ISSUE 1

January 2022



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FASHION P. 4



Holiday pet parade

HISTORY P. 5



The Montijo Building

>> OPINION P. 6



New development needed?



SD Rescue Mission outreach

Opi

Poli

Ser

Classifieds

| Index | |
|------------------|--|
| nion6 | |
| tics 6-7 | |
| vice directory12 | |

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CEO Adam Shevel chills in the relaxation area of the Yoga Deck. (Photo by Vince Meehan)

The Yoga Deck brings a premiere spa experience to San Diego

By Vince Meehan

It's not unusual for people to travel vast distances in search of the perfect premiere spa nice to have a premiere spa here

experience. Some head south of in the City of San Diego? Well, the border to exotic coastal spots in Mexico or even overseas to Bali or Thailand. But wouldn't it be

we do and this secret spot is The Knotstop in Bankers Hill.

SEE YOGA DECK, Page 15

Jesse Mendez inspires hope from a place of experience

Father Joe's employee helps clients battle substance use disorder, homelessness

By KENDRA SITTON

As the Manager of Residential Services at the Paul Mirabile Center (PMC), Jesse Mendez's life is a testament to his clients that there is a way to change your life for the better.

"Just because you're in a situation right now doesn't mean that we can't make different decision and be on the other side," Mendez

Norld Famous Baked Apple Pancake

After over a decade of service to Father Joe's Villages, his story of struggling with substance use disorder and homelessness still resonates with the single adults utilizing the short-term housing at the PMC.

 $\hbox{``I think some of the biggest ways}\\$ that I relate with clients is because in my life I made a lot of the same decisions as clients," he explained.

SEE **JESSE MENDEZ**, Page 11



Jesse Mendez outside of the PMC

(Photo by Jesse Mendez)

Redistricting leaves residents in new districts

By Kendra Sitton

The redistricting process finished with thousands of San Diegans finding themselves in a new district with a new representative at the state, county or city level following the census

For the county, County Board President Nathan Fletcher's district changed from focusing on central San Diego to adding the cities of La Mesa and Lemon Grove as well as unincorporated areas of Spring Valley, Rancho San Diego, Campo and Paradise Hills. District 3, represented by Terra Lawson-Remer, gained some coastal areas, including parts of Downtown that will no longer be represented by Fletcher.

As for the city council, Normal Heights will no longer be a part of District 3 and will instead be included in District 9, currently represented by Council President Sean Elo-Rivera. Old Town is moving from District 3 to District 2, represented by Jennifer Campbell. Mission Valley is also being split between district 3, 7 and 9. A concern with the final map is it diluted the voting power of Latinos in San Diego by adding majority-white communities to District 9. Despite San Diego being majority non-white, the council districts do not reflect that, according to Maya Srikrishnan in Voice of San Diego. Five of the nine districts are majority white. The independent commission did change District 6 to be the center of Asian power in San Diego. While not a majority in the district, Asian San Diegans will have significant say in the district.

SEE **NEW DISTRICTS**, Page 12

richardwalkers.com

House



CONGRATULATIONS



TOP AGENTS in 92101

Total Sales by Real Estate Agent in 2021

(Incl. buyer sales and listings sold, January 1 - December 31, 2021)

| 1. Gregg Neuman | 139 | 14. Michael Lange | 13 | 27. Eric Panchadsaram | 8 |
|---------------------|-----|-----------------------------|----|-----------------------|---|
| 2. Chad Dannecker | 66 | 15. Mike Althof | 13 | 28. Franchesca Meram | 8 |
| 3. Denny Oh | 47 | 16. Jojo Giordano | 13 | 29. Sean Zanganeh | 8 |
| 4. Crista Chaquica | 19 | 17. Brent Cole | 12 | 30. Rosemary Snow | 7 |
| 5. Michael Chious | 18 | 18. Michael Ciampa | 11 | 31. David Spiewak | 7 |
| 6. Mark Mills | 17 | 19. Sarah Scott | 11 | 32. Nicole Hazelton | 6 |
| 7. Ryan Ponce | 17 | 20. Jorge Castellon | 10 | 33. Ganzalo Vidano | 6 |
| 8. David Stone | 16 | 21. Melissa Goldstein Tucci | 10 | 34. Theodore Schulz | 6 |
| 9. Claudette Cooper | 14 | 22. Jamie Pullman | 9 | 35. Robert Whalen | 6 |
| 10. Jason Cassity | 14 | 23. Jaz Cook | 9 | 36. Jeanine Savory | 6 |
| 11. John Husar | 14 | 24. Gerry Burchard | 9 | 37. Ben Crosby | 5 |
| 12. Joe Marcotte | 13 | 25. Sabrina Ortega | 9 | 38. Francine Finn | 5 |
| 13. Jeffrey Nix | 13 | 26. Alan Hamrick | 9 | | |
| | | | | | |

REAL Marketing, Inc. Congratulates the Top Downtown San Diego Real Estate Agents in 2021!

