience during the meeting. During

public comments, he took a combative stance defending his legacy of transparency and making pointed comments to the newest board members.

“I keep getting this accusation of transparency,” Wahlstrom said.

The board created an ad hoc subcommittee to assess social media and web engagement in an effort to promote transparency with residents, but Wahlstrom pointed out it will be difficult to have a Facebook page and comply with the Brown Act. He also defended his own record of uploading the minutes, agenda, and other relevant documents in the time period specified by law.

Wahlstrom also brought up that it is illegal for the volunteers on the planning board to speak with each other outside of official meetings, as many of them know each other through Rise Up Town. He cautioned

the members they could find themselves facing the same accusations of not being transparent enough if they are not careful.

In addition, the new board members faced the raucous approval process for a pocket park, with some longstanding members saying they did not yet have the proper training to carry out their duties. However, with the votes of many YIMBY members, the development of the Olive Street Park is going forward despite protests from the audience and other board members.

After the vote, Daniels tweeted, “My first official action with Uptown Planners was to recommend approval of a new park in Bankers Hill. I look forward to seeing Uptown blossom.”

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



Former board member Mat Wahlstrom defended his legacy from the audience during the first Uptown Planners meeting since he lost the election.

URBAN OPTIKS OPTOMETRY

BOOTH & BRUCE
England

Gold & Wood Paris	Claire Goldsmith London
Tom Davies London	Oliver Goldsmith London
Face a Face Paris	Traction Productions Paris
Matsuda Japan	Vinylize Budapest
ic! berlin Germany	ProDesign Denmark
I.a.Eyeworks Italy	Kaenon Polarized United States
Francis Klein Paris	Booth & Bruce England
Theo Belgium	Anne et Valentin Paris

San Diego's Finest
Collection of Handcrafted
Luxury Eyewear from
Around the World

APRIL
showers
BRING MAY
flowers

ZEISS

uoodsd.com 619.683.2020

Located at the Cairo Building in Hillcrest | 3788 Park Blvd Suite 5 | San Diego, CA 92103

FROM PAGE 1
STEM

The Zoo is involved with 100Kin10's work year-round and is integral in training hundreds of current and up-coming STEM teachers in inquiry-based curriculum in Conservation Science.

Riley Meehan, is an engineering teacher at High Tech Elementary and worked with 100Kin10 for four years. He is also part of the cohort making up the 2019 Teacher Forum. As the only engineering teacher at the San Diego elementary school, the position can be isolating so the networks created



Dr. Zulmara Cline (far left) listens during a roundtable discussion held at San Diego Zoo.

by 100Kin10 helped him connect to teachers across the nation in similar situations.

After being trained as an engineer, he chose to become a teacher because he saw that all of his classmates only entered engineering classes because they personally knew someone who was an engineer. Most of them had never been taught the subject in a K through 12 school.

"Knowing that meant there would be very few people who end up engineers if there's only people who knew engineers. It meant that to me there had to be more engineering education in the classroom, so trying to find ways to do that as early as possible felt pressing and important so the people who are

designing the world – engineers – come from a diverse background," Meehan said.

This, and many other factors, including record growth, led to a shortage in workers qualified to enter the STEM field, which has high wages and secure jobs.

Milgrom-Elcott believes training STEM teachers will help fill the gap, but low pay is driving them away.

"If you graduate undergrad with a STEM degree, you've got jobs that off the bat pay on average about \$20,000 more than a STEM teaching job pays. That is a huge driver. There aren't enough people graduating with STEM degrees in any event. It's not just that we're competing for the same small pool; that pool needs to grow. Ironically, STEM teachers would increase the pool," she said.

Dr. Zulmara Cline works in the Chancellor's Office for the California State University system. As the associate director of the Teacher Education and Public School Programs, she addresses college readiness in schools across the state, and often helps schools facing a shortage in STEM teachers.

"100kin10 is calling to the forefront all of these issues that are a part of STEM education. How do you get qualified



Hundreds of national leaders in education, STEM and teaching gather at annual summit in San Diego. (Photos courtesy Adele Godfrey Photography)

teachers in the field and how do you get them to stay there? Non-teacher STEM fields pay so much more," Cline said.

She explained that even for schools who grow STEM teachers at home, there can still be problems with retaining those teachers. For instance, a small Central Valley high school she recently visited helped teachers' aides get credentialed to become STEM teachers, but once they see higher pay and increased options open to them with the degree, they leave the small school.

Issues like this are why Milgrom-Elcott believes the focus of 100Kin10 will shift to helping teachers stay in the classroom and supporting them once the goal of training

100,000 teachers is met.

"It's got to be that teaching is a place where adults can thrive, and then, they can create classrooms where their students can thrive," Milgrom-Elcott said.

"The work can't end in 2021. We can't put 100,000 amazing humans into schools and then watch so many of them leave because teaching isn't a great career. So we have work to make the career great so more people want to teach and those who choose to teach stay."

The conference took place in the weeks after Escondido joined teachers across the nation in striking for higher pay.

"The reality is, especially in California, unless you have some way to get housing, teaching is a difficult profession," Cline said.

As a former teacher herself, Cline saw firsthand how the industry requires a disproportionate amount of education for how much teachers are paid. For people to enter the field, they must have a passion for teaching, Cline said, which also means officials can get away with not paying them.

Teacher pay is already shaping up to be a campaign issue in 2020. California Senator and 2020 candidate Kamala Harris unveiled a proposal in March that would raise the average teacher salary by 23% over a decade through billions of dollars in federal matching funds.

The Trump administration is taking the opposite course, with Education Secretary Betsy DeVos proposing a budget that slashes her department's funding by \$8.5 billion.

"There's a variety of ways that teachers don't feel valued and that's a reason people end up leaving. It's a huge job that requires so much of you," explained Meehan.

Milgrom-Elcott said San Diego teachers preparing to strike should not seek short-term, band-aid fixes. She said teachers, on top of being able to make ends meet, also need access to time collaborating with other adults and professional development during the workday like adults in other industries have. She's seeking a holistic approach to keeping teachers in the classroom.

"We can't ask teachers to be the engines of equality if they can't take care of their own families," said Milgrom-Elcott. "It's also about the classroom-level and school-level conditions. If you can work on those two things together, many more people will choose to teach, and many more people will stay."

—Reach Kendra Sitton at kendra@sdcn.com.✪

Strength, Endurance, Appearance

Twice a week workouts in 23 minutes or less

"This is the best 20 minutes of my week!"

Dr. Paul Neustein, Surgeon

TEENS

ADULTS

SENIORS

Weight-loss
Strength Training

Flexibility

Pain Relief
Memory Improvement

Improve Blood Sugar
Increase Bone Mass

Well-being

"I recommend The Change Fitness to everyone."

— Dr. Dan Einhorn, M.D., President American Assoc. of Clinical Endocrinologists, medical director of the Scripps Whittier Diabetes Institute, and professor of medicine at UC San Diego

"The Change Fitness has helped me improve my strength and flexibility tremendously!"

— Dr. Scott Mubarak, Orthopedic Surgeon

"I definitely feel difference in balance with stronger legs. It's been very helpful in preventing serious falls ... Mobility is so important as we age and hit or miss workouts aren't enough to keep the body strong."

— Joyce Bruun, age 78, Home-maker / artist

"This has made my golf game better. I can hit the ball much further now. In recent bone density tests, it has increased the bone density in my hips."

— Jan Delair, age 63, retired

Complete Fitness in 20 Minutes

If you're serious about getting in shape, increasing your strength, flexibility, bone mass, improving blood sugar, losing weight, not to mention improving your feeling of well-being and improved memory, this could be for you.

And you can achieve all in just two sessions a week that take less than 23 minutes each.

Feel better every day, sleep better, look years younger. Improved health means fewer doctor bills.

Scientifically proven results; workouts are ultra-safe, yet amazingly invigorating.

Personalized workouts customized for each person, even if he/she has physical limitations.

Serious fitness – serious results.

THE

Change Fitness

"The Revolutionary Fitness Studio"™

Call today for your first appointment. Be prepared to be saying "Wow!"

Two locations to serve you: Poway/Rancho Bernardo & Mission Hills

Call for your introductory appointment today! **(858) 382-4517**

www.thechangefitness.com



DESIGN CONSIGNMENT GALLERY

(858) 800-2405



Wallbeds 'n' More and San Diego's newest consignment store are celebrating their first year in their combined location!

DCG consigns art and home furnishings under the best terms anywhere.

8840-B MIRAMAR ROAD
SAN DIEGO, CA 92126

One Mile West of I 15

designconsignmentgallery.com



Shop online or come visit our 7200 square foot gallery full of modern and transitional pieces at great prices. Pickup, delivery and interior design service available.

Your Source for Wallbeds!

- ✓ Excellent space saver for any room.
- ✓ Queen or Full with many styles, finishes, hardware and pier options made to order. Dual-Use, Mobile Beds and "Quick Ship" also available.
- ✓ Superior service with expert advice and in-house delivery and installation.

Wallbeds
"n" More

A comfortable extra bed for any room!

www.wallbedsnmore.com

\$50

DCG GIFT CARD

Bring in this ad to redeem a fifty dollar store credit. One per person. Cannot be combined with any other offer. No Cash Value.

Best Value in San Diego!



\$300

OFF ANY WALLBED
Wallbeds 'n' More

Bring in this ad and receive \$300 off any wallbed. Cannot be combined with any other offer. Expires May 30, 2019

San Diego Uptown News

444 Camino Del Rio South, Suite 102
(619) 519-7775
Twitter: @SD_UptownNews
Instagram: @SD_UptownNews



EDITOR

Kendra Sittin
619-961-1968
kendra@sdenn.com

CONTRIBUTING EDITORS

Jeff Clemetson, x119
Albert Fulcher, x110

WEB & SOCIAL MEDIA

Cassidy Klein
Jeff Clemetson

COPY EDITOR

Dustin Lothspeich

CONTRIBUTORS

Toni Atkins
B.J. Coleman
Angelica Colon
Cynthia Couperu
Susan Davis
David Dixon
Paul Downey
Mara W. Elliot
Dr. Helen Griffith
Jean Lowerson
Frank Sabatani Jr.
Jules Shane
Summer Stephan
Lucia Viti

EDITORIAL INTERN

Jules Shane

BUSINESS CONSULTANT

David Mannis
619-961-1951
david@sdenn.com

SALES & MARKETING DIRECTOR

Mike Rosensteel
619-961-1958
mike@sdenn.com

MARKETING MANAGER

Francisco Tamayo
619-272-1279

ADVERTISING CONSULTANT

Heather Fine, x107
Dan Vaccaro
619-961-1963
dan@sdenn.com

SALES ASSISTANTS

Eric Diaz
Erik Guerrero

SALES INTERNS

Ryan Deeb
Meah Mapp
Kiara Zapanta

ACCOUNTING

Priscilla Umel-Martinez
619-961-1962
accounting@sdenn.com

PUBLISHER

Julie Main
858-270-3103 x 106
julie@sdnews.com

OPINIONS/LETTERS: San Diego Uptown News encourages letters to the editor and guest editorials. Please email submissions to kendra@sdenn.com and include your phone number and address for verification. We reserve the right to edit letters for brevity and accuracy. Letters and guest editorials do not necessarily reflect the views of the publisher or staff.

SUBMISSIONS/NEWS TIPS:

Send press releases, tips, photos or story ideas to kendra@sdenn.com

For breaking news and investigative story ideas contact the editor by phone or email.

PAID SUBSCRIPTIONS:

You may read all of our newspapers online for free at sdenn.com.

You may sign up for our weekly newsletter for free at sdenn.com where we will email you a link of our digital edition upon publication of our newspaper.

We also make our newspapers available in hundreds of locations throughout the communities we serve.

If you would like a hard copy of your community newspaper mailed to you first class by USPS you may pay by credit card or check. Subscription rates are \$1.55 per copy. Mailed copies are mailed the day of publication by first-class mailed by USPS.

12 issues - \$18.60 or 26 issues - \$40.30

DISTRIBUTION: San Diego Uptown News is distributed free every other Friday.
© 2019. All rights reserved.



