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SD Natural History Museum shows off its living animals



A girl watches a lizard she spotted at the entrance of the Living Lab exhibit. (Photo by Kendra Sitton)

KENDRA SITTON | UPTOWN NEWS

The San Diego Natural History Museum (The Nat) unveiled its latest exhibit in November, a “Living Lab” featuring snakes, lizards, ants, tarantulas and other critters. The creatures were included because they could be found in the average San Diegan’s backyard, but because of their behaviors (like being nocturnal or hibernation) or traits (like being reclusive), people rarely interact with them.

The animals are normally cared for in the Vivarium, located in the basement of the museum. Some are used for educational purposes but many never interacted with the public until being showcased in the exhibit. Part of the purpose is to let The Nat’s visitors learn more about the animals, as well as learn more about what the museum does.

see The Nat, pg 13

Uptown’s LGBT+ women gain political strength

How Chris Kehoe and the local women politicians who followed are shaping the 2020 election — and each other

KENDRA SITTON | UPTOWN NEWS

Toni Duran knocks on a town home door in Hillcrest. There’s no answer.

“In doing this campaign, I’ve actually talked to more people than I ever have for all the canvassing I’ve done,” Duran explained as she walked to the next house. In the wake of the passage of Prop 8 in 2008, Duran professionally canvassed. Her job was to go door-to-door in neighborhoods that voted to oppose marriage equality to give a face to the issue. Although funding for that job dried up, she kept canvassing



Toni Duran introduces herself to a woman residing in Hillcrest. (Photo by Kendra Sitton)

for other campaigns in the years to come.

As she knocks on a second door, a tiny dog and a woman open the door.

“Hi, my name is Toni Duran. I am running for City Council for District 3. I’m coming out to my neighbors in Hillcrest today to chat and introduce myself,” she said.

The woman is embarrassed to be photographed in her sweats. She and Duran trade easy laughs before Duran starts in on her pitch.

see LGBT, pg 2

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FROM PAGE 1

LGBT

"I've worked for Senator Toni Atkins for the past six years. In that time, I've actually been the representative for District 3, so I've attended the Hillcrest Town Council, Uptown Planners, parking district, the business association," Duran tells her, explaining her familiarity with the area and its mechanisms of getting things done. Instead of detailing her policy positions, Duran asks the woman what she enjoys about her neighborhood and what could be improved. The woman demurs, so Duran asks her about the street parking permits. The candidate says this is something mentioned frequently by people in North Park bracing for the impact of taking out street parking for bike lanes. The woman is excited now: she details the usefulness of the system because of their proximity to the UCSD Medical Center.

After wrapping up their conversation, Duran invites her to the debate being held at the Hillcrest Town Council between Duran and her fellow Democrat contenders for the seat.

When Duran finishes canvassing the rest of the street, about 1/3 answer their doors.

One issue she faces in the primary between her, Michelle Nguyen, Chris Olsen, Stephen Whitburn, and Adrian Kwiatkowski, is that people are not enthusiastic about the race.



Chris Kehoe is sworn into the state Assembly (Photo courtesy Lambda Archives)

"This race especially, some people look at it as 'it's gonna be a Dem, it's gonna be a person from the LGBT community. I'll wait it out,'" Duran said. (Since Duran's interview, Nguyen, a Republican, pulled papers to run in the heavily blue district.) Duran has met people who only plan to get involved when the top two vote-getters face off in the general election. Right now, she needs to ensure she is one of the two who advance to November. While Nguyen is the only Republican, Kwiatkowski has positioned himself as a centrist and Olsen has taken up the most progressive lane, Whitburn has steadily racked up endorsements from many of the top local political groups. Duran's biggest asset in the race is her supporters. She has been endorsed by three of the people who previously represented District 3 on the City Council: Chris Kehoe, Sen. Toni Atkins and

Asm. Todd Gloria.

When Kehoe won the seat in 1993, she was the first openly LGBT+ person in San Diego County to hold an elected position. Since then, the area has undergone major change. San Diego now has more LGBT+ elected officials than any other city in California, including San Francisco.

"We saw [San Francisco] as the mecca — the city that got us started. But San Diego has fast embraced it and I think that's a lot because what they saw Chris do when she got elected. There was a fear she'll be the gay person. It turns out she was — and she made some change in many ways there. We got domestic partnership when she was on the City Council for city employees, but they also saw her being serious about everything else, which we always know is the case," Atkins

said about her former boss. "I've lived in San Diego since 1985 and I've seen a huge shift and I think it's great."

Atkins explained at events nowadays not all the LGBT+ officials can even be acknowledged. "It is kind of cool that in San Diego, there are so many candidates to support who are LGBT. It used to be a big deal when you could acknowledge one. Now I'm afraid I'm going to miss somebody!"

Kehoe believes in some areas, being LGBT+ is considered an

California — she maintains that Kehoe's first win was the biggest moment of her life.

"The most exciting moment I've ever experienced, amazingly, is not my election to the City Council. It was Chris'. To be in there the night that Chris got elected was an epiphany kind of moment, which is: we can succeed, we can work together and be successful," Atkins reminisced. "And my second favorite moment was when I got elected to the City Council."

For her part, Kehoe said her first election win was thrilling and set the course for her life's work.

"The changes that have taken place are enormous," Kehoe said. "When Senator Atkins decided to run for Council District 3 in 2000, it was not a foregone assumption that she would win. Toni Atkins' victory confirmed again that a qualified, smart and hardworking LGBTQ candidate could win — that my '93 race was not a fluke. Todd Gloria stepped up in the same manner in the next cycle and now we see qualified LGBTQ office holders serving all over the region. Council District 3 has had over 25 years of uninterrupted representation by openly LGBTQ elected officials."

For many years, Atkins' trajectory has mirrored that of her former boss. Atkins won the City Council seat Kehoe vacated in 2000 to run for state Assembly. A decade later, Atkins won the same state Assembly seat that Kehoe held for four years until she ran for state Senate. Both women served as the Speaker of the State Assembly. In 2004, Kehoe became a state Senator and in 2016, Atkins did the same. Atkins only surpassed her mentor in 2018

see LGBT, pg 3

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— Jan Delair, age 63, retired

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Chris Kehoe campaigning for City Council in 1993. (Photo courtesy Lambda Archives)

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FROM PAGE 2
LGBT

when she became the president pro tempore of the California Senate, a position Kehoe never held. Atkins is both the first woman and first openly LGBT+ person to lead the California Senate.

“It’s not just that we’ve gotten behind these gay candidates, it’s that we’ve recognized talent that other people have recognized as well once they got to statewide office,” explained LGBT+ studies pioneer Dr. Faderman. “[Toni Atkins] became the president pro tem which is really fantastic and a tribute not just to San Diego, but that San Diego recognized talent because these straight people in the state Assembly and state Senate chose Toni Atkins to lead them.”

Like Atkins once did, Duran may follow in her boss’ footsteps as she seeks a position on the City Council.

While Kehoe is no longer an elected official, her presence looms over San Diego and the state. Atkins appointed her to the California Transportation Commission and the California Coastal Commission. She also serves on the Parks Forward Commission and the Community Advisory Council for San Diego History Center’s LGBT+ exhibit.

In addition to her official roles, Kehoe is an important figure in local elections. Alongside Gloria and

Atkins, she is a key fundraiser for the candidates she endorses. For many progressive Democrat campaigners, her endorsement offers legitimacy and enough support to propel them into a win. In 2016, San Diego CityBeat’s Ken Stone pointed out then-City Council candidate Chris Ward consistently touted the Kehoe-Atkins endorsement during his campaign. In 2018, Dr. Jen Campbell flipped City Council District 2 with the help of big-name Democrats.

Atkins was an early supporter of Georgette Gomez during her City Council District 9 race, whom she had previously worked with on environmental justice issues. Gomez is on her own quick trajectory to political stardom in San Diego. She was elected president of the City Council by her colleagues as well as the head of MTS. Now, she is in a primary race to replace Representative Susan Davis.