REAL Marketing Inc. has helped real estate agents build their market share and client retention for more than 30 years across North America, specializing in increasing market share and improving customer retention. We are pleased to announce our team has helped Gregg Neuman and the Neuman & Neuman Team extend their lead in Downtown sales for the TWELFTH consecutive year.

Results for 2021

Total sales for the 92101 zip code increased to 1,353 units last year, which is a 49.1% increase from 2020. The average sales price increased 12.4% to \$738,273 while the average days on market have decreased by 20.5% to 31 days.

Gregg Neuman of Berkshire Hathaway HomeServices California Properties tops the list for a twelfth consecutive year with 139 total 92101 sales. While his sales represent 51% of Berkshire Hathaway Home Services California Properties' sales in Downtown, he continues to outsell entire brokerages, including Pacific Sotheby's Intl Realty, Big

Block Realty, Coldwell Banker Residential, Redfin Corporation, Hunter & Maddox Intl. Inc., Sandicor, and eXp Realty of California Inc.

With a total of 272 sales according to data available from Trendgraphix, Berkshire Hathaway HomeServices California Properties finished another strong year and also sustains their lead over all other Downtown brokerages.

Congratulations to all Top Real Estate agents in Downtown San Diego for another outstanding year.

TOP 10 in 92101

Total Sales by Company

| 1. | Compass | 432 |
|-----|---------------------------------|-----|
| 2. | Berkshire Hathaway HomeServices | 272 |
| 3. | eXp Realty of California Inc | 97 |
| 4. | Redfin Corporation | 85 |
| 5. | Coldwell Banker West | 82 |
| 6. | Big Block Realty | 78 |
| 7. | Pacific Sothebys International | 71 |
| 8. | Coldwell Banker Residential | 64 |
| 9. | Hunter & Maddox International | 45 |
| 10. | Sandicor | 38 |
| | | |

Woman who punched flight attendant pleads guilty

By Neal Putnam

A woman who angrily slugged a flight attendant after being told to wear her mask properly pleaded guilty Dec. 22 to interfering with a Southwest Airlines flight as it was about to land in San Diego.

Vyvianna M. Quinonez, 28, of Antelope, Ca., appeared before U.S. District Court Magistrate Judge Mitchell Dembin, who set sentencing for March 11, 2022.

The U.S. Attorney's office said they would recommend a 4-month prison term plus six months of house arrest, though the maximum sentence is 20 years in federal prison. The judge can impose a longer sentence than what the U.S. Attorney recommends.

The attendant, identified only as S.L., was bloodied after being struck with a closed fist and two teeth were chipped that had to be fixed with dental crowns. She received three stitches to her face in a hospital emergency room.

A passenger of flight 700 videotaped the encounter that showed

SEE **PUNCHED ATTENDANT,** Page 12

Woman pleads guilty to second-degree murder in flooring business case

By Neal Putnam

A woman has pleaded guilty to second-degree murder in the slaying of the owner of a Downtown flooring business in 2018 in which a co-defendant robbed the man after shooting him.

Lorena Del Carmen Espinoza, 37, was seen on a surveillance camera wearing a blue wig as she entered Bottom Price Flooring which was owned by Ghedeer "Tony" Radda, 49.

Espinoza distracted Radda while a masked man believed

to be Kevin Eugene Cartwright, 54, came inside the store at 1015 G Street at 3:30 p.m. on Oct. 17, 2018

The shooting wasn't captured on video, but Radda was shot three times. A crowbar was used to break into the cash register and coins were scattered on the floor.

Deputy District Attorney Matthew Greco said Espinoza was seen wearing the blue wig on her Facebook photos.

Espinoza faces a prison sentence of 15 years to life in prison, said Greco. San Diego Superior

Court Judge Fred Link set sentencing for Jan. 21.

Cartwright has his murder trial set for Jan. 24. He is also charged with committing special circumstances allegations of murder during a burglary and robbery and if he's convicted of first-degree murder, Cartwright would be sentenced to life in prison without parole.

The video showed the man stuffing cash into his pocket with his gloves and he dropped

SEE **FLOORING MURDER**, Page 12

Murder suspect's hearing delayed due to heart failure

By Neal Putnam

A murder suspect in the death of a Hillcrest man is now in a medical unit after his attorney said he has congestive heart failure.

The preliminary hearing for Randolph Winston Henderson, 52, was delayed Jan. 3 until Jan. 27 in the death of Steven Tucker, 60, who was found dead on Oct. 27, 2021.

Tucker was found dead in his home on Eighth Avenue just south of Robinson and police said he had visible trauma to his body. The murder charge says Tucker was stabbed to death between Oct. 25-27.

Henderson was arrested in Montague, Texas, on Nov. 9, 2021 and was extradited to San Diego.