SAN DIEGO
COMMUNITY
NEWSPAPER
GROUP

San Diego Uptown News

SAN DIEGO DOWNTOWN NEWS

La Mesa COURIER Mission Times COURIER

VILLAGE NEWS

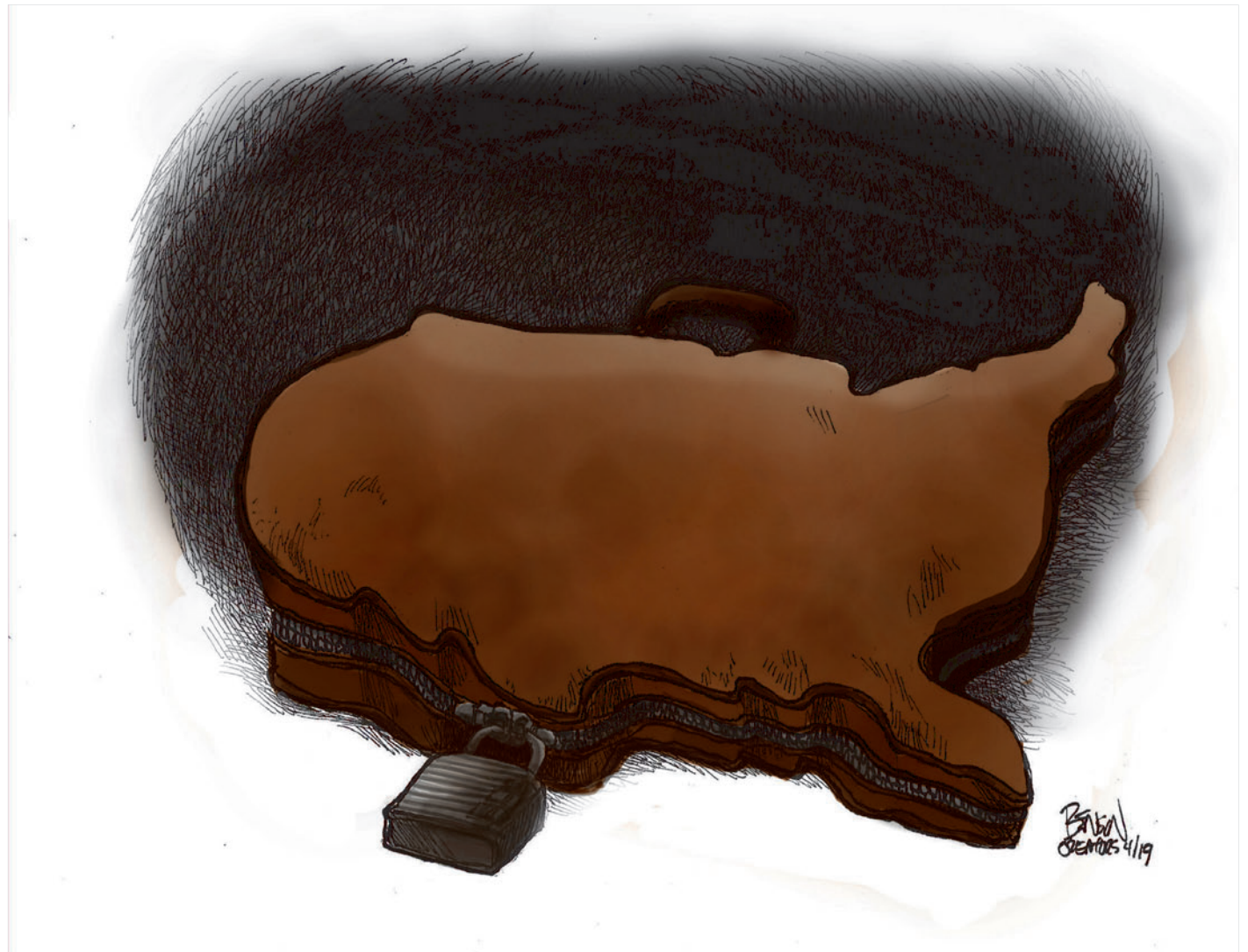
PENINSULA BEACON

Beach Bay PRESS

IFPA

afcp

CIRCULATION VERIFICATION COUNCIL



Letters

Unsafe crosswalk in Bankers Hill

I believe the pedestrian ramp facing south on the intersection of Laurel and Union streets in Bankers Hill is a danger for people and cars. Something needs to be done for public safety. It looks like an accident or fatality waiting to happen.

I believe the pedestrian ramp facing south is encouraging pedestrians to cross at a dangerous intersection. There should really be a sign telling pedestrians and handicapped people not to cross Laurel Street there, as the cars are on such a steep incline and usually traveling uphill at a high speed that they cannot safely stop to yield to pedestrians, especially someone going slowly across in a wheelchair, seniors, or anyone without the ability to run quickly across the street to not be run over. Vehicles race up the street with no visibility to see someone crossing and do not expect someone to be crossing the street where there is no stop sign, heading up the steep hill traveling east to west towards Balboa Park.

I am greatly concerned, horrified, dismayed and shocked that the handicap ramp is now installed before the cars need to stop at the stop sign. The stop sign is already installed on the wrong side of the road, which is on the west side of the intersection, (instead of the east side as normal stop signs are placed). This is because of one of the steepest hills in San Diego is located there. (Most cars do not even stop.) The pedestrian ramp is now placed approximately eight feet in front of (east of) the stop sign. On the south side there is no stop requirement. Cars coming up the steep incline cannot see the top of the hill where most driver race up the hill. No one is expecting anyone to be crossing the road there.

Over the many years of living here watching the traffic increase, seeing the lack of visibility up and down the hill located between Balboa Park and the airport on Laurel Street, seeing cars race up and down the hill, I



(Photo courtesy Linda Aurora Espino)

cannot believe the city allowed the ramp to be installed by the developers NDD, Nakhshab Development & Design with a permit and developmental services blessing. The pedestrian ramps were on the north side of Laurel Street previously before that area was made a private driveway for the convenience of the developers. Who is in charge of public safety? I contacted the Public Safety committee and was told that this is not their domain.

The address for the apartment building that the stop sign and ramp are in front of is 610 West Laurel Street, SD, CA 92101.

This is on the steepest part of Laurel Street where the stop sign is on the west side of the street, instead of the east side. There is no stop sign or stop signal on the south side of Laurel Street as the street is too steep to require the cars to stop and no one in a vehicle can see the intersection going up the hill.

If someone crosses Laurel Street at Union Street, they will be crossing a dangerous intersection with no

ability to see what is coming up the hill usually at great speed at them. Vision up Laurel Street is only one block long as Laurel turns for a bend in the road at Horton Avenue, one block up.

There is construction in addition to the homes and apartment buildings already there four townhouses, 12 apartments and now 26 more units are being built. All will be exiting and entering the half dead-end block of Union Street in front of the stop sign, with the handicapped ramp in front of it to turn on Laurel street. So best guess is over 100 vehicles at least once per day, including the apartments already built on northwest side of Union Street will be attempting to exit or enter at this intersection in heavy traffic most of the day, adding to the danger of this intersection.

It looks to me an accidents and death setup. Please look into this. How did this pass city approval? Why was this approved?

—Linda Aurora Espino, San Diego

Lawmakers seek a better justice system



California Senate President Pro Tempore Toni Atkins discusses improving the justice system (Photo courtesy Office of Toni Atkins)

Notes from Toni

Toni G. Atkins



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

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

It's no secret that those of us who write the laws and those who interpret them haven't always seen eye to eye. The summit allowed for a good exchange of ideas between our two branches of government and I was very pleased Attorney General Xavier Becerra was also on hand to present the executive branch perspective.

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

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

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

She then focused on several challenges, including income inequality, language barriers, and intentional or unintentional bias, and pointed out some ways that policy changes and technological advances have increased access to the courts.

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

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

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

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

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

Juvenile Justice Commission.

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

Applications are available on the court's website, www.sdcourt.ca.gov. The application deadline is April 12. If you are interested, be sure to apply soon.

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

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

FROM PAGE 1 NEWS BRIEF

own support systems that have helped us all remain stable in our own homes," said HCD Director Ben Metcalf in a press release. "This program creates that stability for our neighbors who are living with severe mental illness and experiencing homelessness, people who need extra support to remain stable once they have a home. These awards will help those most in need while promoting healthy communities of opportunity."

California Senate President Pro Tempore Toni G. Atkins (D-San Diego) applauded the announcement.

"Homelessness is one of the greatest challenges facing San Diego — and all of California — and every dollar makes a difference as we fight this crisis," Atkins said. "As someone who was deeply involved in establishing the No Place Like Home Program, I know that San Diego and the other counties receiving funds will put this badly needed money to good use."

The second round of competitive NPLH funding availability is slated to be announced in fall 2019.

City Height's first free dental clinic has waitlist
Cura Smiles — a free,

nonprofit dental clinic in the City Heights community of San Diego — already has a waitlist 100 people long. The clinic opened on Saturday, March 16, at 4101 University Ave., San Diego, CA 92105.

Founder of Cura Smiles, Dr. Thomas Fitzpatrick, saw the need to expand essential dental services to the underserved community of City Heights. The average yearly income for a family of four in City Heights is between \$19,393 and \$24,400. Unemployment in City Heights is 20.5%, roughly twice the San Diego County average of 11%.

Cura Smiles is partnering with Point Loma Nazarene University to provide training and service opportunities to pre-health students. These future dental professionals are helping run the clinic.

The free dental clinic is open on Saturday mornings from 8 a.m. until noon.

Mid-Coast Trolley celebrates halfway point in construction



(Photo courtesy SANDAG)

Local leaders gathered to celebrate the halfway point of

see News Brief, pg 16

6 SMART HOME ESSENTIALS

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



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

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

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

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

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

Take a short quiz on the speed advisor at www.cox.com to determine which speed is right for your household.

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



Stop bullying in its tracks

District Attorney News
Summer Stephan



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

It's nearly impossible to go through school without being exposed to bullying. As a victim, a perpetrator or a bystander, bullying has short-term and

long-term effects on all of us. Studies show that one in five students report being bullied in school. Although it's a common phenomenon, its effects are serious. At its most severe, it causes depression, anxiety, isolation, poor performance in school and suicidal thoughts.

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

Here, I'd like to leave tips for what to do if you are bullied, if your child is bullying or if you see bullying happen. But first,

it's important to know what bullying is. It's when you are repeatedly exposed to harassment or attacks by one or more students. It comes in direct or indirect forms. This isn't friendly banter; it's an imbalance of power where the subject finds it hard to defend him or herself.

If you're bullied:

- Walk away. If possible, remove yourself from the situation immediately
- Say "stop" in a calm but firm voice if it feels safe to do so
- Stay calm
- Do not fight or bully back
- If you see bullying:
- Tell an adult that you trust (parent, teacher, school counselor, or a family friend)
- Tell a friend and ask for support

- If your friend tells you they were bullied, listen to them. Tell them you care about them and help them find an adult they can talk to
- Speak up. Do not stand by and watch someone get bullied
- If your child is a bully, you can:
 - Enforce family rules
 - Encourage, reinforce and reward empathy and kind behavior
 - Spend time with your child at their school and in extra-curricular activities
 - Partner with the school to develop an intervention plan
 - Seek professional help if necessary
 - Cyberbullying tips for parents:
 - Monitor your child's cell phone and social media accounts
 - If you allow your child to have a cell phone or participate in social media websites, ensure you have the password to their phone as well as their password for every social media app
 - Have privacy settings, but remember even friends can share your child's private posts by taking a screenshot
 - It is common for kids to

have more than one account on a social media site

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

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

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

Threats San Diegans face today

City Attorney News
Mara W. Elliott



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

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

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

Protecting you from opioids

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

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

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

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

In 2017, a record 273 San Diegans died from an opioid overdose. Our first responders are overburdened with emergency calls related to opioid use

and overdose — all at taxpayers' expense.

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

Protecting our ecosystem

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

My office prosecutes anyone who compromises our marine species by overfishing or by taking young yellowtail at their prime mating age. Recently we prosecuted a fisherman who illegally took 81 undersized yellowtail from waters off San Diego.

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

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

Protecting survivors of domestic violence and sex trafficking

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

see City Attorney, pg 9

IT'S TIME TO THINK ABOUT ENERGY DIFFERENTLY.



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

Choose your plan at sdge.com/whenmatters



Time to save.