Atkins and Kehoe both enthused about Gomez’ rise.

“To be able to see Georgette Gomez just get elected and step up and step up and be as successful as she has,” Atkins said when discussing the successes of LGBT+ politicians she has helped elect.

“Georgette Gomez’s success as a council member has impressed me so much. As chair of the county-wide transit agency, Georgette had to win the confidence and trust of elected officials from all over the county. That is not easy — but she did it! As City Council president, again, she won support from all

her colleagues and is doing an outstanding job,” Kehoe said.

For her part, Gomez has come to consider Kehoe and Atkins as mentors. Gomez describes calling them whenever she is faced with a tough decision at City Council. She said Atkins is helpful because unlike many people who approach her as City Council president, she doesn’t have an agenda.

“When I succeeded in winning my election, I called her to get advice: OK, I just won. Now what do you do? So she’s been very supportive in all different levels, without an agenda, which I really appreciate. It’s about just helping me be the best that I’m able to do,” Gomez said.

She sees Atkins as someone who has helped her in her own evolution by advising her on how to carry her values into each new position she holds.

Gomez met Kehoe much later, when she approached her about an endorsement. Kehoe’s support continued after she made it into office and Gomez appreciates calls with Kehoe because the former politician poses intentional questions to help her think through her decisions, instead of telling her what to do.

“I feel that it’s a safe space. It’s a safe conversation that I can have for ultimately helping me to make the best choice,” Gomez said. “When I made the decision to run for Congress, [Kehoe] was one of the first people that said, ‘I know you have to go through your



Duran invites a Hillcrest resident to a debate between her and her opponents.
(Photo by Kendra Sitton)

process, but if you end up deciding, I’m 100% with you.’ She was encouraging me, but at the same time, acknowledging that whatever decision you do, it’s going to be the right decision. I respect that a lot.”

Duran trusts Atkins’ judgment so much that when she informed her boss she hoped to run for District 3, she said if Atkins did not endorse her, she would drop her candidacy.

“I said ‘I want to do this, but it’s not something I’m gonna do unless I have your support. If you’re saying to me as your staff member, you won’t support me, then I won’t do it.’ If Toni Atkins says this is something you’re not going to be able to do — that was her job. She did that,” Duran said. “She said, ‘If this is what you want to do, I’ll support you.’”

Like Gomez, Duran never had any initial plans to run.

“I never thought I’d be doing this. I never thought I was gonna meet politicians. I never thought I was going to work on political campaigns. I never thought I was gonna work in a political office, much less run. That’s just how it all flowed,” Duran explained. As a young adult in St. Louis, she was mostly closeted and not involved in public advocacy. After moving to San Diego in 2007 and then getting involved in the push against Prop 8, Kehoe, Atkins and Gloria were the first politicians she met in her whole life. “It blew my mind that they were gay, people liked them and they elected them to represent them.”

Kehoe, Atkins, and Gomez

see LGBT, pg 4

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ADMINISTERING YOUR TRUST UPON YOUR DEATH

By: Dick McEntyre and Chris von der Lieth, Attorneys at Law

You may wonder what is involved when your successor trustee administers your revocable living trust following your death. Here are the primary actions (not necessarily sequential) your successor trustee will need to take:

1. Arrange for the on-going care of your pets; secure your home; and make the final arrangements for the disposition of your body.
2. Order several Death Certificates through the mortuary to be used in connection with closing financial accounts and transferring title to real property.
3. Mail out "Notice to Beneficiary/Heir" letters as required by California law.
4. Obtain preliminary value of your estate to determine whether a federal estate tax return may need to be filed with the IRS (within nine (9) months from the date of your death).
5. Notify the California Department of Health Care Services as required by California law if you received or may have received any benefits from Medi-Cal.
6. Open a new checking account in the trust name (or convert an existing account). This account will be used to pay all of your debts and on-going trust expenses. In this connection, obtain from the IRS a new income tax reporting number (EIN) for the trust which the bank will require, since your trust became irrevocable upon your death.
7. Transfer title to all financial/brokerage accounts from your name into the successor trustee's name, or close (sell the assets in) all or some of such accounts and transfer the proceeds into the new account in the trust referred to in Para. 6 above.
8. Locate all outstanding bills and pay same from the account referred to in Para 6. above.
9. Make claim for any death benefit(s) payable on your death.
10. As to any personal property in your estate, have an appraisal of such property made by an estate personal property appraiser, and sell such property and deposit the sale proceeds into the trust bank account, or divide such property among the entitled beneficiaries based on

value or as otherwise required by the terms of your trust.

11. Obtain date of death values of all other property in your estate. Your banks and brokerage firms can provide the trustee with a statement(s) covering the time of your death and/or a letter providing the date of death value(s) of such account(s). The trustee will probably need to hire a qualified real estate appraiser to value your real property(ies) (needed for income tax basis purposes).
12. The trustee should keep a good record of all trust income and expenses and trust distributions, since an accounting should typically be provided to each beneficiary at the end of the trust administration.
13. The trustee should pay to himself or herself the compensation he or she is entitled to under the terms of the trust; and if none is provided for, "reasonable compensation" as authorized by California law.
14. After all estate expenses and debts have been paid, make the distributions to your beneficiaries called for by the trust.
15. Have an accountant prepare and file the needed income tax returns for you and for the trust.

The above statements are generalizations only and are not to be taken as legal advice for the reader's particular situation.

Richard F. McEntyre practices law in the area of estate planning and administration, having served the San Diego community as a lawyer for over 40 years. Chris von der Lieth is Dick's associate lawyer, having worked with Dick for over 6 years. Affordable rates. Highest quality services. House calls available. Our office is conveniently located at 2615 Camino Del Rio South, Suite 101 (Telephone (619) 221-0279); www.richardfmcentyre.com.

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FROM PAGE 3
LGBT

have resumes full of “firsts”: first LGBT person elected in San Diego County (Kehoe), first woman and first LGBT president pro tempore of the California Senate (Atkins), first queer Latina on the San Diego City Council and to lead MTS (Gomez). Duran is seeking her personal first this year as she runs her debut campaign for City Council.

“Chris got us started and it feels good to be able to provide that example,” Atkins said, of being an LGBT+ elected official. “You have to give a kid hope that they can aspire to do all these things. I never believed it. Growing up

in Appalachia, I didn't think the world was about me. I was pretty sure it wasn't until I had mentors to tell me, ‘Yes, you have to channel that energy and that anger and that feeling of unfairness and there isn't a level playing field. You have to create it and you can work with other people to create it.’”

Without Kehoe’s successful election, Atkins would likely never have run herself or seen a city on the verge of sending a queer Latina to Congress or electing a

‘It blew my mind that they were gay, people liked them and they elected them to represent them.’
— Toni Duran

gay Latino mayor. Of course, the gay rights movement started long before 1993, but other local openly LGBT+ candidates lost. According to Dr. Faderman, the founder of San Diego’s Gay Alliance for Equal Rights, Dr. Al Best ran in 1979. He came in fifth place in a field of 11 candidates.

“I think Al Best probably thought the time had come in San Diego, but it hadn’t quite come,” said Dr. Faderman.

In 1980, Dr. Brad Truax founded the United San Diego Elections Committee, a group dedicated to electing gay and gay-friendly politicians. It would be years before they succeeded in electing an actual gay politician.

Dr. Faderman said, “The



Georgette Gomez at the opening of her new office for her Congressional campaign. (Photo courtesy the Campaign of Goergette Gomez)

community had finally figured out by 1993 how you get behind a gay person and make sure that person wins.”

By the time Kehoe ran, the LGBT+ community’s desire to have representation had reached a fever pitch.

“You have to give people hope. That's what we did when we got Chris elected. People gave money that had never given money before. And as they saw more and more that it was possible, Chris raised more money than any other candidate in any city race,” even though she was from Mid-City, not affluent coastal areas, Atkins said.