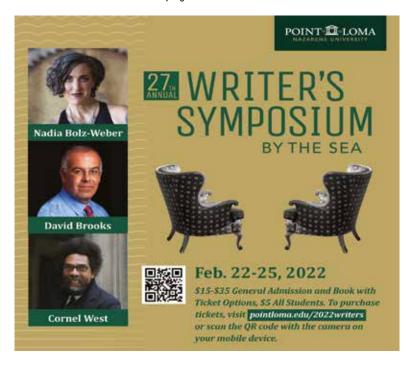
An arrest warrant affidavit was ordered sealed by a judge so it is not yet known how Henderson knew Tucker or the circumstances of his death. Police said a friend of Tucker's discovered his body and found his dog unhurt.

Attorney J.B. Campbell told San Diego Superior Court Judge Michael Groch that Henderson is housed in the medical unit of the George Bailey Detention Facility because Henderson has congestive heart failure.

Groch replied he was glad Henderson is housed in a medical unit. He has pleaded not guilty and remains in custody without bail.

Henderson is a certified electrician. He was convicted of four counts of bank robbery in 1991 and 1992, according to court records.

—Neal Putnam is a local court reporter.









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Gaslamp Holiday Pet Parade brings animal fashion forward

FASHION

Fashion Files

BV DIANA CAVAGNARO



to the dogs with the 13th Annual Gaslamp Holiday Pet Parade on Dec. 19. Pets and their owners gathered all decked out in their best holiday costumes, ready to celebrate the season. The parade began under the Gaslamp Quarter Archway and marched down the 5th Avenue promenade. They were led by the Grand Marshall Super Corgi Jojo with Josephine Sarmiento and Sir Ruffles Von

Vicious with Jan Savage. Sir Ruffles

UPCOMING EVENTS

MartyO: Social Security at the Oceanside Museum of Art located at 704 Pier View Way, Oceanside. This exhibit is a commentary on the stereotypic and repressive roles projected onto women over the last century. October 30-January 23, 2022.

Bridal Bazaar with fashion shows presented by Gretchen Productions at the San Diego Convention Center on Sunday, Jan. 16, 2022. Two shows presented during the day. For more info: 760-334-5500

"Language of Textiles" exhibit on Japanese textiles at the Japanese Friendship Garden in Balboa Park. Open from 10 a.m.-6 p.m. daily. Exhibit runs until Feb. 27, 2022. General admission is \$12.



Sir Ruffles von Vicious (Photos by Diana Cavagnaro)



Super Corgi Jojo with Josephine Sarmiento



Best in Show was Mary Salinas Caraway with her 16 year-old Yorkshire terrier



Additional first place winners



Additional first place

von Vicious is a dog rescued from a ruff life who is now happy and doing good deeds. Jojo was featured on Disney's show It's A Dog's Life with Bill Farmer. Farmer crosses the country meeting dogs who are making our lives better and documenting them for the show.

Following the parade the participants sauntered over to the first-ever Pups at the Pub Paw-ty from 2 p.m.-5 p.m. on 4th and 5th. The participants enjoyed tasting



Additional first place winners

from 10 craft beers with live music by DJ. The festivities included pups and peeps games and a lot of pupfastic fun such as having your picture taken with Santa. There even was a dance contest for the dogs. The contestants all received a complimentary goody bag.

All the critters were winners at this pet friendly event, although awards were handed out to several outstanding pets and their owners. Sir Ruffles Von Vicious



Stella award given to Sir Ruffles von Vicious and Jan Savage seen here with Taylor Kahle's father



The Greyfriars Bobby Awards

Stella Award given for outstanding



Additional first place winners

and Jan Savage won the first ever Hooman and Pup Duo. Stella was the rescue chihuahua of Taylor Kahle who lost her life Downtown last April. Kentucky and Derby won the Grey Friars Bobby award. Best in Show was Mary Salinas Caraway with her 16 year-old Yorkshire terrier and this qualifies them as the 2022 Grand Marshall.

> Additional prizes were given for Best Christmas Spirit, Best Matching Costumes (Owner/

> > SEE **PET PARADE**, Page 6



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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
- 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 vour real property(ies) (needed for income tax basis purposes).
- 12. The trustee should keep a 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 admin-
- 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 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 an attorney who has worked with Dick for over 7 years. Affordable rates. Highest quality services. House calls available.

Our office is conveniently located at 2615 Camino Del Rio South, Suite 101 (in Mission Valley just east of Bully's restaurant) (Telephone (619) 221-0279) www.richardfmcentyre.com.

From corpses to café

Gaslamp Landmarks By Sandee Wilhoit

When strolling in the Gaslamp, many are awestruck by the architecture and beauty of some of the buildings, while other buildings barely warrant a nod. In fact, many might wonder why they are even designated as historic. Never judge a book by its cover — some of these nondescript structures have very interesting stories to tell. One such building is the plain, one-story building just off 5th and Market called the Montijo.