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

District 53 Dispatch

Susan A. Davis



Since passage of the Affordable Care Act (ACA) nearly a decade ago, we have seen 20 million Americans gain access to health coverage coupled with slowing the rise of premiums. A majority of Americans support the landmark law and want improvements made to it. The question is will we listen. Instead of Democrats and Republicans working together to build on this landmark law, opponents have worked to bring it down legislatively, administratively, and judicially. The legislative efforts to repeal the law have failed, including a 2013 shutdown of the federal government to defund the law. Administratively, President Donald Trump has undermined the law by ending outreach and education efforts, cutting subsidies to help Americans afford health coverage, and allowing junk health plans that provide less coverage. In the courts, the Supreme

Court upheld the new law citing the authority of Congress to levy taxes. The tax penalty is what gave the law teeth to enforce the mandate that Americans buy health insurance. The chaos and uncertainty created by these attacks on the ACA have resulted in rising premiums, insurers leaving the marketplace, and this year — for the first time since it was enacted — more people will lose coverage than gain it. My constituents are nervous and frustrated. I'm hearing from people who say the ACA helped them become entrepreneurs and start their own business. Now they aren't sure they can maintain those businesses. Others say rising premiums are pricing them out of the market making health coverage unaffordable. Repeatedly, the top concern of my constituents is health care, especially when it comes to costs. And with this uncertainty, who can blame them. When Trump signed into law a massive tax cut for corporations, it included a provision to repeal the tax penalty used to encourage people to sign up for the ACA. This set the wheels in motion

for yet another assault on the ACA in the courts. Last year, a federal judge in Texas ruled that with the tax penalty gone the entire law is now unconstitutional. While the Obama administration's Justice Department defended the law in court, the Trump administration has refused to do so. In fact, it has gone so far as to file briefings in support of the legal attack on the ACA. In filings to the court, the administration originally argued the law's provisions protecting Americans with pre-existing conditions should be overturned while the rest of the law should stand. As the case moved to the appellate court, the Justice Department — under the direction of President Trump — reversed itself and recently filed a briefing in support of overturning all of the ACA. According to the Urban Institute, 17 million Americans would lose health coverage if the law were struck down. This would mean those with pre-existing conditions could be kicked off their plans and denied coverage in the future. Seniors who get help paying for prescription drugs would no

longer get that assistance. The millions of low-income families who received health care through the expansion of Medicaid under the ACA would lose coverage. Parents who can keep their children on their health care plans until the age of 26 — one of the more popular provisions of the ACA — would no longer be able to. Many states, including California, have been defending the ACA in the courts. With the start of the new Congress, the House of Representatives has joined the fight to protect the health care law. The House Counsel is now defending the law before the courts. Where do we go from here? Ultimately, improvements must come on the legislative front, and the House is taking the lead. There are a number of Democratic proposals to rein in costs, increase access, and lower prescription drug prices. The recently introduced Protecting Pre-Existing Conditions and Making Health Care More Affordable Act will protect Americans with pre-existing conditions, lower health insurance premiums, and stop

junk health care plans that lack basic coverage. It would also require this and future administrations to engage in open enrollment outreach, education, and helping people navigate the health insurance system. The House this month also passed a resolution calling on the administration to end its efforts to undermine the ACA and join in protecting the health care of the American people. Hopefully, we can get to a point where Democrats and Republicans will come together to expand health care coverage and lower costs associated with it. Improving our health care system is a priority for the American people and all of their representatives in Congress should be listening to them. —Congresswoman Davis represents central San Diego, including the communities of Old Town, Kensington, Mission Hills, University Heights, Hillcrest Bankers Hill, North Park, South Park, Talmadge, Normal Heights, as well as La Mesa, Lemon Grove, Spring Valley and parts of El Cajon and Chula Vista.❖

FROM PAGE 8

CITY ATTORNEY

The clients who come to the Family Justice Center need many kinds of help, including a place to stay and legal assistance. We recently received a \$587,000 grant that will allow us to do that, and more. Importantly, it will help provide a temporary place to stay for victims who come to the Family Justice Center to escape an abusive partner, often with their children in tow. This is a critical need because, too often, without a safe place to spend the night, women feel they have no choice but to return to the dangerous place they fled. The grant will also allow the Family Justice Center to expand its outreach programs to raise awareness about intimate partner violence throughout the city of San Diego including underserved populations. We look forward to continuing to serve the needs of victims of domestic violence, sexual assault, and sex trafficking. These are just a few of the many issues my office is taking on to make San Diego a safer and better place for everyone, and I count you as a partner in this effort. If you'd like to learn more about our work, please visit: sandiego.gov/cityattorney/media/releases.

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

HOME & BACKYARD SHOW

April 12-13-14 10am – 5pm



Yard Crashers Television host Matt Blashaw leads a panel discussion on home improvement and backyard design

Stage Appearances:

Saturday April 13, 12:00pm and 2:00pm | Sunday April 14, 12:00pm and 2:00pm

LOCATED AT THE DEL MAR FAIRGROUNDS





Make Your Remodeling Dreams Come True!
Get Inspired... Get Started... Make it happen!

Free Admission!

Guest Editorial

Students should be proactive when placed on college waitlists

By Angelica Colon, Cynthia Couperu and Dr. Helen Griffith

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

There can be a lot of confusion with being waitlisted. Many assume they should just

wait. After all, it’s called a waitlist. Fortunately, there are many proactive — and ethical — ways to increase a student’s likelihood of being accepted.

The first step is to decide if this school is still the student’s top choice and if they want to remain on the waitlist. Something to consider is that since the student is notified later than other students of acceptance, housing and financial aid options may be more limited. That said, students who are committed to attending their top college, where they were waitlisted, should

formally accept the offer and then make an action plan to maximize their chances of being selected.

The second step is to understand and accept what a waitlist really is. Generally speaking, students on a waitlist are not ranked for an order of acceptance. There are many reasons for this, but one is that universities generally attempt to fulfill all of their seats for all of their programs. For example, a university has discovered it has 100 seats to offer on the waitlist — 75 of those seats are for the arts and sciences and



(Photo courtesy e3 Civic High)



And too many sweet spots to count. Come find yours in this unparalleled Mission Valley community of chic, modern homes and neighborhoods. A private Recreation Center with sprawling clubhouse, lap and lagoon pools. A state-of-the-art fitness center with accordion-glass walls for al fresco cardio. And, the new 14-acre Civita Park with amphitheater, splash pad, dog park, and more. The perks and pleasures just don’t stop. So yes, this is your happy place too.



PROMONTORY
by The New Home Company
Models Open Daily
858.247.2254
The Heights from the mid \$700s
The Bluffs from the low \$1 millions



ELEVATE
by ColRich
Models Open Daily
619.542.9248
From the mid \$600s



AVELLA
by Toll Brothers
**SALES CENTER
GRAND OPENING**
844.700.8655
From the high \$700s



CIVITA

Townhomes | Rowhomes | Single-Level Condos | Luxury Apartments
Civita Boulevard off Mission Center Road civitalife.com



Civita is a master plan development of Quarry Falls, LLC.
Information and prices effective as of date of publication and subject to change.



the other 25 are for business. In this scenario, virtually nobody on the waitlist for engineering or math would be accepted, but a good number in the arts and sciences would. Additionally, admissions offices may or may not determine that they need to draw from the waitlist strategically taking into account students’ majors, regions, talents, gender, or racial and ethnic background. These things are out of a student’s hands.

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

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

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

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

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

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

Some universities ask that waitlisted students write an essay or letter when accepting

their waitlist spot.

This letter or essay should be positive and optimistic, offering new and/or specific information about why the student is a perfect fit for the school. It would be good to include any new accomplishments the student has made or any information that cannot already be found on the application. Remember, the student should try to offer more reasons as to why they should attend the school, not the same reasons the admissions officers have already seen. If applicable, students should mention that the school remains their top choice and, if admitted, they will attend.

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

Both students were accepted.

There is a difference between offering new, relevant information and going overboard. Every year, YouTube is flooded with videos of well-intentioned high school students trying to get off the waitlist. One that went viral was a young woman serenading Harvard. It was sweet, but offered no substance. In another, a young woman made a music video of her putting on and taking off several dozen Yale shirts, which told admissions officers nothing more than this young woman owned a lot of Yale shirts. On the other hand, a young man made his way into the University of Michigan with an upbeat, clever song about exactly why he loved Michigan. Proceed on videos with caution.

see Waitlist, pg 11

Guest Editorial

Congress has the power to lower drug prices for low-income seniors

Tell your member of Congress to support the Medicare Negotiation and Competitive Licensing Act to lower drug prices for the people who need help the most.

By Paul Downey

More and more senior citizens are living in poverty, stretched to the limit by medical costs. Serving Seniors, which serves more than 600,000 meals per year to low-income senior citizens, and operates multiple affordable senior housing units, aims to alleviate this pressure — but we can't lower the drug prices that are driving so many of our clients to our doors in the first place.

You know who can? Congress. Americans pay the highest prices in the world for prescription drugs — over 40 percent more than Canadians and often three times more than the residents of many European countries — and patients on Medicare aren't immune to these skyrocketing costs.

That's why many so many seniors like our client John are often forced to choose between food and their medications. John is 72 years old and currently homeless due to some unfortunate events in his life. He's had two knee replacement surgeries, as well as a hip replacement. However, he is still in constant pain, and can't afford his medication due to soaring drug prices. Even with his Medicare benefits, he can only afford to take half of his prescribed pain medication — he often takes it once a day and skips the next.

It doesn't have to be this way, but it currently is because Medicare doesn't have the power to negotiate drug prices with pharmaceutical companies on behalf of its beneficiaries. This is due to a hidden provision in the (ironically named) Medicare Modernization Act. Among other things, this legislation places corporate middlemen called Pharmacy Benefit Managers (PBMs) in charge of negotiating drug prices through Medicare's "Part D" plan. PBMs are for-profit companies, and they have to take their cut — often at the expense of low-income seniors.

Here's where Congress comes in. Members from Texas, Maryland and Vermont have put forward a bill in the U.S. House of Representatives that could change all that: the Medicare Negotiation and Competitive Licensing Act. It would put Medicare directly back in charge of demanding the lowest drug prices for Americans in need. Medicare has the biggest buying power of any health care coverage provider; so it doesn't make sense that they can't negotiate drug prices directly for citizens on fixed budgets who have spent

their working lives contributing to Social Security and Medicare.

Serving Seniors supports this bill because of people like John. No person should have to choose between basic necessities like food and medicine. Our government needs to act on seniors' behalf.

Although some might say that free market competition encourages drug companies to provide low prices, in reality the pharmaceutical industry is protected by complex patent laws, and drug makers often successfully block out competition from low-cost generic alternatives. Drug companies can lock in some of the highest profits of any industry, all at the expense of consumers, especially seniors.

The Medicare Negotiation and Competitive Licensing Act is a win-win for both senior citizens and the government. It gives Medicare the power to negotiate reasonable prescription drug prices on behalf of

millions of Americans, lowering tax dollars to pay for care, and lowering copays for older, vulnerable Americans on fixed incomes.

Our request to you: find out who represents you in Congress and contact their office. Tell them to support the Medicare Negotiation and Competitive Licensing Act.

If you are a senior in need of assistance, would like more information for a loved one, or are interested in donating to Serving Seniors, please call us at 619-487-0608 or visit servingseniors.org.

—For more than two decades, Paul Downey has been a national advocate for low-income seniors. He is president and CEO of Serving Seniors, a nonprofit agency dedicated for nearly 50 years to increasing the quality of life for San Diego seniors living in poverty.❖



Students at e3 Civic High in downtown SD prepare for college (Photo courtesy e3 Civic High)

FROM PAGE 10 WAITLIST

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

Finally, continue to enlist the help of your high school counselor. They share in

your hopes and dreams and are there to support you in every step of your journey to college. Whether or not you are selected from the waitlist, counselors know that going through this process will be a positive growth experience.

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



The Chapman Collection



Come visit our Antique and Fine Furniture store where we have a wide range of antiques, fine furniture, artwork, accessories, carpets/rugs and lots more! We also work with Designers.

Located in UTC Westfield Mall

4417 La Jolla Village Dr, San Diego CA 92122 · Tel: 858-886-7999 Open 7 days a week.

www.thechapmancollection.com



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

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



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

coincides with the recent departure of the Blue Bridge's corporate consulting chef, Tim Kolanko, who took a lead position with San Diego's **Urban Restaurant Group**. bluebridgehospitality.com and urbankitchengroup.com.

Revel Revel is a third-floor event space that opened April 4 for private dinners, wedding receptions, business meetings and other events. Food is prepared onsite by **Eco Caters**, which also owns **Lot 8** in Mission Valley. The venture absorbs 1,700 square feet formerly occupied by **Quad AleHouse**. It accommodates 245 guests standing, and up to 150

seated. The remodeled interior shows off exposed brick, wooden floors and beams, a living moss wall and mobile bars. The building, which was a Navy laundry facility several decades ago, houses the **Gaslamp Tavern** on its ground floor. The second level is non-commercial. 868 Fifth Ave., 858-246-6129, revelrevevents.com.

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



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



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

Look for casual munchies like sloppy Joe sliders, popcorn chicken and meatball subs at the new **Himmelberg's**, an East Village fun spot that offers a nostalgic rock n' roll vibe with your food. Opened

by **The Patio Group**, the lively restaurant is named fondly after Joey Himmelberg, a late friend of the restaurant group's CEO, Gina Champion-Cain. Himmelberg passed suddenly in 2016 from a heart attack. He was a devoted fan of music from the '70s and '80s. The venture "represents Joey's zest for life and love for rock n' roll music," said Champion-Cain. Cocktails with theme names are also available, as well as desserts such as chocolate cake and ice cream floats. 369 10th Ave., 619-541-8301, himmelbergs.com.