In addition to the hopes LGBT+ people projected onto Kehoe, Atkins also remembered people’s fears that she would just be a “gay” politician.

“Everyone looked at us like, ‘Oh my God, what are they going to do? What are the gay people going to do now that she's in office?’ And you know, what we're doing is what we care about: housing and transportation and climate change. And we always overlay that with the desire to make sure

‘Everyone looked at us like... What are the gay people going to do now that she's in office?... People look at us very differently now.’
— Toni Atkins

there's real equality for all people so we can be who we are and do the work we want to do,” Atkins said. “All of the things we do in the policy arena affects change in attitudes. Chris really got the ball rolling and I see that people look at us very differently now.”

Kehoe did secure certain advances in LGBT+ rights while on City Council, including in 1998 overturning a 1966 ordinance enforcing what was considered appropriate gender presentation, according to Faderman. However, her presence as an official who cared not just about advancing her own rights, but also in caring about every issue in the community, widened people’s perceptions about members of the LGBT+

see LGBT, pg 5



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FROM PAGE 4
LGBT

community.

After her wins, Kehoe chose to spend her political capital helping other candidates succeed.

“There are many reasons to help others, especially women candidates, be successful in elections and in elected office,” Kehoe said. “So many San Diegans helped me not only in my first campaign but to learn about and understand our experience as women, as lesbians and as activists. I’m mindful that I must help and pass along what I have learned.”

She brought up the slow change of the last 25 years on the City Council to be more progressive has had positive impacts, even as more needs to be done for poor families, communities of color and homeless San Diegans. “We still need to press further and elect gender non-conforming candidates and many more candidates of color, especially African American candidates, in San Diego.

“When women, LGBTQ and candidates of color enter politics, the conversation changes; it broadens and goes deeper to address issues that are important to those communities. We are seeing it here in San Diego and on the national stage right now,” Kehoe said.

Gomez said representation



Toni Atkins (left) and Chris Kehoe at the 2003 Pride Rally. (Photo courtesy Lambda Archives)

is essential in changing conversations.

“We go through life and either we get rejected because of who we are or who your partner is. There’s a story there and that story is based on either rejection or oppression. If you experienced that, you want to break through that and you want to create a different environment. So, bringing that experience to whenever policy is being crafted or adopted is critical and you only are able to create a good outcome if you’re at the table,” Gomez said. “If it’s just all males at the table, that outcome of that policy is going to be based and shaped by that. So for me, being a woman, being a woman of color, being a woman that is part of the LGBTQ, I bring those perspectives to the table.”

While Gomez is glad harder discussions about issues such as

the trans community, domestic violence, and police accountability are being had in City Council, she hopes the result will be action.

“I’m very hopeful that [in] 2020, even if I’m not there, conversations can lead to shaping new policies that are more inclusive and really reflective of [the] community,” Gomez said. “We have come a long way and we’re having better, more difficult conversations, but then sometimes it’s the same. It’s a mix of both. But I do think that by getting a new mayor, that’s going to be pretty significant.”

Atkins and Kehoe, as well as San Diego’s LGBTQ+ community at large, have not just worked to change the conversation at home. They mobilized to support Tammy Baldwin as she became the first openly LGBTQ+ person in the U.S. Senate and have helped other LGBTQ+ candidates.

“I can’t tell you what it felt like to see Danica Roem be the first transgender person elected in the country from my home state of Virginia. I would’ve never thought I could get elected in my home state, which is why I love California,” Atkins said.

This hope for the changing conversation in San Diego is coupled with a fear of what is happening at a federal level.

“What’s so sad is, in the face of all of [us showing] the world that we could be the leaders and that we cared about everything everybody else cared about, is to

see what’s happening now at the federal level with this administration trying to come at us as if we shouldn’t be full citizens entitled to the protections, the respect, the dignity. It’s just shocking,” Atkins continued.

Kehoe is also worried about what is happening federally. “It’s getting better all the time at the local level, but at the federal level I have never been as worried about our country as I am now. Political action is a process. There is no finish line. When you win an election, the work is just beginning. We must all be ever vigilant and take our responsibilities as citizens seriously.”

Gomez is not afraid of the harsher political environment she will face if she is elected to Congress.

“I’m going to do the work and I’m going to find ways to push things regardless of what the environment is. To me, my commitment is to the community. My commitment is to really create a government agency, no matter which agency it is, to be responsive to the people; that, to me, is my commitment and I’m going to work towards that. I don’t look at things from, ‘I have a better environment here locally, so I should stay because it’s safe,’” Gomez said. “To me, it’s about delivering a government at the local level, at the state, at the federal level, to be responsive to the people. I will do the work no matter what.”

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



Duran speaks to a woman named Veronica, who volunteers to help asylum-seekers and also has experience canvassing for political campaigns. (Photo by Kendra Sitton)



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A look at the next legislative session

Notes
from Toni
Toni G. Atkins



Happy New Year! January is a good time to regroup, recover, and recharge after the busy holiday season. For the state Senate, January also means returning to Sacramento for the second year of our legislative session.

During the legislative recess, I enjoyed taking part in dozens of meetings and events in the 39th Senate District, which focused on everything from affordable housing to human trafficking to celebrating the achievements of local businesses and community leaders. Now, I'm eager to join my colleagues for another productive year in the state Capitol.

Our annual deliberations on the state budget begin this month after Governor Newsom announces his initial proposal. Then, the Senate

Budget Committee moves forward with its review. Last year, we enacted a bold and responsible budget that included record funding for education, strong reserves in case of economic downturns, and addressed several important projects in our region. I believe this year's budget will be equally beneficial.

Two areas where we made major investments last year — health care and housing — will again be the subject of legislation in 2020. While we increased the number of Californians with access to health care and reduced the cost of health care for middle-class Californians, the Legislature must continue to work with the governor on the path toward health care for all.

Because there is not enough affordable housing construction to meet the need, we have to fix that by being thoughtful about building homes in places that will increase access to jobs, reduce the time people have to spend in their cars, and help us meet California's

greenhouse gas reduction targets.

Our region has a strong recreation and tourism industry, and is home to the largest concentration of military facilities in the world. Because these vital sectors of our economy all face threats from climate change, especially sea level rise, I am particularly pleased that the Senate will be advancing a \$4.1 billion bond measure that will help communities invest in climate resiliency — including addressing sea level rise, preparing for droughts, and preventing wildfires.

In fact, wildfire preparation will continue to be one of our highest priorities in 2020 — and beyond. In November, the Senate held a hearing to examine issues involving the power shutoffs Californians have endured during our ever-expanding fire season. Another hearing is scheduled later this month to focus on telecommunications issues that arise during wildfires. San Diego's experience in establishing recovery



The California Senate floor (Photo courtesy the Office of Sen. Toni Atkins)

and prevention protocols after the 2003 and 2007 fires was basically learn-as-we-go. Having been through that reinforces my belief that California needs a comprehensive wildfire action plan, implemented in a timely and transparent manner so Californians know what to expect, and when.

No doubt it will be a busy and challenging year ahead, but one

filled with many opportunities to make California an even better place to live.

I hope 2020 will also be a year of health and happiness for you and your loved ones.

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

Support and a safe place for victims of domestic violence

MARA W. ELLIOTT | CITY ATTORNEY
SUMMER STEPHAN | DISTRICT ATTORNEY

The Nov. 16 murder-suicide in Paradise Hills illustrates the critical importance of early action to protect domestic violence victims and their families before violence escalates. A 29-year-old mother and four of her children — ages 3, 5, 9 and 11 — were shot and killed in the culmination of a father's ongoing campaign of harassment and terror.

The tragedy has re-focused the community's attention on domestic violence and highlights the importance of a safe place where victims can go for help in San Diego County. It should also remind us all that police should be called when there's violence or a direct threat of violence.