When Alonzo Horton sold the property on 5th St. in November of 1867, there was no evidence of a structure on the property although by the early 1870s, the area was well occupied by numerous frame buildings. The original lot owner, Mr. Olcott Pierce, engaged in a series of convoluted leases with various individuals, culminating with the sale of his property to one of his lessees, Josiah Lemuel Rowe. The sale was executed only four days before Pierce

THE MONTIJO BUILDING

1881 & 1887

560 5th Avenue

Architect: Unknown

Architectural Style: Commercial

expired. The new owner, J.L. Rowe, was a property owner and real estate speculator, as many were at that time. Unfortunately, he did not fare much better that Mr. Pierce, as according to the San Diego Union, "he succumbed to a severe (brain) hemorrhage while engaging in business at the courthouse." He passed away on July 20, 1880 at the age of 39. His obituary stated that he had come to San Diego from Michigan for his health.

The year before his untimely death, however, Mr. Rowe had leased the north half of his property to John Nelson Young and John Gray. The complicated lease, which also involved Mr. E. W. Tebbett, was to run for five years, with Young, Gray and Tebbett paying \$5.00 per month, plus "all city, county and state taxes." A former tenant, shoe and bootmaker, Phillip Brady, had vacated the premises entirely, so a structure now on the adjoining half of the lot was also relegated to Young, Gray and Tebbett. Thus, the Sanborn Fire Map of 1883 shows an undertaker on the north side of the lot, while a furniture store occupied the south side. John Young, a noted San Diego undertaker, had entered into a partnership with John Gray, a furniture dealer in 1876, which explains the signage. in 1881, Young received a contract to bury the indigent dead at \$15



The relatively plain building now hosts El Chingon.

per capita, and was additionally appointed the Superintendent of the Cemetery grounds. He operated his mortuary business at the site between 1881 and 1885. The furniture store was entitled Gray and Company Furniture Store, and later shortened to Gray and Company. Ultimately the two businesses consolidated and moved into John Young's new, three-story brick building next door: Marin Hotel.

In 1887 the building was torn down to make way for a new structure. The new building was a single-story, brick structure with a brick or metal cornice. It stood 17 feet high from the ground to the roof line, and had 12-inchthick walls. A double door was in the center front, with 10 small (2 x 4') rectangular thick glass windows above it. It was nothing very exciting to look at, but served

Young, Gray and Tebbett well until they moved to their new and much more elaborate structure in the adjoining lot.

The new tenant, George Montijo, was a colorful person and a local legend. He arrived in San Diego from Marin County via covered wagon in 1881. His family had been saddle makers, and he continued this tradition by initially opening a store at 5th and "I" St. He had a life-sized papier-mâché horse on the curb in front of the store, which was later seen in front of various businesses throughout the Gaslamp. Montijo moved to the building on 5th close to Market in 1892, and was listed in the San Diego Directory as "Saddlers and Harness Makers." He claimed that his saddles "were famous throughout the southwest" and that he "helped introduce the western saddle to the Midwest."



January 2022

San Diego Downtown & Uptown News

The Montijo building (Photos by Tim Trevaskis)

In 1891, Montijo became a candidate for Constable, but was questioned about an incident from his previous more youthful days. According to the San Diego Union, he was intoxicated, pulled a knife and had to be arrested with the help of a "six-shooter." He spent the night in jail, and was fined \$25. He was later fined again for damages done to the jail during his stay! Colorful? Yes! Constable? Probably not! In his old age though, he was named Honorary Mayor of San Ysidro.

In 1895, after a brief remodeling and the addition of a large skylight, the building became a cafe, the Model Restaurant. The proprietor was H. Schulz. The building remained the Model until 1912, when it became the George Felice restaurant. In

SEE MONTIJO BUILDING, Page 6



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Uptown needs to grow

By Brian Schrader

In the last two years, the Uptown region spanning from Banker's Hill to South Park has seen a significant increase in large, several-story apartment complexes. Even more are currently under construction. Consequently, there has been a significant amount of local pushback to the increased density, including attack ads in local papers. Much of the ire seems to be aimed at especially large developments like the one currently under construction on Ohio Street. With so much happening and so much controversy, it's time to discuss the purpose of these new units and why there are likely many more coming to Uptown in the coming years.

It is no secret that San Diego is in the midst of a housing shortage, but the severity is often understated or under-explored. According to the most recent state assessment, the city of San Diego alone will need to construct more than 108,000 housing units by 2030-more than enough for the entire population of El Cajon—to meet demand and stabilize our rising housing costs. It's well known in housing policy circles that increasing density—building more and taller buildings—is the most efficient way to do this. More dense housing is also far more climate friendly than endless sprawl and new housing needs to be built in neighborhoods all over the city to improve social and racial equity.

In short, we need a lot more infill housing in existing neighborhoods; especially in wealthy neighborhoods like Hillcrest, North Park, University Heights and Normal Heights.

A lot of residents in these areas may see all these large complexes and fear the changes they could bring. This is only natural. After all, people choose to live in Uptown because they enjoy it the way it is, but it's important to remember that the status quo is incredibly unfair and unequal. Thousands of San Diegans experience homelessness every year, and more than half of San Diego renters are rent burdened, spending more than 30% of their income on rent.