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

San Diego's newest distillery is up and running in the East Village within a chic, industrial atmosphere marked by three distinct spaces. **Storyhouse Spirits** features a bar that opens to a street patio, a mezzanine and a distillery/production area. It was launched by Matt Kidd and Steve Kuftinec, who are serving up varieties of vodka and gin. Bourbon and single-malt whiskey are in the pipeline for future releases. In addition, wine and beer are available, and a copper wood-fired oven is put to use for cooking items such as flatbreads and beef-lamb gyros. 1220 J St., 619-241-2780, storyhousespirits.com



**2 Weeks Free
PLUS 1 Complimentary Session
PLUS PLUS a Free Fitness Assessment with Report**

**DON'T SWEAT THE SMALL STUFF.
JUST SWEAT.**

*You Make the Promise
WE'LL HELP YOU KEEP IT*

MISSION HILLS - 619.794.0014
4019 Goldfinch Street
San Diego, CA 92103
strongernow.life



©2019 Fitness Together Franchise, LLC. All rights reserved. Each Fitness Together® studio is independently owned and operated. Valid for first time clients; cannot be combined with any other offer. See Studio for details and to schedule your sessions. Individual exercise results may vary. Limited time offer expires February 28, 2019.



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

After a short run, the Napa Valley-inspired **Route 29** in the Gaslamp Quarter recently re-branded to **The Butcher's Cut Steakhouse**—and "for no particular reason," according to sales manager Ocean Mohanadi. A few modifications were made to the tastefully designed space, including the installations of a meat locker for dry-aged steaks and a wine cellar that carries a revised inventory. The menu features a "who's who" list of meats, as described on the website.

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

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

Meet me at the bottega

Come On
Get Happy!
Dr. Ink

When a trio of cheerful colleagues recently proposed a happy-hour outing at Farmer’s Bottega Restaurant, I didn’t hesitate to accept. They had informed me the establishment gained its full liquor license sometime last year and I hadn’t set foot in the place since then.

In that visit back in 2016, I decompressed from a long workday at the restaurant’s intimate bar over a kombucha mojito, which tasted neither here nor there. The probiotic tippie left me with a light buzz that was quickly soaked up by a substantial plate of bruschetta. For no particular reason, Farmer’s Bottega had tumbled off my radar.

Though house wines and select craft beers are still dirt cheap during happy hour (only \$6 per glass), I zeroed in this time on the real cocktails, priced at only \$2 more.

Bar manager Shannon Pierce not only does wonders with the alchemy of the drinks, but she also hooks them into charitable causes via the ingredients she purchases.

The “all for one,” for example, uses Proper No. 12 Irish Whiskey, which donates a percentage of its national sales to first responders. With a blend of fresh lemon juice and rosemary-infused syrup in the mix, the drink’s coddling, seducing flavors are yet an added benefit.

Or if you get something made with Elephant Gin or Greenbar Gin, you’re contributing to either the protection of elephants in Africa or U.S. programs that aid the homeless.

There are also a few cocktails that offer \$1 kickbacks to certain nonprofits, such as Urban Street Angels (Bottega



A full bar and cocktails for charitable causes await at Farmer’s Bottega. (Photos by Dr. Ink)

Farmer’s
Bottega
Restaurant

860 W. Washington St.
(Mission Hills)
619-458-9929,
www.farmersbottega.com
Happy hour:
4 to 6 p.m., daily

lemonade), the Mission Hills Heritage (house sangria), and PAWS4Thought Animal Rescue (salty dog). Pierce says effort

to give back to various organizations is ongoing at Farmer’s Bottega.

As various other drinks occupied our table, such as a sprightly white sangria blending sauvignon blanc with bourbon, triple sec and fresh lemon and orange juices, we encroached on a fabulous flatbread served on a large wooden board and topped with golden heirloom tomatoes. It’s \$10 during happy hour, although a good number of food items are \$8 or less, such as house-made meatballs, mahi or pork belly tacos, truffle fries and more.

Farmer’s Bottega lives up to its name by using farm-sourced

ingredients for much of its drinks and dishes. Its daily happy hour is an excellent prelude to a dining concept that focuses on Italian-inspired fare and as of late, crafty cocktails that offer kick.❖

RATINGS

Drinks: ⭐⭐⭐⭐⭐
The happy-hour choices are well-rounded in the way of beer, wine and cocktails. The latter are carefully crafted and link to charitable causes.

Food: ⭐⭐⭐⭐⭐
A flatbread with golden heirloom tomatoes offered big bang for the buck, a \$10 deal that easily fed our table of four.

Value: ⭐⭐⭐⭐⭐
Most food and drink options are \$8 or less, a decent steal in the Uptown dining scene.

Service: ⭐⭐⭐⭐⭐
Servers are fast to greet guests and hand over the happy-hour menus. In addition, Shannon the bar manager enthusiastically explained the detailed specs of her cocktails.

Atmosphere: ⭐⭐⭐⭐
Antiques and rustic elements grace the double storefront, which offers ample table seating and a small, curvy bar that seats about 10 guests.



The whiskey-laden “all for one” cocktail

White sangria swooped up with bourbon and fresh citrus juices

“A luminous new musical!

The work announces a significant talent in Britta Johnson.”

The San Diego Union-Tribune

LIFE AFTER

A NEW MUSICAL

Now playing through April 28

Book, music, and lyrics by Britta Johnson
Directed by Barry Edelstein
Choreography by Ann Yee
Music supervision, arrangements, and orchestrations by Lynne Shankel

THE OLD GLOBE

(619) 23-GLOBE (234-5623)
TheOldGlobe.org

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

'Life After,' a musical with life lessons

Theater Review

Jean Lowerison



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

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

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

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

A heavy topic for a musical? You betcha. Johnson, a new face on the theater scene from Stratford, Ontario, has written book, music and lyrics for "Life



Sophie Hearn as Alice Carter (center) with the cast of "Life After" (Photos by Jeremy Daniel)

After," now in its American premiere at the Old Globe Theatre. The Globe's artistic chief Barry Edelstein directs.

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

three shape-shifters called Furies, who serve as a sort of Greek chorus.

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

Japhy Weideman's lighting

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

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

Hearn nails Alice's roller-coaster emotional ride from hurt to guilt to confusion and final acceptance (when she learns to do what Frank suggests in the song "Control What You Can") in

a terrifically nuanced performance. She'll break your heart with her final song, "Poetry."

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

Maltby's Kate tries to convince her sister that she's not responsible for Frank's death, but it's a hard sell, and the best she can do is be there.

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

Dean's Frank is excellent as Alice's dad, and especially amusing in a scene where he does his thing as a motivational speaker, advising followers to "Forgive Yourself."

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

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

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

Connecting Creative Communities for 35 Years



APRIL 27 & 28
11 am - 6 pm
LITTLE ITALY, SAN DIEGO

More than 350
Fine Artists

Display/Auction of
35 Artist-created
Surfboards

Music, Dance,
Spoken Word

Interactive Art
Activities

FREE
ADMISSION

MissionFederalArtWalk.org

f i g p t w @ArtWalkSD

En Pointe, Oil Painting, Chris Dellorco



Sophie Hearn as Alice Carter



Bradley Dean as Frank Carter alongside Hearn during a performance at the Old Globe



A return to the theater

By David Dixon

Following an extended break from acting, City Heights resident Ruth Carlson Russell who is also a producer and stage manager is back onstage as one of the stars of Scripps Ranch Theatre's production of Bernard Slade's 1988 comedy "Return Engagements."

Russell's involvement in local theater began after she moved to San Diego in 2007, when she was looking for opportunities to work in theater. Soon, Russell found out that Scripps needed a stage manager. She started working behind the scenes and eventually moved onstage.

Russell decided to audition for Slade's show because she was impressed with his excellent development

of the female characters in the play. Slade is known for writing the screenplay that became the 1978 romantic comedy "Same Time, Next Year." Despite her long history with Scripps, this is Russell's first show onstage at the theater.

In one of three stories that take place in Act 1, Russell plays Daisy Lawrence, an unsatisfied actress who, before her wedding, has a one-night stand with a bellboy, Raymond MacKay (Adam Daniel). The second act takes place 25 years after the incident.

Russell has plenty of other responsibilities, so she only works on projects that appeal to her.

"I thought that this could be a strong opportunity for me to showcase my skills,"

she said. "The character really seems to fit with what I enjoy doing."

Daisy's complicated personality is one of Russell's favorite aspects about the role. "Daisy is an incredibly shy woman who hides it by being obnoxious," Russell said. "It's a fun mental challenge to bring humanity to her, and still hit the right punchlines."

While she does enjoy producing and being a stage manager, Russell is most passionate about acting. "It is an incredible rush to be onstage, giving the audience a magical experience," she said. "Stage managing and producing are wonderful organizational challenges, but I'd choose acting if I had to pick."

Russell also enjoyed working with the ensemble during rehearsals. "None of the actors could keep a straight face during rehearsal," she said. "They really bring their sense of humor and own lives to their characters."

Outside of her work in the arts, Russell works for Cox Communications. She is also a yoga teacher for YogaFully and a wedding and event coordinator for Ruthful Coaching, wedding & event coordination.

For Russell, there are strong parallels between her different activities because they all allow her to be creative. "When I'm teaching yoga, I'm in front of the group, similar to being onstage, and driving them through an experience," she said. "As a wedding and event coordinator, I'm using my powers to help the bride and groom behind the scenes, so the attendees have a really incredible day."

Beyond all her creative

work, a recent highlight for Russell was moving from North Park to City Heights. She loves how welcoming her neighbors are and enjoys the friendliness of her neighborhood. "I have an extended family and am so fortunate to be part of the community," she said. "It's lovely."

With so much available to her seconds away from home, Russell can't get enough of what City Heights has to offer. She has discovered different areas for the first time. Some of her new favorite spots are the Manzanita Canyon and City Heights/Weingart Library. "Each place has its own flair and charm," she said. "There's something really colorful about the area."

Now that Russell has finished her hiatus from the stage, she intends to start auditioning at different theaters in San Diego County, letting more residents experience her talent.

"Return Engagements" is running at the Scripps Ranch Theatre through April 28. For tickets or more information, visit scripps-ranchtheatre.org or call



Ruth Carlson Russell moved from North Park to City Heights while preparing for her leading role in 1988 comedy "Return Engagements." (Photo courtesy Jennifer Lund)

1-858-578-7728.

—A fan of film and theater from a very young age, David Dixon has written reviews and features for various print and online publications. You can reach him at daviddixon0202@gmail.com.



Ruth Carlson Russell and Adam Daniel in pre-production for "Return Engagements" (Photos courtesy Ken Jacques)



City Heights resident Ruth Carlson Russell stars in Scripps Ranch Theatre's latest offering alongside Adam Daniel.

COLEMAN

MOVING SYSTEMS INC.

Office/Residential | Free Wardrobes
7 DAYS A WEEK | FREE ESTIMATES
FAMILY OWNED SINCE 1979

619.223.2255

VISA MasterCard DISCOVER AMERICAN EXPRESS

BBB MEMBER | INSURED | LIC#CAL T-189466

EXAMINER

UPTOWN SAN DIEGO

The Uptown Examiner offers the **low prices** on legal publishing and decades of the responsibility you need.

We also:
FILE and PUBLISH FICTITIOUS NAMES.
Call for details.

What are you paying for Legal Advertising?

We publish ALL legal notices

- Fictitious Names \$20
- Abandonment \$20
- Name Changes \$65
- Notice to Creditors \$85
- Notice to Administer Estate \$85
- Summons \$80

Email your publication requirements and pay with a credit card.

Email: Kevin@Uptownexaminer.com
3601 30th Street, San Diego, CA 92104
Office: **619-955-8960** Fax: 619-955-8962

ABOVE the BOULEVARD

modern loft apartments

"Above the Boulevard" is a one-of-a kind community with washer/dryer, beautiful concrete floors, soaring ceilings, lots of natural light, energy-efficient A/C. Two pets accepted w/ no additional rent or deposit! Studio, 1br & 2br-2ba units.

CALL TODAY - 619 627 4192
4319 MISSISSIPPI STREET SAN DIEGO, CA 92104

**PROFESSIONALLY MANAGED BY
TORREY PINES PROPERTY MANAGEMENT**

FROM PAGE 7
NEWS BRIEF

the Mid-Coast Trolley's construction by serving breakfast to construction crews working on the project on March 29. The event was held at the construction staging yard near the Voigt Drive Trolley station, where workers gather for their morning briefings.

"This is a major milestone for a major project," Poway Mayor Steve Vaus said. "Not only is this project large in scale, but its impact on the San Diego region is bound to be monumental. This is the largest public transit project in our region's history. It's costing \$2.1 billion. You — the women and men building walls, laying rails, and pouring concrete — are the ones making this possible."