The San Diego County Domestic Violence Fatality Review Team tracks all domestic violence-related homicides— our county averages 13 a year. Even one homicide is too many. That's why we must remain vigilant in our efforts to spread awareness around this public health and safety issue.

Last year, more than 17,000 domestic violence reports were made to law enforcement. In the face of this ongoing threat to our families, friends and neighbors, two entities stand together to prevent domestic violence and protect victims and their children. The San Diego City Attorney's Office and the San Diego County District Attorney's Office want victims to know there are life-saving resources available to them.

One incredible resource is the San Diego Family Justice Center. Every year, thousands of San Diegans come through the Family Justice Center, a safe place where

domestic violence victims and their children can reclaim their lives, seek justice, and begin healing. The Center, part of the City Attorney's Office, brings together community partners, including therapists, pro bono attorneys, forensic medical nurses, domestic violence advocates, military liaisons, prosecutors, and the San Diego Police Department all under one roof.

The District Attorney's Office is a strong partner in the Family Justice Center. Its on-site advocates work side-by-side with community partners to support victims fleeing violent relationships, to help victims understand the criminal justice process, and to bring abusers to justice.

Among the services the Family Justice Center provides are referrals to emergency housing and help in creating a safety plan for victims of, or people threatened with, domestic violence. A good safety plan is critical and should be in place before seeking a restraining order. Typically, the first 72 hours after a restraining order is granted can be the most dangerous for victims of domestic violence.

Part of a safety plan includes:

- Thinking of a safe place to go if an argument occurs – avoid rooms with no exits (bathroom), or rooms with weapons (kitchen).
- Thinking about and making a list of safe people to contact.
- Teaching your children how to call 911.
- Memorizing all important numbers (friends, SSN, etc.)
- Establishing a "code word" or "sign" so that family, friends, teachers or co-workers know when to call for help.

Another tool available to

victims of domestic violence is the Gun Violence Restraining Order, which was pioneered by the City Attorney's Office. A GVRO can be ordered against a person who poses a clear threat to himself or others, preventing him from

possessing, accessing or purchasing firearms or ammunition.

Health care professionals have also been recruited to help recognize victims and refer them to law enforcement or services. Last month, the District Attorney's

Office and the County's Health and Human Services Agency launched San Diego County Health CARES to bring greater awareness among health care

see Domestic Violence, pg 13



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As you zip south on Pershing Drive past the golf course toward Downtown, imagine this road as it was before January 1923: narrower than 25 feet and unpaved. (Photos by Katherine Hon)

Pershing Drive

Named to honor those who served

PastMatters
KATHERINE HON

Do you know the name of the major road in North Park that honors a World War I general and all San Diegans who fought in that war? Hint: It is a freeway exit from Interstate 5 to North Park.

It is Pershing Drive, named for General John Joseph Pershing. It isn't surprising that few know the answer — the naming and the war itself happened more than 100 years ago.

North Park started growing in the early 1900s when the street-car — called the "University Avenue Electric road" in a 1907 San Diego Union article — connected the area to Downtown San Diego along University Avenue that year and along 30th Street soon afterward. These street-car routes extended the public transportation network initiated in 1906 by extension of the San Diego Electric Railway line from Mission Cliff Pavilion in University Heights to the eastern boundary of Normal Heights along Adams Avenue.

After World War I ended in 1918, housing in North Park began to boom. Although the street-car continued to serve faithfully until 1949, there was an increasing demand for better roadways to satisfy the desire for transport by personal automobile. In "North Park: A San Diego Urban Village, 1896-1946," Donald Covington wrote, "The ideal became the sanitized, all-electric, stucco hacienda, a romantic amalgamation of Edison, Bell, Ford and Zorro with telephone jacks and radio aerial intact. The patio succeeded the verandah; the tiled breakfast room challenged the paneled dining room; the screened sleeping porch gave way to the two-tray laundry porch; and the motor car became the new house pet with its own

attached garage."

Many North Park businessmen could see that everyone's new "house pet" required a better connection to Downtown for North Park to thrive. A possible connection was the existing road through Balboa Park — still known only as the "Big Grade" — that snaked from 18th Street to the northeast corner of the park at 28th Street. But that road was steep, narrow, and unpaved. The cost to change the hazardous roadway into a 25-foot wide paved boulevard was initially proposed to come from public donations.

Richard Allen Chapman — president of a real estate and insurance company at the time — presented the proposal to improve the Big Grade and name it Pershing Memorial Drive to city officials in November 1918. The San Diego Union's Nov. 15, 1918 issue reported that he intended the project to include "suitable monuments or slabs at both ends of the drive giving the names of the general staff in command of the American forces in France, together with the names of all men from the city of San Diego who died on the field of battle in the cause of liberty."

The Board of Park Commissioners unanimously supported the concept. Soon afterward, the City Council approved the project and promised matching funds.

Throughout 1919, prominent San Diegans including North Park residents Jack Hartley, Will Stevens and Charles Small contributed. The world-renowned opera singer Mrs. Ernestine Schumann-Heink — a beloved figure in San Diego — gave a concert in the Spreckels Organ Pavilion which was advertised in the San Diego Union's May 24, 1919 issue as "the biggest musical event of the year." The newspaper article noted that the

entire proceeds would be "donated to a fund to Build Pershing Paved Road and Monument to the San Diego Boys who died in the service."

John Joseph Pershing (1860-1948), the road's namesake and the representative for all San Diegans who had been killed in the war, was born on a farm in Missouri. He attended the United States Military Academy (West Point) from 1882 to 1886 and served in the U.S. Army through multiple military campaigns prior to World War I.

He served as the commander of the American Expeditionary Forces (AEF) on the Western Front in World War I from 1917 to 1918. As AEF commander, Pershing was responsible for a fighting force that started as 27,000 inexperienced men and grew to more than 2 million soldiers.

Sufficient funds for the project finally were raised by mid-1922 with the help of G. Aubrey Davidson, president of the Southern Trust and Commerce Bank; George Marston, president of The Marston Company department store; and Charles Small, manager of the Bishop Cracker and Candy Company. In January 1923, paving was completed, and Pershing Drive was opened to travel. It does not appear that the proposed monuments were ever constructed.

In April 1923, the name of the road continuing north to University Avenue was changed from Oregon Street to Pershing Avenue in response to a petition supported by residents, although residents along 28th Street also petitioned for their street to have that honor. At this time, spurs of newly improved Pershing Drive lined up with both streets. In 1992, nearly 70 years later, the Pershing Spur was closed to accommodate plans for Bird Park, which opened officially in September 1997.

—Katherine Hon is the secretary of the North Park Historical Society. Reach her at info@northparkhistory.org or 619-294-8990.✧

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This sidewalk stamp from about 1914 is on what is now Pershing Avenue at Upas Street. The name for this residential street between Upas Street and University Avenue was changed in 1923, when improvements to Pershing Drive between Upas Street and 18th Street Downtown were completed.

The Golden Gear Awards honors San Diego's bicycle advocates

DAVE SCHWAB | UPTOWN NEWS

The bicycling community's answer to the Oscars, the Golden Gear Advocacy Awards, were dispensed in December by San Diego Bike Coalition to top mobility leaders in numerous categories.

- 2019 awardees were:
- Advocate of The Year: Matt Stucky
 - Bike Friendly Business of The Year: Quartyard
 - Elected Official of The Year: City Council member Chris Ward
 - Public Partner of The Year: City of Encinitas
 - Community Partner of The Year: Nook East Village
 - Volunteer of The Year: Katie Crist
 - Educator of the Year: Michelle Luellen

The awards ceremony was held Dec. 12 at Balboa Park following the ninth annual Holiday Joy Ride fundraiser, sponsored by the bike coalition through the park and Uptown neighborhoods with bikes adorned with lights and tinsel. Participants enjoyed drinks, appetizers and prizes at a post-ride celebration where biking advocates were honored at the Golden Gear Advocacy Awards ceremony.