We aren't going to solve the twin housing affordability and availability crises without changing the composition of our neighborhoods significantly. It's also very important to remember that no one is proposing that Uptown becomes Downtown or even anything like it. A few multi-story complexes won't drastically change anything about the character of Uptown's neighborhoods. If anything, it will give local businesses more customers and increase the use of our new bike lanes.

According to Wikipedia, there are approximately 170 named urban communities in the city of San Diego. If around 640 new housing units were built in each one, we could solve our housing crisis. That's about four of those Ohio Street complexes per community. Now that's a lot of housing, but it's not enough to drastically change the Uptown skyline.

In the past few years, San Diego has picked up the pace and allowed more housing to be built throughout the city. However, it still isn't enough. At current levels, San Diego is not going to come anywhere close to solving its housing crisis before 2030. The simple fact is that San Diego doesn't have enough housing and that the city needs to build a lot more, a lot faster. These new units need to be in existing neighborhoods and they need to be accessible by bike and by public transit. Then and only then can San Diego get in front of its housing

Housing policy is a powerful lever to reduce racial and social inequality. Building both market-rate and affordable housing units in wealthy neighborhoods allows less wealthy and more disadvantaged residents to move in. Access to good schools, safe neighborhoods, and good public transit is a boon to those trying to improve their lot in life. Right now Uptown is fairly exclusionary—as is much of San Diego-and more housing is the solution. It's not enough to build housing "over there" in poorer neighborhoods. Such a strategy only increases racial and economic segregation because while families and individuals can afford to stay in their current poorer communities, they can't afford to leave. Uptown is perhaps the wealthiest area south of the 8. It's time we acted as a bridge and not a gate to social mobility.

More housing solves this problem.

A lot has changed in Uptown since 2019, but if we want things to get better, then we need to be willing to embrace a little more change.

—Brian Schrader is a local business owner, software developer, writer and San Diego resident living in Normal Heights.

New laws will change course of 2022

Notes from Toni

By TONI G. ATKINS

Happy New Year, everyone! Sometimes January is a month that feels like a Monday, but there is a lot of energy and enthusiasm in the air in 2022.

It's a new year, new laws are taking effect that help people into homes, jobs, and debt-free higher education. With the once-a-decade redistricting almost complete, many of my colleagues and I will welcome new communities and new constituents to represent. And in Sacramento we're moving into a new-and temporaryworkspace while the East Wing of the Capitol, where so much good has been accomplished for the people of California, is replaced by a safer and more accessible building. Please know, wherever my office is, my door is always open to the people of the 39th Senate District!

January marks the 49th anniversary of Roe v Wade, and the very real fear is there won't be a 50th. I can tell you we are beyond motivated to protect Californians—and all who need abortion services and reproductive healthcare—from the vicious attacks being made on one

of our most basic and personal rights.

Every January, as we celebrate the memory of Dr. Martin Luther King, Jr., I remember the January when he moved his family into a housing project in Chicago to draw attention to the lack of affordable housing. In many ways, it is shameful how far we still have to go on the paths to justice that MLK pursued—and that is also a reminder we need to constantly do better.

January brings new challenges—along with existing ones. And I want to thank everyone for masking up inside the last couple weeks to counter the alarming rise in COVID-19 cases. A couple more weeks, and hopefully, we will have again navigated a treacherous part of this pandemic together.

There's a lot to look forward to this month and this year, and I will do my best to keep you up to date with all the latest information on bills, the budget (so far the outlook is very good!), district events, and breaking news. And, of course, the occasional photos of Mia and Joey!

Here's to a great 2022!

—Toni G. Atkins is President pro Tempore of the California Senate. Visit sd39.senate.ca.gov/contact to contact her.

Pet Parade

CONTINUED FROM Page 4

Pet), Best Gaslamp Themed Outfit, Cutest Pet, Most Outrageous Costume and Best Group Costume. Two of the sponsors of this pet-friendly event were The Cat Café and the Chiefy Café. The Cat Café is located in Downtown on Island Ave. This is a café where you can come and have the opportunity to interact with some furry friends. They adopt the cats out so there will be new cats every time you visit. The Chiefy Café located

on 6th Avenue has as its mascot Chiefy. This dog-friendly café has little treats for your furry friends.

The Holiday Pet Parade is an annual event presented by the Gaslamp Quarter Association in the Iconic Historic Heart of San Diego. If you would like to attend next year's parade stay tuned for updates at gaslamp.org.

—Diana Cavagnaro is an internationally renowned Couture Milliner based in Alpine, California. Learn more about our Hat Designer, Teacher & Blogger at DianaCavagnaro.com

Montijo Building

CONTINUED FROM Page 5

1914, it became Rigopoulas and Nichols, and remained such until 1922. The property then became K. Kawamoto's Frisco Cafe until 1939. However, because of the distrust of Japanese names during World War II, a Tommy Leung took over the property until 1947. It became Wing on Wong until 1950, when it reverted back to the Frisco Cafe until 1972. In 1972, it emerged as the Zebra Club, a very popular live music venue. in 1980, it became the Saigon Palace, advertised as a bar with live music. Unfortunately, they had sewage problems, and were forced to close in the late 1980s. The next restaurant to open, after a major

remodel and plumbing upgrade, was Nicky Rottens, a sports bar, burgers and beer restaurant. Extremely popular, with burgers billed as "literally too big to eat." It was replaced in 2015 by "19," another sports bar.