National City Mayor Alejandro Sotelo-Solis also addressed workers, thanking them for their hard work and drawing attention to the ways in which the trolley extension will provide her community of National City with improved access to jobs and education.

"This trolley will not only connect cities — it will connect communities. You are building a bridge — this bridge — between communities that can sometimes feel worlds apart," Sotelo-Solis said.

After addressing the crews, the mayors, SANDAG executives, and project managers served the workers breakfast

burritos and coffee.

Many workers in attendance commented on this being the largest and most significant project of their careers. Messages that were reinforced by Vaus.

"I hope you recognize the important role you play in this major moment in our region's history," said Vaus, "You'll be able to brag to your children and grandchildren that you helped build this beautiful elevated trolley. Be proud — because we're proud of you."

At its construction halfway point, the Mid-Coast Trolley project remains on schedule and on budget. Once complete, workers are projected to have poured 4 million cubic feet of concrete, installed 27 million pounds of rebar, and laid 83 miles of railroad ties.

The Mid-Coast Trolley project will extend Blue Line Trolley service from Old Town north to the University City community, serving major activity centers such as Mission Bay Park, the VA Medical Center, UC San Diego, and University Town Center. Nine new stations will be constructed. Major construction work began in 2016, with service anticipated to begin in late 2021.

Crisis team call volume increased

Trauma Intervention Programs of San Diego (TIP) continues its work of providing crisis intervention immediately after a tragedy in collaboration with emergency response personnel as demand

for the program increases. TIP volunteers are called on to add compassionate support in the emergency response system.

Sine 2014, the volume of the crisis team calls has increased by 60%. In 2018, TIP responded to 1,199 scenes of tragedy assisting 5,288 citizens in the community.

These are specially-trained citizen volunteers who provide care and support to residents who have been traumatized by a personal tragedy or are in a state of crisis. Often survivors are alone, in shock and dismay following a sudden tragedy. TIP partners with fire, law enforcement, hospitals and medical examiners and offers crisis intervention 24 hours a day, 365 days a year. Volunteers are trained to respond to a variety of tragedies to offer support: house fires, natural death, drowning, sudden infant deaths (SIDS), suicide, homicide and other community disasters.

TIP San Diego is continuing to seek skilled compassionate individuals who have an aspiration to give back to their community. Consider being a TIP volunteer today and sign up for an upcoming academy in your area. For more information, visit TIPSanDiego.org or call 855-TIPSD-HELP.

see News Brief, pg 21

3 ways to increase your core strength

Fitness

Blake and
Gwen Beckcom



If you are like many other people, you go to the gym with the goal of achieving a flatter stomach and firm abs. Most people want a toned stomach - not only to improve physical health but also for an ego boost.

However, if your only goal when you are working out is to get visible abs and you are focusing on doing situps for hours, it may end up not giving you the results that you are looking for.

The truth is, your core isn't just one muscle. Rather, it is a lot of muscles bunched together to hold together your abdomen and connect your hips, backbone, shoulders and neck together, and keep your body in place. If you do exercises that are micro-focused on only your stomach, you are leaving out a lot of the muscles that are an important part of that muscle group.

The good thing is, there are a lot of exercises that you can do to effectively work all of your most important muscles. Here are some exercises you can do to increase the strength in your core and obtain a healthy and toned core.

body. Return to your starting position and repeat this exercise with your left arm and right leg. Make sure to tighten your ab muscles to give yourself some stability and prevent yourself from leaning towards one side. Do 10-15 reps three to four times every day.

Why does core strength matter?

You don't want to just strengthen your abs for aesthetic reasons. There are many extremely strong people in the world who don't sport a six-pack. There are other things you will gain from having strong abs.

1. You'll avoid pain.

Having a strong core is a prominent factor in keeping yourself free from injuries, especially in your hips and knees. Research actually shows that women who regularly engage their cores have more control over the movement of their knees while they are doing strength exercises such as squats and lunges, which can help protect against an ACL injury.

Your core also stabilizes your pelvis and femurs, and help your glutes fight pain. Essentially, without having a strong core, you are missing out of having the foundation for pain-free movement.

2. Improve your posture.

Your core muscles support your spine, which makes it easier to have proper and healthy posture. Having correct posture will prevent the small movements in your spine that lead to pain. Also, having proper posture looks good and will give you a boost of confidence.

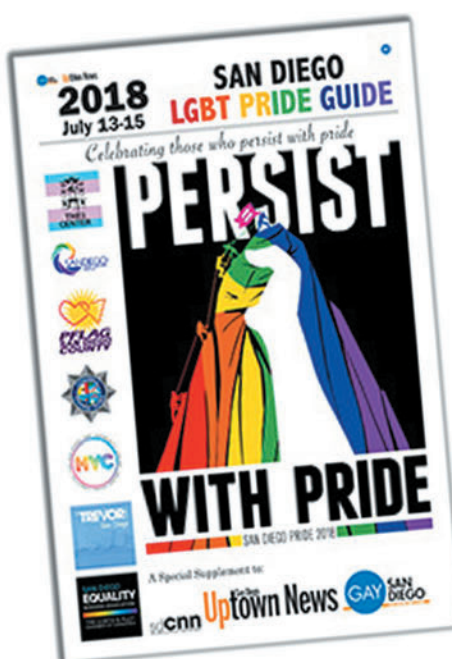
3. Increase your athleticism.

With an increased amount of core power, you will have an advantage over other people in sports because your stability, balance and agility will come from the center of your body. As long as your core muscles are all working together while you move, all of your power will be equally translated from your lower body to your upper body. This will allow you to rotate your core when you're throwing, punching or serving a ball. It will also help you absorb force while you are decelerating, such as when you are falling, catching or diving.

— *Fitness Together Mission Hills offers personal training with qualified professionals by regular appointment in private suites. Exercise and nutritional programs are custom designed to fit your needs and abilities. Call 619-794-0014 for more information or to schedule a free fitness diagnostic and private training session. See what others are saying about us on Yelp.**

Get Ready For PRIDE

Pride Guide 35,000 Copies



- Your ad appears in BOTH Gay San Diego (7/5) & Uptown News (7/12)
- Inserted as a Pull Out Section in both newspapers
- Free Door-to-door delivery to 13,000 homes
- Over 400 drops in high traffic locations
- EARLY BIRD Rates Available

Space Reservation:
June 26th

Uptown News

GAY SAN DIEGO

For Best Placement and Rates, Call MIKE
(619) 961-1958 or mike@sd cnn.com

Telling the story behind the story

Panel discusses groundbreaking report alleging U.S. government used database to track journalists, activists

Kendra Sitton | Editor

NBC7 hosted a discussion panel at San Diego Central Library on Wednesday, March 27, to inform the public about a secret government database tracking journalists and immigration advocates crossing the border. Many members of the audience were San Diego-based journalists or immigration activists themselves worried about having trouble passing through customs. Several members of the audience shared their own stories of being pulled into intensive interviews during secondary searches while crossing from Tijuana to San Diego.

The documents obtained by NBC7 show 59 people being tracked by the U.S. government. The database lists whether they have been interviewed by border authorities, their demeanor during those interviews, and links to a dossier of information gathered about each person.

Tom Jones, a member of the investigative team who helped break the story, revealed more about the days leading up to the reporting that has gained national attention.

According to Jones, he was skeptical at first when a whistleblower handed over the documents to NBC7's assignment editor, but when he began to research the names, he found many of them had been public about harrowing experiences trying to get into the U.S.

While reports had circulated for months that journalists and immigration advocates were frequently being pulled into Secondary Inspection and left for hours while trying to cross the border, their investigation is the first that presumably links those incidents to an organized government effort to track those individuals.

Jones said many of those people felt targeted, and "this could be the connective tissue" pulling those experiences together.

There are still many unanswered questions about the database. Jones believes the names were compiled in late December after speaking to dozens of people on the list who shared information about their border crossings. However, the investigative journalists still do not know where the directive to start the database came from. "Who ordered it? What was ordered?" Jones asked.

In the two weeks between receiving the documents and reporting on them, Jones said the team was mostly focused on finding a second source. While they reached out to NBC officials on the national level who eventually found a source, Jones also received a statement from U.S. Customs and Border Protection. That statement did not deny the existence of a database, but also defended those tactics. Jones took this as further confirmation their information was accurate.



Panelists discuss inclusion of criminal Ivan del Campo Riebeling alongside journalists and activists in secret government database (Photo by Kendra Sitton)

Another member of the media on the panel, freelance photojournalist Ariana Drehsler, was tracked in the database. She said she was taken into secondary inspections multiple times while crossing the border, and soon had to stop bringing her laptop, which impeded her work photographing the migrant caravan, because she could be subjected to a device search. Drehsler said she was initially hesitant to go on the record when NBC7 contacted her but changed her mind.

"When he [Jones] told me that my name was on a list, I was incredibly shocked. Then angry. The reason I did come forward was that I'm still upset about it," she said.

The photojournalist has not crossed the border since learning the government was recording her. She said in her secondary interviews, it seemed like the agents wanted her to be an informant on her sources as she covered migrants waiting to seek asylum in the U.S. She was asked about the people she spoke to in shelters as well as if she had any contact with AntiFa. The decentralized anti-fascist protesters have compared ICE with the Gestapo and called for their slaughter in September of last year.

For Pedro Calderon Michel, the news director of Telemundo 20, the most disturbing part of the database is that it includes Ivan del Campo Riebeling. Unlike many of the other people being tracked, Campo Riebeling actually has a criminal record and is currently under arrest in Mexico.

"Why is [Campo-Riebeling] next to journalists?" Michel questioned.

While many of the journalists in the audience expressed shock about the database, American Civil Liberties Union (ACLU) attorney Mitra Ebadolahi emphasized that this type of monitoring is not new for the U.S. government.

Ebadolahi, Border Litigation Project senior staff attorney for ACLU San Diego-Imperial Counties, said, "I'm pissed but I'm not surprised. The U.S. has been tracking activists for the better part of 50 years."

However, she warned there are new implications for this type of tracking in the modern era because it can be more holistic and invasive. She also brought up that many of those on the list reported being interviewed by people wearing plain clothes who did not identify their agency.

She claimed the recently discovered database is just part of a wide-ranging effort to target legal immigration in every possible way — as not just asylum seekers, but everyone around them, are being zeroed in on.

Ebadolahi said the ACLU is still investigating the secret database and may file a lawsuit in response since the government's tactics may cause a chilling effect to other journalists and activists who worry they, too, could be tracked.

Meantime, lawmakers demanded information from the Department of Homeland Security on the database back in March when it was first reported, but so far, the Trump administration has missed deadlines to inform Congress on the issue.


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

Call Mike Today to Advertise!

Mike Rosensteel
(619) 961-1958
mike@sdCNN.com



sdCNN



MICHAEL KIMMEL
Psychotherapist
Author of "Life Beyond Therapy" in Gay San Diego
5100 Marlborough Drive
San Diego CA 92116
(619)955-3311
www.LifeBeyondTherapy.com

#44 Live your life with theirs in mind.





Together let's start planning for your family's future.

Mary L. Stockton, LUTCF, CLU®, CLTC®
Agent
New York Life Insurance Company
4365 Executive Drive, Suite 800
San Diego, CA 92121
(858) 623-8945
stocktonm@ft.newyorklife.com
www.marylstockton.nyagents.com

SMRU1614160(Exp. 08.07.2016)
© 2015 New York Life Insurance Company
51 Madison Avenue, New York, NY 10010
Keep Good Going™ is a trademark of New York Life Insurance Company, all rights reserved.

Life Insurance. Retirement. Investments.

KEEP GOOD GOING

NEW YORK LIFE

STAY INFORMED!

Sign up for **FREE** to receive our e-newsletters with news about your community



Go to: bit.ly/sdcnnmail to sign up for our newsletters

Uptown News | SAN RIVER DOWNTOWN NEWS | GAY SAN DIEGO | MISSION VALLEY NEWS | Mission Times COURIER | The Green COURIER

San Diego Zoo News



Bai Yun on her 24th birthday (Photos courtesy San Diego Zoo)

By Jules Shane

Goodbye to Bai Yun

The zoo is preparing to bid farewell to two of its beloved giant pandas — which have been on loan from China as part of a long-term conservation agreement. Twenty-seven-year-old Bai Yun and her cub, 6-year-old Xiao Liwu, will be returning to their homeland at the end of April. Last year, the zoo began wrapping its agreement with Chinese conservation officials with the return of Gao Gao, Bai Yun's mate. The repatriation of Bai Yun ends a 25-year-long program, which has yielded a host of information on panda behavior, gestation, birth and life cycles.