The Holiday Joy Ride/Golden Gear Advocacy Awards was the culminating celebration for progress made in San Diego County for better biking, like the newly installed protected bike lanes in Downtown San Diego. Funds from the fundraising ride benefit the bike coalition's education and advocacy programs.

"We look forward to presenting our Golden Gear Awards every year to these outstanding leaders, volunteers, elected officials and communities who have really stepped up their efforts to support and promote safety and more accessible biking for all," said Andy Hanshaw, executive director of San Diego Bike Coalition. "Our advocacy efforts truly pay off when we engage with individuals and organizations that join us because they support what we all want: safer and more sustainable cities to live, work and plan in. Bicycling



Some of the winners holding their Golden Gear awards. (Photos courtesy San Diego Bike Coalition)

not only brings us together, but it enhances our quality of life and those in our communities for generations to come."

Honorees reacted to being named Golden Gears winners.

"Quartyard is proud to be an ally to the SD Bike Coalition," said Justin Navalle, Quartyard managing partner. "We share the same passion in creating positive community activations and we will always do what we can do to help the SD Bike Coalition reach more San Diego citizens. Our collaborations in East Village and beyond will only get stronger."

"I'm extremely honored to be recognized by the San Diego County Bicycle Coalition, although I don't usually think of myself as an advocate," said advocate of the year Matt Stucky, who was recognized for first bringing the idea of a 30th Street bike lane to the city. "I'm proud to be part of the broad partnership between the community and organizations like the bicycle coalition to push for our city to reimagine our neighborhoods to be sustainable, healthy, and safe for all residents, regardless of their age, ability, or transportation choice."

"At the Nook East Village, we want to create an urban-living experience that keeps sustainability in mind," said David Allen, founding principal, Trestle, developer of Nook East Village. "Our accessible

bike parking encourages our residents to ride to work every day and enjoy city living at a pace that allows them to enjoy their neighborhood. We are honored to be recognized by the bike coalition with this award and we look forward to building a community where everyone has more transportation options."

"Since taking office, I've been a strong proponent of ensuring a robust network of bike lanes in San Diego and District 3 to protect experienced cyclists and casual riders," said San Diego City Council member Chris Ward. "I am proud that Downtown has the first protected bike lane in the city and have consistently advocated for its continued funding to complete all three phases. In addition, I welcome upcoming projects in my district including on Pershing Drive, 30th Street, Howard Avenue, Fourth and Fifth avenues and Landis Street."

San Diego Bike Coalition is a nonprofit that advocates for and protects the rights of all people who ride bicycles, promoting bicycling as a mainstream, safe and enjoyable form of transportation and recreation.

For more information, visit sd-bikecoalition.org.

— Dave Schwab can be reached at reporter@sdnews.com.

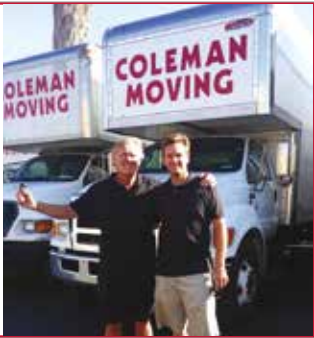


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Yellow curry and other dishes from Bahn Thai are coming to Hillcrest. (Photo by Frank Sabatini Jr.)

Slipping soon into the structure that housed **Babycakes'** original Hillcrest location will be **Bahn Thai**, which runs an established eatery in University Heights at 4646 Park Blvd.

Its second location, due to open in the next four to five weeks, will offer the same menu but with significantly more seating. 3766 Fifth Ave., bahnthai.net.

A combined "cat lounge" and cocktail bar is slated to open in the coming months on Adams Avenue under the obvious name, **Whiskers & Wine Bar**. According to its Facebook page and website, the establishment is being touted as "the first cat lounge in the USA that offers food, local craft beer, wine and specialty cocktails." Essentially, while customers sip on "kittyinis," they can interact with adoptable cats occupying the lounge. 2856 Adams Ave., whiskersandwinebar.com.



This local food truck has rolled into the national spotlight. (Facebook)

Two food establishments in Uptown have landed on Yelp's "Top 100 Places to Eat in the U.S." in 2020. Topping the entire national list is **Shawarma Guys**, a food truck that operates from 11 a.m. to 8 p.m., Monday through Sunday in a South Park parking lot (3012 Grape St., theshawarmaguys.com).

Launched about a year ago by Michigan transplant Bryan Zeto, the mobile kitchen specializes in Halal Mediterranean fare, and

has become a major draw for its coveted wagyu beef shawarma used in sandwiches, bowls, wraps and customized plates.

Coming in at No. 9 on the list is **Soichi Sushi** in University Heights (2121 Adams Ave., soichisushi.com). Noted for its use of fresh ingredients, the restaurant specializes in multi-course omakase as well as a la carte items such as steamed egg custard, monk fish liver, and various sashimi.

Look for a late-January opening of **Cardellino**, a Mission Hills project by **Trust Restaurant Group** that will feature an all-day eatery, a bakery and walk-up ice cream shop subtitled, **Mr. Trustee**. The much-anticipated

venture fills the space last occupied by **Brooklyn Girl**. The restaurant component will spotlight Italian dishes inspired by owner/chef Brad Wise's travels to Italy. 4033 Goldfinch St., cardellinosd.com.



Green Spot Salad Company lands in Mission Valley. (Courtesy photo)

A third San Diego location of **Green Spot Salad Company** has sprouted in Mission Valley in place of a **Subway** shop. Located in a strip plaza shared by **Rubio's** and **Taco Bell**, the eatery specializes in salads, bowls and wraps—available in preset form or customized to personal preferences.

Founder/owner Micah Goldfarb opened his first location eight years ago in Sorrento Valley after working in the sound industry for such well-known artists as Elvis Costello, Jason Mraz, Rage Against the Machine and John Legend.

"I'm the only person who ever opened a restaurant to spend more time at home," he quipped when pointing out he used to spend up to nine months a year on tour buses.

In addition to a wide inventory of veggies sourced from Specialty Produce, the kitchen uses proteins such as tofu, Pacific ahi, citrus-grilled chicken, and grass-fed steak. 2075 Camino De La Reina, 619-230-5946, greenspot salad.com.



A taste of Sonoma in Hillcrest (Photo by Frank Sabatini Jr.)

Acclaimed vintner Garry Brooks of **Brooks Note Winery** from Marin County will make a debut appearance at **The Wine Lover** in Hillcrest, from 7 to 10 p.m., Jan. 17. The tasting event will feature four wine pours per person, a cheese bar and discussion about the wines at hand.

"Garry sources his fruit from

killer vineyards in Sonoma," said Wine Lover owner Serge Chable. "They're site-specific wines encompassing all the flavors of that region."

The event is priced at \$35 per person. It will be held both inside the wine bar and on the outdoor garden patio. 3968 Fifth Ave., 619-294-9200, thewineloversd.com.



Moroccan platters in North Park (Courtesy photo)

Medina Moroccan-Baja Kitchen in North Park has introduced to its revised menu a colorful family-style couscous platter. It's available the first and third Friday of every month and features steamed couscous, assorted grilled veggies, and a choice of house-made merguez sausage or Moroccan spiced chicken. Suitable

for two to three people, it sells for \$25. The restaurant also recently launched weekend brunch service, held from 11:30 a.m. to 3 p.m., Saturdays and Sundays. 2850 El Cajon Blvd., 619-230-5037, medinakitchen.com.

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



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A celebration of fruit and tortas

Restaurant Review

Frank Sabatini Jr.



Upstaged by trendy restaurants and bars in the area of 30th Street and Adams is Senor Mango's, a small Mexican eatery where you won't find tacos, burritos, quesadillas or enchiladas.

The focus is instead on torta sandwiches, fresh fruit salads, smoothies and escamochas. The latter is what originally drew me here a couple of years ago after learning about them. Along with the cheap prices and some of the springiest, liveliest tortas in Uptown, I've come knocking several times.