The latest tenant in the long line of restaurants at the Montijo is El Chingon, billed as "Bad Ass Mexican," and inspired by Pancho Villa and the Mexican Revolution. They offer curated tequilas, mescals and a special late-night menu. They are one of the most popular venues for the younger crowd and are always lively.

—Sandee Wilhoit is the Historian/Lead Tour Guide for the Gaslamp Quarter Historical Foundation. She can be reached at swilhoit@gaslampfoundation.org.

DOWNTOWN NEWS

Uptown News

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DOWNTOWN NEWS



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Charity scams: How to avoid a season of misgiving



As the holiday season rapidly approaches, we often reflect on what we are thankful for and how we can help others in need. Many of us get into the spirit of charitable giving and want to help organizations with generous donations for taking care of our community.

But not all charities are real: some are scams.

Last year, the District Attorney's office received numerous consumer and charitable organization complaints about scammers posing as charities requesting money from donors during the holidays.

One person, for example, pretended to be from the Boys & Girls Clubs of America and set up a booth outside of a grocery store to solicit money. He had no connection with the real charity, though, and was attempting to scam victims.

In another case involving a person our office prosecuted, a woman went door-to-door across the city soliciting money for a fake charity named "II Chance." The scammer told potential victims that she was from the legitimate charity "Second Chance," a great organization that gives justice-involved men, women and youth the life-saving resources they need to break the cycle of addiction, poverty and incarceration.

So how do you determine if charities are real or fake? Here are some tips:

- Number one is asking questions.
- Ask if the charity is registered with the Attorney General's Registry of Charitable Trusts.
- All charities operating in California including telemarketers soliciting donations are required to register.
- Search org.ca.gov/charities.
- If they aren't registered, don't donate.
- If donating to a national charity outside of California, ask if they are a registered public 501(c) (3) organization with the IRS?
- What is their Employee Identification Number, (EIN)? If they don't have one, do not donate.
- You can use also use the Tax-Exempt Organization Search (TEOS) tool at irs.gov to locate a charity's exemption status.
- Donate to charities that you know and trust.
- Don't assume that charities are part of a bigger organization without asking questions. Many organizations just like the Boys & Girls Clubs scam mentioned above will use well-established charitable organizations to mislead the public.
- Google it. Do your research about the organization. Find out how your donation will be used, but also be aware of look-alike websites.
- You can also search charitynavigator.org and give.org for a list of legitimate charities.

- Don't be pressured by telemarketers' tactics or even threats.
- If they are not going to give you time to ask questions or do your research, don't donate. Urgency is a red flag. Legitimate charities are willing to wait for you to do your homework.
- Don't be pressured by doorknocker charities. Often, people will go door to door asking for money for charitable causes but remember the Second Chance scam.
- If you decide to donate, never give out your social security number or other personal identifying information.
- Do not donate by check. In the scam mentioned above, a donor gave the scammer a personal check with her bank account number.
- Always protect your personal identifying information. Credit card donations the safest way to donate and will document your donation and can be disputed and easily canceled if you later discover your donation was compromised.

If you suspect you were scammed out of a donation:

- Report the incident to the Federal Trade Commission.
- File a consumer complaint with the California Attorney General.

I hope these tips you will help you avoid the grinches this holiday season. On behalf of our entire team at the District Attorney's Office, which is dedicated to building safe and healthy communities, we wish you a joyful and safe holiday season.

—District Attorney Summer Stephan has dedicated more than 29 years to serving justice and victims of crime as prosecutor. Visit sdcda.org/ office/contact/ to contact her.

HEMLOCK SOCIETY

Street racing and "Sideshows" endanger the public



Street racing has been around for decades, but a dangerous new variation is tearing up our city streets and putting lives in danger. Called "sideshows" or "takeovers," they are gatherings where people show off their cars while performing perilous stunts that threaten the safety of our communities.

My office has established a special task force to prosecute these drivers with the goal of protecting public property and keeping our community members safe from harm.

Typically, these gatherings involve dozens of vehicles and sometimes hundreds of spectators. Meet-ups usually occur at night, in parking lots, cul-desacs, roads, and even freeways throughout the county. The spinning, speeding cars often careen close to spectators. Bystanders have been struck and even killed in San Diego County.

This newest trend originated in Oakland in the 2010s, and has since spread across the country, fueled by pandemic boredom and videos posted on social media. The drivers are usually men between the ages of 18 and 25, and the cars are typically modified for street racing so that they are faster, noisier and spew more exhaust.

The San Diego Police Department's ABLE (Airborne Law Enforcement) helicopter plays a crucial role in spotting these events from the air and tracking vehicles until they can be safely pulled over by patrol officers.