"The San Diego Zoo was honored to be chosen by conservationists in China to work with them to develop a new model for species conservation," said Douglas G. Myers, president/CEO of San Diego Zoo Global. "The panda program we began together demonstrates how powerful these collaborative efforts can be. We are extremely grateful to China for sharing the pandas with us and offering us the chance to serve this species in a leadership role."

Guests wishing to visit the giant pandas can still do so until April 27. The zoo is planning a farewell party for the pandas slated for some time in April and will release more details as they are available.

Zoo Book Club

Author and advocate Chelsea Clinton will visit the San Diego Zoo on May 23, touring her new children's book "Don't Let Them Disappear: Twelve Endangered Species Across the Globe." Guests will attend a reading of the book by Clinton followed by a Q&A session and book signing.

The book, illustrated by artist Gianna Marino, explores some of the planet's most iconic and sorely endangered animals, as well as some of the problems that threaten their existence. From whales, to rhinos, to giant pandas and beyond, the book shows children how much these animals have to offer to our world and what can be done to protect them. Inside are tips and ideas that everyone can do to help protect some of these critically endangered species.

The event will take place at the zoo's Wegeforth Bowl at 10 a.m. General admission is required to attend. Tickets for the reading event start at \$28 and include one free copy of the book.

For more information or to purchase tickets to the event, visit bit.ly/SDZooBooks

Wild Night Out!

Experience the zoo in a more intimate setting, away from the kids and crowds, as the gates open late for a Wild Night Out. This 21-and-up event gives guests an opportunity to wander the zoo grounds after hours, while enjoying special entertainment and perhaps an adult beverage or two.

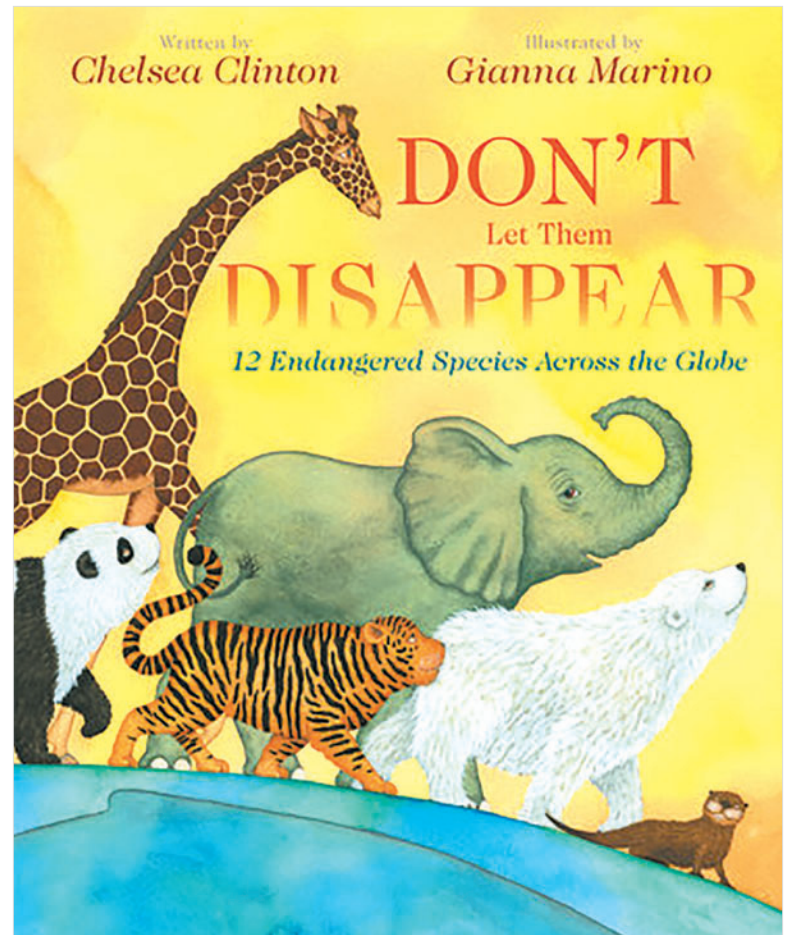
Live music will be played throughout the park. Additionally, the event will preview the zoo's upcoming summer Nighttime Zoo activities, including a 20-minute parade along Front Street featuring stunning, handcrafted animal puppets.

This special edition of Wild Night Out is set for June 13 from 6-9:30 p.m. Tickets to attend are \$40. Guests must be over 21.

For more information or to purchase tickets, visit bit.ly/WildNight21

Nightlife at the zoo

Nighttime Zoo returns this year starting June 17, bringing with it extended hours, special exhibits, and a host of



Guests will receive a copy of Clinton's new book with admission.

live entertainment throughout the zoo. This year's theme celebrates the zoo's newest and largest addition Africa Rocks with dancers, rocking bands and soaring acrobatic performances.

Guests will have the chance to get up close and personal with some of the zoo's animal ambassadors, as well as their handcrafted puppet counterparts during the "Wild About Animals" show and following procession. And, starting June 28, back for a second year is

"Call of the Night," a 12-minute laser and music show that will light up the night before closing time.

Starting June 17, the zoo will remain open until 8 p.m. Special summer activities get going at 4 p.m. daily. Nighttime Zoo is included with regular admission.

— Jules is the editorial intern at San Diego Community News Network, parent company of San Diego Uptown News. Reach him at jules@sdenn.com.



1830 University Ave

\$976,000 San Diego 92103

Welcome to this sophisticated and urban chic rowhome in the highly desirable and centrally located Hillcrest community. This home is DETACHED and has an inactive HOA with NO Monthly HOA FEES. Upon entering this highly upgraded 3 br / 3.5 ba home, you will immediately notice the attention to style and detail. From the custom made wood floating table and tiled entryway, your eye is drawn into the open concept floor plan with 9 ft ceilings adorned with crown molding, which is repeated in the master bedrooms.

RICHARD T. WOODS
Broker Owner/Attorney
Woods Real Estate Services
3415 6th Ave #9
BRE #01412706

richtwoods@gmail.com
619.347.9866

WOODS REAL ESTATE SERVICES

MIND MASTERS
THE ENTREPRENEURS BRAINSTORMING TEAM

Do you have your own business?
Could you use some support to help you set, reach and add vision to your goals?

The Mind Masters program assists business owners to harness the power of success

Call to schedule a FREE Strategy Session

858-467-9091
www.MindMasters.com

Barbara Eldridge
Founder

DIGITAL GYM CINEMA Apr 5 - 11

WRESTLE

"WRESTLE is a moving and haunting portrait of four young men fighting to win a golden ticket."
— The Playlist

"Heartbreaking, yet honest... WRESTLE will completely suck you in from beginning to end."
— Film Threat

Buy one movie ticket, get one free!
*Offer must be redeemed in full at the time of purchase. Not valid for 1st show of day or Mondays. Cannot be combined with any other offers. Offer must be the price of one regular admission.

www.DigitalGym.org/cinema
P.619-230-1938

2921 El Cajon Blvd San Diego, CA 92104
(off 805 Freeway on El Cajon Blvd & 30th St. in North Park)

So Say We All brings personal storytelling performances to Uptown

By B.J. Coleman

Is oral history dead? Before the prevalence of electronic communications and printing presses, narrators who spoke directly to audiences provided the main way for passing along history accounts, personal stories and moral lessons. Is all that really passé?

If you think so, go visit a storytelling performance event staged by So Say We All (SSWA). The literary and performing arts nonprofit organization brought eight coached speakers to the microphone at Whistle Stop neighborhood bar on Fern Street, for an evening of storytelling on Thursday, March 28. The theme of the night for storytellers was “You Had One Job,” wryly introducing personal tales of messing up in life.

Justin Hudnall sat down for an interview to discuss SSWA in early February. Hudnall is one of three co-founders of the organization, which was celebrating its 10th anniversary that month. SSWA was created from a writing workshop, when the founders dared to start a show. The show sold out that first time, and most of the performances sell out to this day.

Hudnall explained that SSWA reaches out to members of communities that are often talked about but not heard from.

“If you don’t tell your story, somebody else will and they will get it wrong,” Hudnall said.

The potential storytelling performers take part in a three-week boot camp to prepare. They have writing coaches, feedback from their cohort, and performance coaches to hone their skills.

Jennifer Coburn is a communications professional who works with and supports SSWA.

“If you attend in the audience, you walk out a better person than you were before,” Coburn said. “These performances are about real life, no space. Justin has done something incredible.”

The stories told that Thursday night in March at Whistle Stop dealt for the most part with life crises and questioning life decisions. While the topics covered were serious, splashes of self-deprecating humor lightened the mood. The audience sat with rapt attention as the performers recounted some of the saddest details of their lives.

The first performing storyteller, Rozzi Hafner, kicked off the evening with an account of spending a difficult childhood camping trip to Mexico with her father, who landed in a Mexican jail on charges of drug possession.

The last performance of the night recalled the aftermath of a failed suicide attempt. The performers dealt with parent-hood failures, parent illness and death, inability to have children, medical diagnosis of multiple sclerosis, and family wedding trouble foreshadowing early divorce.

Ed Farragut had the most specific and compact tale of the evening. Farragut talked about how he messed up during a stint as one of his school’s

see Storytelling, pg 21



Ed Farragut, one of eight writers in performance at an evening show of So Say We All on Thursday, March 28, at Whistle Stop neighborhood bar. Farragut described failure during his stint as features editor for his school newspaper.



Justin Hudnall, one of three co-founders of So Say We All, a nonprofit literary and performing arts organization that stages shows featuring writers in performance. Hudnall sat for an interview near his Del Cerro home in February. (Photos by B.J. Coleman)

CALIFORNIA

www.CalBBQ.com

FULLY INSURED
BBQ & OVEN
CLEANING SERVICES

5.0 ★ Rated 5-Stars!

SAD DIRTY BBQ

HAPPY CLEAN BBQ

WHY SHOULD I CLEAN MY BBQ & OVEN?

- + Removes all traces of built up grease
- + Removes harmful carcinogens that can transfer to your food
- + Extends the life of your grill and helps prevent corrosion
- + Improves performance and efficiency

We Use Safe Cleaning Products

SAFECID

- No Hazardous Chemicals
- No Hazardous Fumes
- EPA - DFE Product
- 100% Biodegradable

Design for the Environment
U.S. EPA

WHAT YOU CAN EXPECT WHEN YOU HIRE US:

- + Polite and professional staff
- + On time arrival
- + Courtesy call prior to arrival
- + No damage caused to environment
- + Safety inspection of all working parts and burners
- + Detailed cleaning to pristine condition
- + 100% non-caustic and fume-free environmentally friendly cleaners

\$25 OFF

BBQ CLEANING

&

\$15 OFF

OVEN CLEANING

WITH THIS AD!

Call for a FREE estimate!

(858) 210-2034

San Diego Book Crawl boosts independent bookstores

By Lucia Viti

Uptown's Bluestocking Books, The Book Catapult and Verbatim Books will celebrate America's Independent Bookstore Day, April 27-29, as part of San Diego's nine-store Book Crawl ensemble.

The annual event, now in its third year, showcases the unique niche of the indie bookstore. Prizes, swag bags, stickers, pins, buttons, arts and crafts, author presentations, book signings, contests, and of course the best in books, will be offered to those who relish aimlessly perusing aisles of books.

Crawlers will experience the magic behind the art of hand-selling books along with excellent customer service. The three-day event promises to introduce attendees to an

incredible collection of San Diego's community bookstores.

"The crawl is the perfect personification of what it's like to be a part of an amazing network of local bookstores," said Seth Marko, owner of The Book Catapult. "Everyone works together to promote each other. As we showcase what makes The Book Catapult special, we connect to San Diego's amazing community of indie bookstores."

"The Book Crawl is an indispensable part of San Diego's book culture," said Justine Epstein, owner of North Park's Verbatim Books. "San Diego is full of enthusiastic readers who value independent bookstores."

Kris Nelson, owner of Hillcrest's Bluestocking Books is thrilled to be giving away "lots of fun stuff to thank our clients for shopping in the real



Inside South Park's The Book Catapult ahead of the annual San Diego Book Crawl (Photo courtesy Seth Marko)



Verbatim Books in North Park is expecting a crowd of people celebrating independent bookstores on April 27-29 (Photo courtesy Kyle Baudour)

world, rather than online or in chain stores — home of the mass produced."

Despite a world that revolves around reading clickbait, tweets and digital downloads, indie bookstores are not simply surviving, they are thriving. Independent Book Store Day underscores the importance of the brick-and-mortar edifice that serves as a universe of ideas for living, learning and sharing. Independent bookstores have become community hubs anchors spearheaded by passionate readers for booklovers to meet, greet and share their love of stories.