Escamochas were a novelty to me back then. They're a Mexican dessert made with cubed pieces of tropical fruits piled into tall glasses, and with sweet cream or condensed milk poured in. On top are fluffy nests of sliced almonds and shredded coconut.

Beautiful to the eyes and refreshing to the palate, they are common to Tijuana popsicle shops or paleterias. And because of their simplicity, I'm astounded it had taken me so long to discover them, and that they continue evading American kitchens.

The establishment's humble exterior leads into a cramped dining area with only four or five tables. There are a couple of high tops out front, as well as picnic tables next door at Leon Produce. Customers are welcome to sit there since both businesses supposedly share the same ownership.

A cornucopia of fruits occupies the order counter in a festive display of bananas, pineapples, mangos, papayas and more. If you weren't craving something



An unassuming facade leads into a busy torta and smoothie shop (Photos by Frank Sabatini Jr.)

sweet and juicy before walking in, you certainly will after entering.

But eat a torta first. Their fresh, airy rolls are sourced from a local Mexican bakery. They envelope fillings such as chicken salad with Provolone, avocado and lettuce; tuna salad with minced celery and onions; and for vegetarians, one that is stacked with avocado, lettuce, tomato, onions and buttery panera cheese.

The "lomo" torta is my hands-down favorite thanks to a filling of fast-addicting pork loin accented with guajillo chili peppers. Expect a fair amount of heat with each bite. Also, if the yellow American-type cheese that comes on it isn't your thing, ask for the panera instead.

Fruity things ultimately dominate the menu — agua frescas, licuados (smoothies made with low-fat milk and shaved ice), salads, yogurt cups, the escamochas, and even a hefty banana split that comes with the addition of granola. I've only seen it,

Senor Mango's

4607 30th St. (North Park)
619-584-0041, senormangos.com

Prices: Smoothies, fresh juices and agua frescas, \$3.25 to \$5.50; fruit salads and acai bowls, \$5.50 to 9.25; tortas, \$6.95 and \$7.95

but the visual told me to never attempt it alone.

Though summery in flavor, the "pico de gallo" salad consisting of watermelon, oranges, mango, jicama, and cucumber dressed in lime juice is available year-round. It skews your seasonal clock when eaten in the winter because of its sweet and citrusy components. It also offers an unexpected kick from chili seasoning residing on some of the fruit.

Traditional smoothies are in abundance here. They range from "sunset peach" and "very berry" to "tropical treat" and "vanilla mango." They're pure, thick and filling. I buy one only when I'm able to resist eating a whole torta. Should you do the same, boxed, leftover tortas hold up remarkably well in the fridge for a couple of days.

Either way, Senor Mango's is a healthy alternative to traditional Mexican eateries. And yet I come away each time with the same level of satisfaction I get from eating a big, meaty burrito.

— Frank Sabatini Jr. is the author of 'Secret San Diego' (ECW Press) and began his local writing career more than two decades ago as a staffer for the former San Diego Tribune. You can reach him at fsabatini@san.rr.com.❖

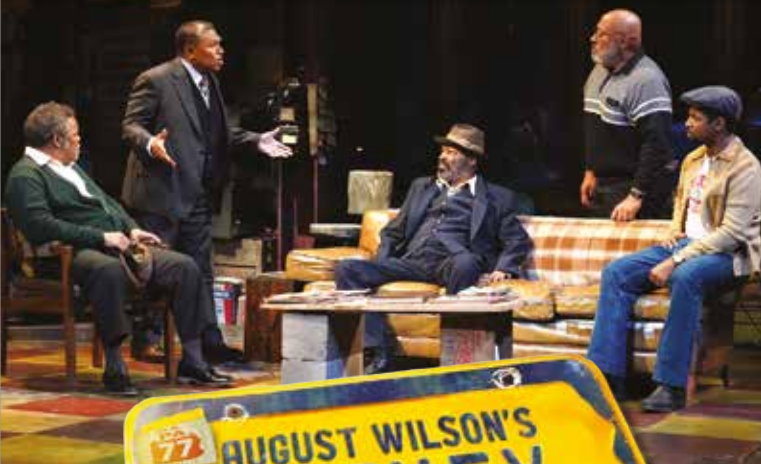


A small-size escamocha

The pico de gallo fruit salad

The "lomo" torta

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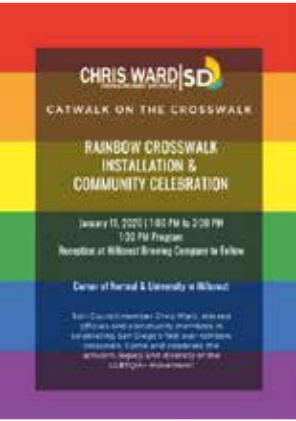
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UPTOWN CALENDAR

Saturday, Jan. 11



Rainbow Crosswalk Installation

Join City Council member Chris Ward, elected officials and community members in celebrating San Diego's first ever rainbow crosswalk. Come and celebrate the activism, legacy and diversity of the LGBTQIA+ movement! 1-2:30 p.m. at the corner of Normal Street and University Avenue. Reception to follow at Hillcrest Brewing Company.



Build OUT

San Diego Pride is teaming up with Habitat for Humanity for BuildOUT 2020! This continued partnership brings together LGBTQ folks from all across the San Diego region to build bridges by building homes and supporting our shared values. Volunteers will be provided with an official Habitat for Humanity T-shirt, free lunch, snacks and water throughout the day. Specific details regarding logistics for shifts will be provided to registered volunteers as event approaches. Register for one of the 55 available shifts at sdpride.org/volunteer. Volunteers will be at various sites, including National City and Barrio Logan.

Wilderness First Aid with NOLS and REI

Whether spending time in the backcountry is your passion or your profession you should never have to ask, "What do I do now?" REI is partnering with NOLS to offer a comprehensive 16-hour, two-day course that will teach you the wilderness medicine skills you need to recreate with confidence in the backcountry. In just two days, you will learn the knowledge skills and ability to make sound decisions in emergency situations. From the Patient Assessment System through traumatic medical and environmental emergencies, you'll experience a wide variety of topics designed to prepare you to act if an accident occurs. No prerequisites. Successful completion results in a Wilderness First Aid certification. 8 a.m.-5 p.m. on Saturday, Jan. 11, and Sunday, Jan. 12, at Balboa Park. For more information and to register, visit REI.com.

Sunday, Jan. 12

Sensory Sunday Family Time Featuring Hullabaloo!

In collaboration with Autism Society of San Diego, Mission Valley Library welcomes families with children on the spectrum to a sensory-friendly show

featuring the band Hullabaloo. Recommended for children ages 3-9, this program will showcase upbeat music that will get kids moving and grooving. After the performance, families can explore the library, check out items, or enjoy the outdoor patio. Regular Sunday hours for the general public start at 12:30 p.m. No registration is required. 11 a.m.-12:30 p.m. in the community room.

'The Colossus of Rhodes'

San Diego Italian Film Festival and Film Geeks SD are presenting a showing of the 1961 film "The Colossus of Rhodes." KPBS Cinema Junkie host Beth Accomando and Horrible Imaginings Film Festival founder Miguel Rodriguez will be on hand to present the films and there will be themed treats. 7:30 p.m. at the Digital Gym Cinema.

Monday, Jan. 13

Senior resources in San Diego

Learn about resources that can help seniors remain independent at home for as long as possible. This workshop will also cover available services such as programs for nutrition, transportation, education and in-home care. Presented by Sharp Healthcare in the community room of the Mission Hills-Hillcrest Library at 11:30 a.m.-12:30 p.m.

Tuesday, Jan. 14



Hemi Rudner - Eifo Hayeled?