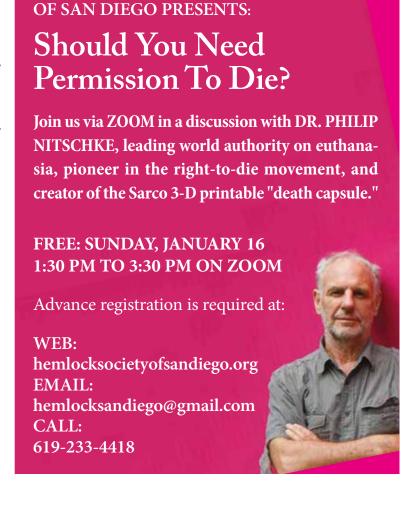
Our office prosecutes street racers for reckless driving, exhibition of speed, and other misdemeanors stemming from street racing to high-risk stunt driving.

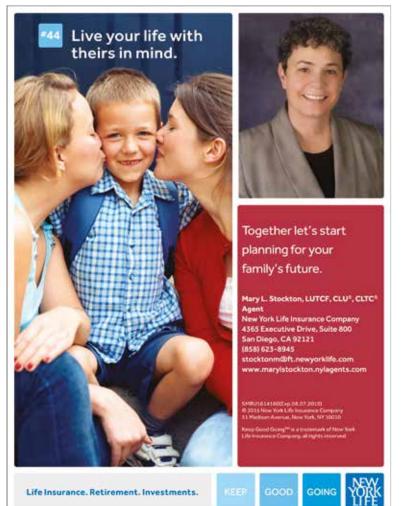
Other crimes often go hand-inhand with these activities. Law enforcement has noted a correlation between street racing and possession of illegal drugs and "ghost guns" – firearms without serial numbers that cannot be traced – across the country. Our task force is handling more than 30 street racing cases where the defendants have allegedly:

- Taken turns doing "donuts" (speeding rapidly in circles), sometimes with passengers hanging out the windows, in the center of a crowd of bystanders.
- Performed "burnouts" (keeping their cars at a standstill while the tires spin, burning rubber) and other dangerous stunts on crowded streets and in residential neighborhoods.

SEE STREET RACING, Page 8







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Uptown // Downtown Briefs

MOBILE CRISIS RESPONSE TEAMS ASSIST 268 SAN DIEGANS

The countywide Mobile Crisis Response Team (MCRT) initiative launched several months ago has already responded to 268 calls (as of Nov. 29, 2021) for service with 30% transported to Crisis Stabilization Units and 45% connected to community services. Thirty-four percent of the people the MCRTs helped were experiencing homelessness.

Chair Nathan Fletcher in 2020 introduced and passed the policy to make MCRTs available in all services areas of the county.

Starting on Wednesday, all 16 teams will be available in all regions in the county and can be accessed by calling 1 (888) 724-7240, and work is being done to create access also through 911 in all communities.

"Mobile Crisis Response Teams are part of our ongoing implementation of better mental health and addiction treatment services to help put San Diegans on a path to recovery," said Chair Fletcher. "Instead of sending law enforcement to assist someone having a mental health episode,

SEE **NEWS BRIEFS**, Page 13

Street racing

CONTINUED FROM Page 7

- Slid out of control, endangering spectators and causing them to scramble to safety.
- Slowed down on the freeway, side by side, then took off at speeds of up to 120 miles per hour.
- Tried to evade police, either by speeding away or by abandoning their cars and running off on foot.
- Modified their cars to make the engines louder and the exhaust fumes smokier.
- Outfitted their cars with high-traction racing tires, or driven with tires worn down to the metal threads as a result of skidding across the pavement.
- Lost control and run into a parked car or a freeway divider.
- Driven without a valid driver license, insurance, or auto registration.
- Driven with open containers of alcohol in the car, despite being underage.
- Driven with a loaded concealed gun in the car.

Our office has received dozens of complaints about this concerning conduct. We will continue to take this safety hazard seriously by working closely with our law enforcement partners to send a strong message that this conduct will not be tolerated in the City of San Diego.

—Mara W. Elliott is the San Diego City Attorney.







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New partnership with San Diego Rescue Mission

Little Italy News

By Christopher Gomez

Felice Anno Nuovo! It's a new year, and we are so excited to kick it off on a positive note! In an effort to support those experiencing homelessness in our neighborhood, the Little Italy Association has partnered with the San Diego Rescue Mission.

With the state of homelessness in San Diego, and the Country as a whole, having grown exponentially over the past year, we knew we wanted to support the unhoused community as best we could, leading with dignity and compassion. The goal of our partnership with the San Diego Rescue Mission is to have fewer people calling the sidewalks of Little Italy their home and to create easier access to connect those experiencing homelessness with people who care and are willing to help them take their next step forward.