"The Book Catapult is a wondrous realm of fantastic books," Marko continued. "We're an oasis of literature. We stock books that you didn't know you needed until you held them in your hands, thumbed their pages, and had a good conversation with our expert booksellers."

"Bluestocking Books is a real bookshop; a host to magical, life-changing books," added Nelson. "Here, toddlers squeal in delight, old friends find common loves in literature and history, true loves meet, and dogs sit politely for a treat. Random philosophical quotes are uttered aloud and books are

recommended by friends and strangers. We're a community of booklovers."

Nelson noted that independent bookstores offer an "amazing ocean" of incredible writers, plus a shared enthusiasm between employees and clients. As the third owner of the property that has served as a bookstore since 1967, she is undeterred by the challenge of running an independent bookstore in a world dictated by the internet. Nelson remains inspired and enthused by her community of readers.

"Bluestocking Books is open every day as a haven; a tradition and testament to human thoughtfulness," she said. "The love of Book Crawl is palpable on Independent Bookstore Day. We're happy to offer locals and passing-through booklovers a place to enjoy and converse about what to read next."

The bibliophile's holiday is a typically well-attended event.

"Prepare to be blown away by the amount of people who participate in Book Crawl," said Nelson. "People love it."

"We were absolutely blown away by the sheer number of people who crawl," said Marko. "Our 2018 Book Crawl Saturday was the biggest

in-store sales day we've ever had, before or since. Readers love a good party, so we expect the community to be in full crawling force."

"Verbatim Books is excited to be part of a valuable community event," concluded Epstein. "Community response continues to be overwhelming."

Crawlers can pick up passports in any of the nine locations. Purchases made during the three-day event are then stamped on those passports. Five stamps earn a free logo tote bag, plus a raffle entry to win a curated gift bag. Local author and illustrator Susie Ghahremani, the event's ambassador, designed the crawl's logo and tote bag.

Those who collect nine stamps will be eligible for gift certificates to each store.

Participating stores include the Library Shop, Mysterious Galaxy, Warwick's Bookstore, Bluestocking Books, UC San Diego Bookstore, The Book Catapult, Verbatim Books, La Playa Books, and Run For Cover Bookstore.

For more information, visit <https://www.facebook.com/events/417339152146901/>.

— Reach Lucia Viti at lucioviti@roadrunner.com.



Easter Brunch at Kings Inn!

Please join us Sunday, April 21 for a Holiday Buffet in The Amigo Spot 11 :00 am to 3:30 pm (last seating at 3:45pm)

Breakfast Favorites, Garden Fresh Salad, Amigo Spot Choices, Dessert Bar and more!

\$22.95 Adults • \$12.95 Children ages 2-10

Beverages and Gratuity Not Included

Reservations Recommended, Large parties Welcome.

Call for reservations: **619-297-2231**
1333 Hotel Circle South, San Diego, 92108

The Waffle Spot will serve their full menu from 7am to noon.

Full bar selection available. Beverages not included.

Gift certificates and discounts are not honored for holiday events.

Promotional Discounts, Gift Certificates, and Coupons are not accepted for Brunch.



Hillcrest's Bluestocking Books displays notebooks, calendars and novels ahead of San Diego Book Crawl (Photo courtesy Kris Nelson)

Puzzles Sponsored by:



RICHARD WOODS

619-347-9866



WOODS

REAL ESTATE SERVICES

Opening the Doors to Your Future



CA DRE #: 01412706

www.WoodsRealEstateServices.com

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

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 22

Uptown Crossword

Classics

1	2	3	4	5		6	7	8	9		10	11	12	13
14						15					16			
17						18					19			
	20				21					22				
			23					24						
25	26	27			28	29	30			31	32	33	34	35
36				37						38				
39			40					41	42					
43								44				45		
46						47					48			
				49	50					51	52			
	53	54	55					56	57			58	59	
60						61					62			63
64						65					66			
67						68					69			

CREATORS NEWS SERVICE

By Charles Preston

ACROSS

1 A Miller born July 4

6 Wedding milieu

10 Totter

14 Worship

15 A Simon born July 4

16 Ms. Bombeck

17 Kentucky campus

18 Camp abode

19 Move out of place

20 Songwriter born July 4

23 Weedy grass

24 Prefix with cycle

25 Quarryl

28 Carter, of Gimme a Break

31 Oil city

36 Punch liquor

37 Rod

38 C.P. and Hank

39 Columnist born July 4

43 Postpone

44 Dana, of Easy Street

45 Scotsman's no

46 ___ a customer

47 Banjo's resting place

48 Mainz Mr.

49 Luau garland

51 Gambling cube

53 Controversial TV host born July 4

60 Yearn

61 Swenson, of Benson

62 Miss Scarlett

64 In a bit

65 Actress Garr

66 Fil for a king

67 Sail support

68 Gave a once-over

69 Irish poet

26 Actor Blades

27 Zola

29 Building adjunct

30 Rosemary's Baby author

32 Burmese statesman

33 Greene, of Bonanza

34 Vow

35 Ed, of Lou Grant

37 Bribe of a kind

40 Gun for Capone

41 Street: abbr.

42 ___ say more?

47 Steak and ___ pie

48 Cartoon giggles

50 Upper crust

52 Shade of white

53 A Lollobrigida born July 4

54 Slaughter, of baseball

55 Torn

56 Meanie

57 Foray

58 Style of Indian music

59 Smell

60 A Shriver born July 4

63 Jolson and Michaels

DOWN

1 Fairy queen

2 March 15, e.g.

3 Wrongful act

4 Like a horror show

5 "It takes a ___ livin' . . ."

6 Feed the kitty

7 Hammer part

8 Wicked

9 Pianist/singer John

10 Tranquility

11 ___ Stanley Gardner

12 Kuwait bigwig

13 Race segment

21 Asian capital

22 Waits on the sidelines

25 El ___: Madrid muse-um

Puzzle answers on page 22

FROM PAGE 19

STORYTELLING

newspaper editors. Farragut began by recounting the thrill of envisioning his work as investigative journalism and challenging school authorities. Farragut's beat was features. After publishing one issue, school officials and teachers confiscated it completely, and the journalism teacher was temporarily removed. Farragut recalled his initial annoyance about the incident for the audience, and then he turned to explaining his remorse. In the features section, a small note falsely outed and touted the courage of a fellow high school boy by name as openly HIV-positive. Farragut seemed to be near tears as he concluded, admitting that he had not done sufficient research and fact-checking before going to print with falsehoods.

SSWA charges small fees for show tickets. The nonprofit also solicits volunteers and donations. SSWA describes its mission as teaching people to tell their stories through publishing, performance and

Rozzi Hafner, one of eight writers in performance at an evening show of So Say We All on Thursday, March 28, at Whistle Stop neighborhood bar. Hafner recounted a difficult childhood camping trip south of the border, where her father was jailed in Mexico for drug possession. (Photo by B.J. Coleman)

education. SSWA will be a featured group at the San Diego Writers Festival, in the Downtown Central Library on Saturday, April 13. SSWA plans an afternoon set of performances from military veteran writers and then an evening showcase of encore performers.

More information is available at www.sosayweallonline.com.

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

FROM PAGE 16

NEWS BRIEF

South Park resident named 2019 Rising Star

2019 Rising Star Erin Kennedy Clancy (Photo courtesy Sullivan Hill)

Sullivan Hill attorney Erin Kennedy Clancy has been named a 2019 Rising Star. Each year, no more than 2.5% of the lawyers in the state are selected to the Rising Stars list.

Shareholder Erin Kennedy Clancy has been selected to the Rising Stars for the second time in the areas of construction litigation, civil litigation, business/corporate, and insurance coverage. Clancy is part of the firm's construction, insurance, real estate, and commercial and business litigation practice groups.

Super Lawyers, a Thompson Reuters business, is a rating service of outstanding lawyers from more than 70 practice areas who have attained a high degree of peer recognition and professional achievement. The annual selections are made using a patented multiphase process that includes a statewide survey of lawyers, an independent research evaluation of candidates and peer reviews

by practice area. The result is a credible, comprehensive and diverse listing of exceptional attorneys.

Attorneys raise \$20K for free legal services

More than 200 lawyers loosened their ties and opened their office doors to host bingo games, "jeans days" and competitive online fundraisers for the annual Lawyers Who Love Access to Justice fundraising competition and managed to break previous fundraising efforts. The friendly contest raised \$20,000 over 11 days to benefit Casa Cornelia Law Center's work to provide quality pro bono legal assistance to immigrants and asylum seekers in San Diego.

"By nature, we lawyers tend to be a competitive bunch," said Carmen Chavez, executive director of Casa Cornelia. "By channeling that energy into heated rounds of games like bingo, these lawyers are putting their competitive spirit to good use to help us reach more vulnerable families with the legal services they need. I am deeply grateful to the firms' leadership and all the participants who joined in the fun for a good cause."

"Pillsbury is proud to partner with Casa Cornelia to help ensure those in need continue to receive access to justice," said Brandon Randolph, director of administration at Pillsbury Winthrop Shaw Pittman LLP, the lawyers who won first place. "The generosity of our teammates is a testament to the importance of Casa Cornelia's programs and their impact in our communities."

Casa Cornelia is the only legal services provider for all detained unaccompanied children in San Diego. The organization relies on the generous donations of the community, as well as volunteer attorneys to provide pro bono legal services to Southern California's immigrant community.

County employees donate to feed San Diegans in need

Special Delivery, a nonprofit organization serving the nutritional needs of disadvantaged San Diegans, has received a \$1,000 grant from the County Employees' Charitable Organization (CECO) to purchase healthy foods for its food pantry. The grant was received at CECO's annual breakfast on Tuesday, March 19.

"We are thrilled to receive this very generous award from such a wonderful San Diego organization as CECO that has supported Special Delivery for many years," said Henricks in a press release. "This donation will be used to help us continue our work of providing nutritious food to over 9,500 unduplicated men, women and children annually from our on-site food pantry which offers a variety of canned and packaged goods, fresh fruits and vegetables, breads, and refrigerated and frozen foods. Examples of shoppers include the homeless, individuals and families out of work and others who have fallen on hard times."

Since 1956, CECO has been the charitable arm of the County of San Diego and San Diego Superior Court. CECO is managed by county employees and distributes 100% of donations to the San Diego community by way of grants to local nonprofit programs and assistance to employees in crisis.

Since its inception in 1991, Special Delivery has served over 2 million home-delivered meals to more than 6,000 meal clients with life-threatening illnesses such as cancer, AIDS and heart disease. Meal clients receive two cold meals and one hot meal daily, groceries for the weekend, as well as access to the organization's onsite food pantry. The free-choice food pantry is open Monday through Thursday from 11 a.m. to 1:30 p.m. by appointment.

UPTOWN

CALENDAR

FRIDAY

April 5

SAN DIEGO ARAB FILM FESTIVAL

مهرجان الفيلم العربي

سان دييغو

Celebrating Arab Culture

Arab Film Festival
The San Diego Arab Film Festival announced its line-up for 2019. It will open on April 5 and include nine feature films and six shorts. The festival will host three screenings at the Museum of Photographic Arts in Balboa Park and seven at the AMC 20 complex at Westfield Mission Valley. The festival is offering passes for all 10 screenings, three-screening ticket packages, as well as tickets for individual screenings. Individual tickets are \$12 for general admission and \$7 for students. Three ticket packages are \$33. Festival passes are \$100. For ticket purchases and screening information, visit sandiegoaff.org

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



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

SATURDAY

April 6

The Sand Box
Join Hillcrest's newest art gallery for a family-friendly, all-ages drag show. The Studio Door opens their gallery to feature queens performing for the very first time alongside a cast of seasoned local performers. This free show runs from 5:30-7:30 p.m. at 3867 Fourth Ave.

EASTER BUNNY

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



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

SUNDAY

April 7

UHC COMMUNITY TAG SALE

UHCA Swap Meet
The UHCA hosts its annual Ostrich Nest yard sale this year on April 7 from 9 a.m.-1 p.m. Stroll this open-air market in search of hidden treasures while getting more in touch with the University Heights community. Located in Trolley Barn Park at 943 Adams Ave.

Autism Awareness Bar Crawl
In honor of National Autism Awareness Month, Gaslamp District Media has created a scavenger hunt-themed bar crawl for its annual event. Attendees will enjoy small bites, cocktails and the chance to win prizes along the crawl, which begins at Mezé Greek

Fusion. Additional stops along the route include Float at Hard Rock Hotel and Monkey King. The event will conclude at the final stop, El Chingon, followed by an after-party. Registration is priced at \$20 per person, with additional team pricing. All proceeds from this event go toward Community ConNext, a local nonprofit benefiting kids, teens and young adults with developmental disabilities. Registration and additional information at bit.ly/2uDPDHz



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

TUESDAY

April 9

Gay Men's Book Club
The new Gay Men's Book Club will meet on Tuesday, April 9, to discuss the April selection, "Dancer from the Dance" by Andrew Holleran, a classic novel about gay men in Manhattan and Fire Island before the AIDS epidemic changed everything. Anyone interested in novels, memoirs and plays with gay themes is welcome to join the club. 6-7:30 p.m. at Mission Hills-Hillcrest Library, 215 W. Washington St. Contact Ron Alsop at ronald.alsop@gmail.com or 908-347-3877 for more information.