Hemi Rudner is one of the finest musicians in Israeli rock scene. Over the last two decades, Rudner's managed a successful career as the leader of Eifo Hayeled? (Where is the kid?) band and as a solo artist. Starting their activity in the early '90s, Eifo Hayeled? were and still are one of the most prominent groups in Israeli music. Rudner is their lead singer and songwriter, and recorded six albums with the band, including the classic "Zman Sucar" ("Sugar Time"). Eifo Hayeled? had top hits like "Ma Sheover Alay," "America Krova" and "Mishehu Shomea Oti." As a solo artist, Rudner released six albums producing songs such as "Geula," "Boyi Nipared" and "Mechonat Hashirim Hagdola." Rudner's live performances are often described as fine and touching, yet energetic and kicking, integrating mixed hits from all albums and sometimes even covering all-time favorites. One thing is sure — his show will excite you to the core of your heart. 8-10 p.m. at Queen Bee's. Tickets start at \$40.

Wednesday, Jan. 15



New National Bagel Day
Einstein Bros. Bagels is

declaring its own independence from the shared holiday with National Pizza Day by moving their National Bagel Day celebration to Jan. 15, 2020. The bagel brand believes its bakers deserve their own day to highlight their craft and dedication to baking fresh-baked bagels every day, all day. To celebrate, Einstein Bros. Bagels and their bakers want to "Bake Your Day" by giving away a free bagel and smear with purchase to all guests on the new National Bagel Day. Everyone who participates in National Bagel Day will also receive a coupon for a free bagel and smear with any purchase to "Bake Someone Else's Day." Distribute the coupon to a friend, family member or colleague so they can enjoy the magic of fresh-baked bagels from Einstein Bros. Bagels, good until Jan. 31, 2020. Find this offer at a location near you from 6 a.m.-3 p.m.

Crafts for Grown-ups

Sign-ups required for this adults-only event at the North Park Library. 6:30 p.m.

Lunar Hand, Juniper Park & More

Come see Lunar Hand as they're touring their upcoming record with Thank You Come Again from San Francisco. Juniper Park will be fresh off tour with The Licks and you won't want to miss them! With great local staples Rain on Fridays and Skerfunk. Jan. 15, 7 p.m. at Queen Bee's. Presale \$8, or at the door \$12. 7-10 p.m.

Saturday, Jan. 18

Accessibility Mornings at the Fleet

The Fleet invites the Autism Spectrum Community to enjoy our museum through this special opportunity. Adults and families with children with autism can enjoy the Fleet's exhibit galleries in a quieter setting, an hour before regular open hours to the general public and with access to a special cool-off space. Visitors are welcome to stay and enjoy the museum all day. Admission includes a special Imax film screening at 10 a.m. with the house lights on and a lower soundtrack volume. Regular admission rates apply. The Fleet Science Center strives to be an inclusive place where people of all needs and abilities are welcome and accommodated with respect every day. We believe science is for everyone! 9 a.m. at 1875 El Prado.

Restore River Habitat

Looking for a unique volunteer opportunity? You can help improve habitat for wildlife along the San Diego River! Volunteers will help to remove non-native plant species, clearing the way allowing local species to reclaim their niche creating a healthy environment for the plants and animals that call our river home. This is the perfect opportunity to learn more about river ecology and witness a physical transformation of the landscape, which translates into improving our environment and the health of our river! Activities include: weeding, chopping, hauling, digging and trimming. A guided plant walk is included. RSVP is required. To be added to the RSVP list and to receive detailed directions, please email volunteer@sandiegoriver.org or call 619-297-7380. Sandiegoriver.org. 9 a.m.-noon.

Sunday, Jan. 19



MLK Holiday Parade

Join us on Harbor Drive on for the 40th annual Martin Luther King Jr. Parade. This is one of the largest celebrations of its kind in the United States in honor of Dr. Martin Luther King Jr. The parade is filled with dazzling floats, phenomenal bands, drill teams, and more. Come and join thousands of others and help continue the legacy of Dr. Martin Luther King Jr. The free event is from 2-5 p.m.

Through Sunday, Jan. 19

'Twelfth Night'

"Twelfth Night" gives us one of Shakespeare's most remarkable heroines, the quick-witted Viola, who assumes the disguise of a page boy for Duke Orsino and finds herself at the center of an explosive love triangle in which identity, passion and gender all threaten to come undone. Merriam Webster's Word of the Year is "they," the gender-neutral pronoun used in place of "he" or "she." The themes of gender frequently appear in Shakespeare's plays and are part of the plot in "Twelfth Night." San Diego Junior Theatre's production will explore gender identity through Shakespeare's text and gender-fluid casting. Recommended for ages 13 and older. Post-show talkbacks on Saturday, Jan. 11 and 18 featuring the cast, Mick Rabin from the Department of Youth Advocacy, "Twelfth Night" director Justin Lang and another panelist. ASL-interpreted performance, 2 p.m., Saturday, Jan. 18, 2020. The Junior Theatre will perform at Casa del Prado from Jan. 10-19 at 7 p.m. on Fridays and 2 p.m. on Saturday and Sundays. Tickets are \$12-\$14.

Monday, Jan. 20

Bankers Hill Community Group

The Bankers Hill Community Group is a volunteer group (with no funding or dues) established in 2011 to share community information and give residents and business owners a voice in neighborhood decisions. The Bankers Hill Community Group meets on the third Monday of the month from 6-8 p.m. Please feel welcome to arrive early to socialize and enjoy the great views from the Bankers Hill Clubhouse and beyond. Everyone is invited to hear the interesting presentations and help make Bankers Hill even better! The Bankers Hill Community Group meetings are held at the Bankers Hill Clubhouse (also known as the San Diego Indoor Sports Club), 3030 Front St.

Wednesday, Jan. 22

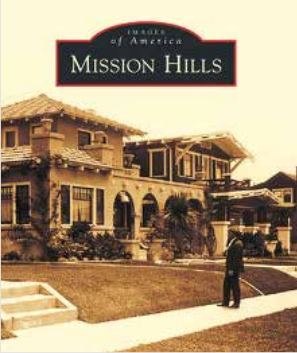
Family Craft Night

Families are welcome to come to the North Park Library to make a craft for all ages. 6:30 p.m.

Barons Backroom Beer Pairing

Gourmet bites, cold beer, and a fantastic cause...join us for the first Barons Backroom Beer Pairing of 2020 featuring Black Plague Brewing at all eight locations of the grocery store, including in North Park. The proceeds will benefit local schools and PTAs. Tickets are \$15 and will sell out. 6-8 p.m.

Saturday, Jan. 25



'Mission Hills: Images of America'

Join local authors of "Mission Hills: Images of America," Allen Hazard and Janet O'Dea, as they provide commentary and insight about this stunning architectural community as it developed. In 1905, George Marston, a San Diego civic leader, commissioned urban planner John Nolan to implement a development plan for the city. Nolan's plan, however, was never adopted. In 1908, as if to prove what was possible, Marston's syndicate formed the restricted subdivision of Mission Hills. Then in 1909, the city announced plans to celebrate the opening of the Panama Canal. The fuse was lit and the boom that followed brought builders and skilled artisans to San Diego. As it was built, Mission Hills became architecturally magnificent. 3-4:30 p.m. in the community room at the Mission Hills/Hillcrest-Knox Library.

Library NEXt Presents: Introduction to Circuits Using Makey Makey

Do electronics and bananas go together? Absolutely! Using Makey Makey circuit boards, students will create fun circuits that incorporate everyday items like bananas, gummy bears, aluminum foil or bouncy balls. Students will then use their new circuitry skills to make games, music or art. Registration is required. For grades three to five. For more information, go to sandiego.librarymarket.com. 10:30 a.m.-1:30 p.m. at Mission Valley Library.

Sunday, Jan. 26

All Girls STEM Society presents Neuroscience!