First Port, First City
A San Diego 250 commemorative event inspired by the arrival of the Spanish sailing ship, San Antonio, into San Diego Bay 250 years ago to the day. The event brings together the Kumeyaay Nation, public officials, the Maritime Museum and honored guests to share in marking the day that San Diego began. The Maritime Museum's San Salvador ship will serve as an impressive backdrop to the beautiful gazebo location in Embarcadero Marina Park North. Short presentations and cultural exchange activities will begin at noon, lasting approximately 30 minutes. Educational information

panels, light snacks, refreshments and seating will be provided in a covered area adjacent to the gazebo. This event is free to the public. Embarcadero Marina Park North, 400 Kettner Blvd.

THURSDAY

April 11



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

SATURDAY

April 13

Taste of Hillcrest
Hillcrest's vibrant walking feast is back! With over 40 different types of cuisine, Fabulous Hillcrest offers an international tour of exciting new concepts and comfort food favorites. Savor small bites from some of Hillcrest's most recognized and award-winning restaurants while you discover and explore an eclectic mix of shops and boutiques! \$30 presale, \$35 day of event. Noon-4 p.m. bit.ly/2GGKfZ0



Building Hogwarts
Join the North Park Branch Library for a Lego build-a-thon as they piece together Hogwarts castle. Guests will be assigned a station and work as a team for this complex build. Light snacks and refreshments will be provided by the Friends of the North Park Library. Ages 6-plus. Free. 3795 31st St.



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

Young Arts Patron Social
The Studio Door is hosting an art-filled ice cream social hour for young philanthropists interested in becoming informed patrons of the arts. Patricia Frischer of San Diego Visual Arts Network will speak on the importance and methods of art collecting. Event begins at 11 a.m. Free. 3867 Fourth Ave. Wednesday, April 17

Brain Science
Learn more about the brain, take part in an interactive brain dissection demonstration and participate in a brain trivia game! The North Park Branch Library hosts a brain science workshop for students from second to 12th grade on April 17 from 4:30-5:30 p.m. The class will be taught by scientists from SDSU's Brain Development Imaging Labs. Registration required. Registration and information available at bit.ly/2UauR1W

THURSDAY

April 18

Smino with EarthGang
St. Louis-born rapper Smino will be at the Observatory North Park with EarthGang on April 18 at 8 p.m. Doors open at 7 p.m. Tickets start at \$25. Tickets and show information at bit.ly/2FKKoeH

SATURDAY

April 27

Adams Avenue Unplugged
The annual free music festival will feature 80 artists performing on 24 stages from Kensington through Normal Heights and ending in University Heights. Restaurant, bars and coffeehouses along Adams Avenue will be hosting performances. Multi-instrumentalist extraordinaire David Lindley and Grammy Award-winner Gaby Moreno are headlining. The event also features a beer garden and free trolley service to the festival. For the complete schedule and concert or beer garden tickets, visit www.adamsavenueunplugged.com

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/LestatsWest

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 #cic-freefriendfriday for free Wi-Fi. 9 a.m.-5 p.m. at Collective Impact Center, 3295 Meade Ave. bit.ly/free-Fridays

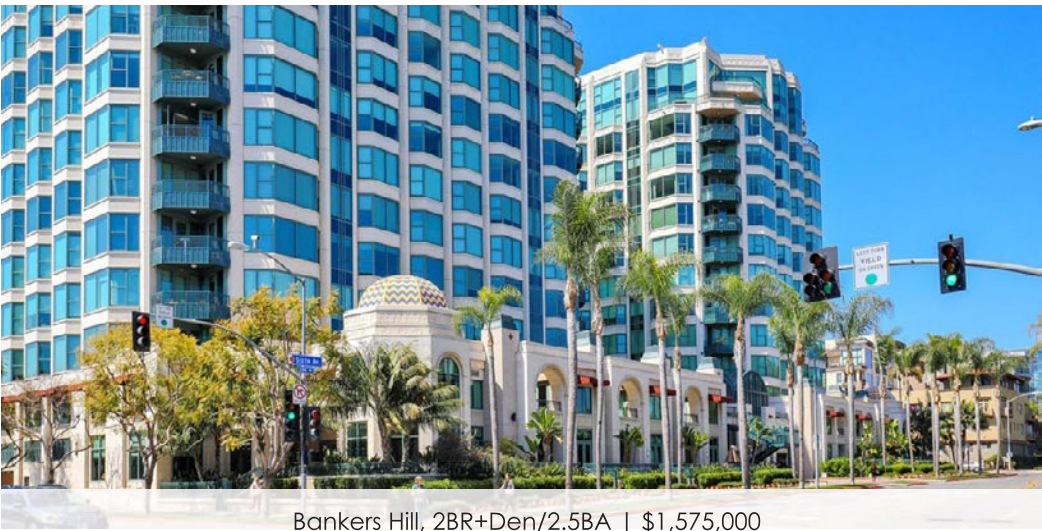
Saturdays

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

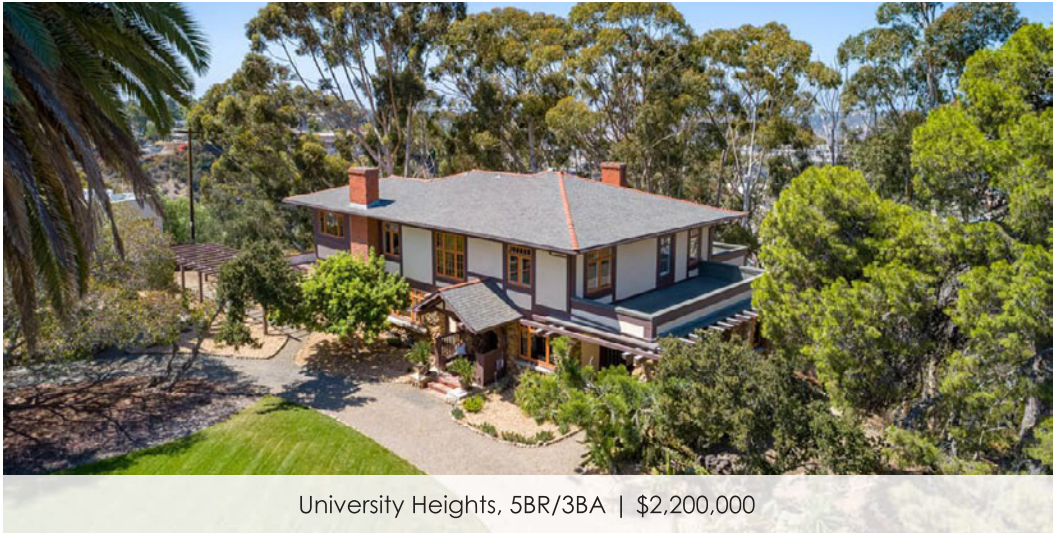
Looking to get involved in your neighborhood? A full list of community planning meetings, town councils and the like can be found on our website at bit.ly/uptown-meetings.



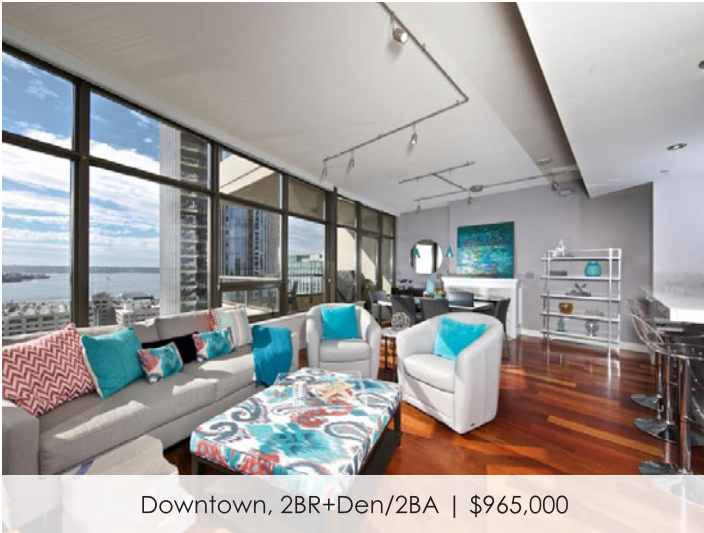
Bankers Hill, 2BR+Den/2.5BA | \$1,575,000



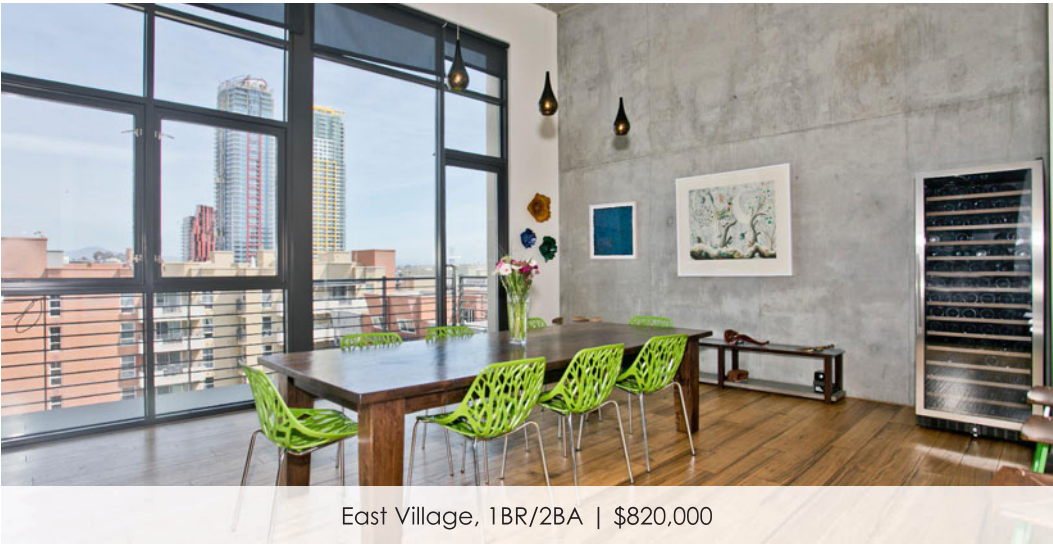
Normal Heights, 2-4 UNITS | \$1,299,000



University Heights, 5BR/3BA | \$2,200,000



Downtown, 2BR+Den/2BA | \$965,000



East Village, 1BR/2BA | \$820,000

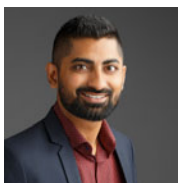


Cortez Hill, 1BR/1BA | \$419,000

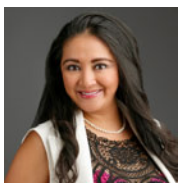
Metro's Finest Professionals



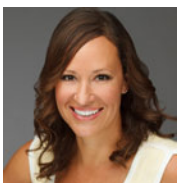
Amy Alexander
DRE# 01427503



Ayush Vats
DRE# 02057884



Christina Ludovice Wilkin
DRE# 01936121



Erika Migliore
DRE# 01901085



John Cilch
DRE# 01840504



Josh Polanco
DRE# 02044318



Ken Baer
DRE# 01334769

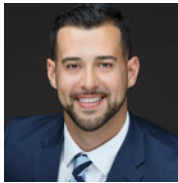
Vincent Crudo
DRE# 01424098

Tommy Crudo
DRE# 01468953

Christine Baker
DRE# 01808132



Larry Cline
DRE# 01894025



Louis Brignac
DRE# 01888287



Meg Metroyanis
DRE# 02042527



Stephanie Erickson
DRE# 01316258



Nick Rotsart
DRE# 01724681



Tommy Walker
DRE# 01994105



Steven Kilgore
Branch Manager
DRE# 01898156

Connie Berkley
DRE# 00850524

Stephanie Erickson
DRE# 01316258

Monica Sylvester
DRE# 01313543



WILLIS ALLEN
REAL ESTATE
SINCE 1914.

CHRISTIE'S
INTERNATIONAL REAL ESTATE

2875 FIFTH AVENUE, SAN DIEGO | 619.238.8065 | INFO@WILLISALLEN.COM
STEVEN KILGORE, BRANCH MANAGER | ANDREW E. NELSON, PRESIDENT & OWNER | DRE# 01204280