In collaboration with All Girls STEM Society, Mission Valley Library presents a neuroscience workshop. Have you ever wondered what really goes on in your brain? Learn about the basics of neuroscience, including the anatomy of the human brain and the nervous system. There will be fun activities, "Jeopardy" games, and plenty of opportunities to win prizes! This workshop is recommended for girls in grades five through eight (ages 10-14); all are welcome. Registration is required! For more information about how to register, go to SanDiego.LibraryMarket.com. For more information about All Girls STEM, go to allgirlsstemsociety.org.

Tuesday, Jan. 28



King Princess

King Princess will be in San Diego to perform at the Observatory North Park at 7 p.m. Tickets start at \$29.50.

RECURRING EVENTS

Mondays

Lestat's West Open Mic

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

Tuesdays

Introduction to Buddhism & Meditation

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

Thursdays

North Park Thursday Market

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

Thursdays at the Ken

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

Fridays

Free Friend Friday

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

Art after Hours

For only \$5 after 5 p.m. on Fridays, experience exhibitions and the museum's 20 galleries while live music plays at Panama 66 in the May S. Marcy Sculpture Court. Free admission for members, youth 17 and under, and college students with ID. Tickets available and sold at the door. 5-8 p.m. at the San Diego Museum of Art.

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

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	5							7

9/6

Sudoku Puzzle

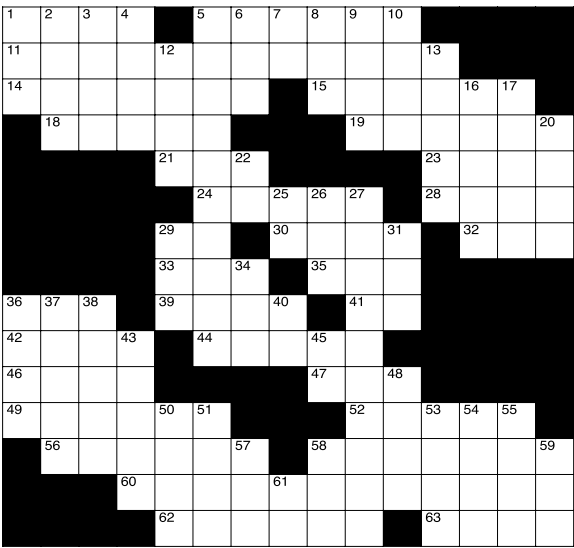
Enter digits from 1 to 9 into the blank spaces. Every row must contain one of each digit. So must every column, as must every 3x3 square.

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Puzzle answers on page 14

Uptown Crossword

Classics



CLUES ACROSS

1. Beer ingredient

5. Popular FOX TV show

11. Recurring from time to time

14. Criticized severely

15. Musician

18. German urban center

19. Quenched

21. Human gene

23. Indian music

24. Accumulate

28. One who graduated

29. Atomic #109

30. Semitic fertility god

32. Sportscaster Patrick

33. Child's dining accessory

35. Payment (abbr.)
36. Guitarist's tool

39. Dabbling ducks

41. Commercial

42. Style someone's hair

44. Biu-Mandara language

46. Actress Spelling

47. Large hole in the ground

49. One-masted sailboats

52. Tropical Asian plant

56. Concurs

58. Latin term for charity

60. The number below the line in a fraction

62. Reddish browns

63. This (Spanish)

CLUES DOWN

1. Belong to he

2. One time only

3. Parent-teacher groups

4. Puts in place

5. Editing

6. In the course of

7. Helps injured people (abbr.)

8. OJ trial judge

9. Resist authority (slang)

10. Formerly alkenols

12. "Cheers" actress Perlman

13. Jewelled headdress

16. Viking Age poet

17. Vanuatu island

20. Wish harm upon

22. Unit of length

25. Blood type

26. Drain

27. Do-gooders

29. Advanced degree

31. Business designation
34. Chinese-American actress Ling

36. Performs on stage

37. Slang for money

38. Large Russian pie

40. The Mount Rushmore State

43. Narrow inlet

45. News organization (abbr.)

48. Scarlett's home

50. Micturates

51. Monetary unit

53. Any customary observance or practice

54. Sons of Poseidon

55. Facilitates grocery shopping

57. Standard operating procedure

58. Former OSS

59. Midway between south and southeast

61. The Wolverine State

Puzzle answers on page 14

FROM PAGE 7
DOMESTIC VIOLENCE

providers to signs of strangulation crimes and help them identify victims of strangulation who might not otherwise report abuse.

Domestic violence is still the No. 1 killer of women when it comes to violent crime in the U.S. and causes a ripple effect that directly harms children, takes a toll on victims' mental health, and — as we saw last weekend — can shake a community.

As a society, we must stand up to it and make sure victims have a safe place to go across the region where there are professionals who care and can provide the tools to stop violence from escalating to murder. Victims of domestic violence often feel like they are in a dark tunnel alone. We want them to know that we stand with them and are ready to provide real-time help to guide them into the light and to safety.

FROM PAGE 1
THE NAT

"We have educational animals that we use for presentations in classrooms and stuff. And then we just get donations and rescues. They've all been down in the basement and nobody ever knew," Stacey Vielma, animal care and engagement associate, explained.

The exhibit also helps people understand more about the local ecosystems in San Diego and what the less "cute" critters contribute to it.

"We want to show everybody that these are all our neighbors and they're not necessarily the warm and fuzzy critters people might want to see more, but once you see them and their natural environments and see that they're not threatening, they're actually doing an important part in the ecosystem," Vielma said. "Hopefully you'll get to like them more and maybe you'll protect them as well."

All the creatures are native to the area, except the honeybees and green anoles. Their enclosures are carefully stocked with the sand, leaves, and rocks were locally sourced and hand-picked from their natural habitat.

"Even the crickets are pampered until they get fed to the other animals," Vielma said. "We make sure that everybody's happy."

One of the joys Vielma has in the new exhibit is watching kids search the nooks and crannies of each enclosure to find the



A father and son spot lizards in the largest enclosure at the lab. (Photo by Kendra Sitton)

hiding critters. She said the kids are almost as excited as her about all the animals, insects and arachnids in the lab.

"To see them go crazy in the exhibit — it's very fun," she said. "Plus, I just love all the critters."

Vielma does not have a favorite critter, but she likes checking up on the ants because they change every day, as well as the gopher snake and scorpions, who redecorate their enclosures all the time.

She can also recount some of the origin stories for the creatures on display, including the ant colony that started out as just a queen and six eggs a staff member at The Nat found in the desert. He brought them back and hand-reared them into the thriving colony it is today.

"The big red diamond rattlesnake was actually confiscated in a drug bust," Vielma explained. The rattlesnake was in a Tupperware tub at the time

with holes poked in the top and "wasn't really looking good." The California Department of Fish and Wildlife could not take the snake because they did not know its history, so it might not know how to survive in the wild or could spread diseases. The San Diego Zoo also rejected the snake because they did not need it, so The Nat took it in.

"Once they're here, we definitely take care of them," Vielma said.

Visitors can learn more about the critters in San Diego through the blend of science, storytelling, and live animals at the exhibit on the ground floor of the museum. The Living Lab exhibit will be on display until Sept. 1, 2020.

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


More photos of the Living Lab exhibit can be found on Page 15.❖

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Photos of the Living Lab at the Nat.



The ants were found by a Nat employee who discovered the queen and a few eggs in the desert and brought them back to the museum. Vielma said they are one of the most interesting creatures in the exhibit because they change their enclosure every day. (Photos by Kendra Sitton)



A kid interacts with the Baja California rat snake.



Bees funnel between a hole leading outside the museum to their hive in a box inside the museum.



The Baja California rat snake stretched up to greet new visitors.



A lizard at the front entrance eats lettuce.



This red diamond rattlesnake is close to shedding its skin, but it is still visibly healthy. The snake was discovered during a drug bust inside a Tupperware with holes poked in the lid. After the snake was rejected by the California Department of Fish and Wildlife and the San Diego Zoo, The Nat took it in and nursed it back to health.

FROM PAGE 14
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