The Rescue Mission's outreach coordinator, Carla Vanegas, will be in our neighborhood seven days a week, helping people connect with shelter, as well as offering basic assistance such as access to obtain necessary documents in order to transition,

hygiene products, snacks and clothing. Their newest outreach initiative, *Walk With Me*, offers an opportunity for our unsheltered neighbors to build a supportive friendship with a volunteer. This relational approach is what has made the Rescue Mission the ideal partner for Little Italy. The Rescue Mission has seen common misperceptions about homelessness fade, new doors of hope open and lives changed on both sides.

We truly hope to inspire other communities in San Diego and



A San Diego Rescue Mission outreach team (Photo courtesy LIA)

beyond to lead with compassion and take action from the heart when it comes to assisting our unsheltered neighbors.

For more information, please visit us at LittleItalySD.com or follow us on Instagram @LittleItalySD, Twitter @LittleItalySD and Facebook @LittleItalySD.

—Christopher Gomez has been Little Italy's District Manager since 2000. Reach him at chris@littleitalysd.com.



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Ringing in the New Year, Italian style



As we welcome the new year. it's time to invoke Janus, the Roman god of beginnings and endings and look forward to 2022 with renewed hope and optimism. All of us at Convivio are already hard at work in planning our events calendar to bring you more quality arts and culture programs and to continue to foster a welcoming and inspiring space at Amici House. In the coming months, you can look forward to more music events, the return of Films al Fresco (our outdoor classic-film series), a new historical-photographs exhibit, and some unique special events to bring our community together!

CAFFÈ CARITÀZZA IS BREWIN' UP SOME NEW GOODIES!

Stop by Little Italy's only non-profit coffee bar this month for some amazing Italian regional specialty drinks! Our caffè setting at Amici House is the perfect spot to unwind, get some work done (yes, free WiFi is available), and enjoy your favorite warm beverage. (Or try a cold one—after all, this is San Diego!) And when you visit, you'll be supporting our work in the community to boot!

SHOEBOX DAY | JANUARY 8 | 10 Am - 2 PM

We're hosting another Shoebox Day, a day when you can help to preserve your Italian roots by submitting your photos and documents to our digital archives. We will digitize your images and documents for inclusion in the Italian



Archives of San Diego, our digital repository of Italian-community artifacts. Join us for a FREE cup of signature coffee from our caffe, share stories with us, and help to perpetuate the Italian historical narrative of San Diego. Not Italian and no images to contribute? Stop by just the same to learn about the Italians in San Diego, tell us your own family history, and have some complimentary coffee with us!

PIZZA IN THE PARK | JANUARY 20 | 5 PM - 8 PM

Let's kick off the new year with another crowd-pleasing Pizza in the Park fundraiser! Revel in the Neapolitan artistry of Giuseppe Monaco of Cucina Caprese and enjoy some delectable, woodfired oven pizzas made to or-der! Proceeds help to fund our work in the community.

TOKENS OF LOVE | JANUARY AND FEBRUARY

As a nonprofit raising funds for arts and culture, Convivio also supports a community partner and neighbor, Washington Elementary School Foundation. This month we are launching our Tokens of Love campaign through our coffee bar, and you can help us to help the kids! When you visit, simply donate \$2 and drop a token in the fund box at the bar. We will contribute the fund value to the kids while you can take a second token for a free coffee on your next visit! Let's start the year by cultivating a giving spirit and helping those in need.

To learn more about Convivio and our many programs or Little Italy history, please visit conviviosociety.org or call 888-862-4825.

—Tom Cesarini is the chief leadership officer and founder of Convivio and also serves as the Italian Honorary Consul in San Diego. Convivio provides advocates, donors, and volunteers the organizational capacity to ad-vance Italian cultural identity, preserve Italian cultural-heritage assets, cultivate community and fellowship, and foster multicultural awareness through the humanities. Visit: conviviosociety.org | Follow: @conviviosociety



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- Consultation with you and your loved one in your home to discuss your current situation and determine if it's time to transition.
- Tours and complimentary meals for the entire family.
- In-home medical assessment.
- Moving experts paid for by St. Paul's.
- One month of free rent provided after three months of stay.

*These offers are made exclusively to friends of dementia-based programs in San Diego County, so please reference this flyer and the Dementia organization you are associated with.



Meet Genesis Martinez, St. Paul's Senior Services Memory Care Specialist.

"My passion is helping families find solutions for their situation. Our team of experts are here to help you!"

WHY SO MANY FAMILIES CHOOSE ST. PAUL'S SENIOR SERVICES'

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Clients inside of the PMC. One of the ways the center cut capacity by 50% was eliminating people sharing a bunk bed so everyone had a private room. (Photos courtesy Father Joe's Villages)

Jesse Mendez

CONTINUED FROM Page 1

He aims to always be open and honest with clients about his past so they can relate to the obstacles he faced. Mendez, a lifelong South Bay resident, started using drugs at a young age and quit after 15 years at age 28. A year later in 2009, he met a Father Joe's Villages' employee at a Narcotics Anonymous meeting who said Mendez would be a good fit to work at the village but needed more relevant work experience beforehand. With a recommendation from that employee, Mendez got a job working at Alpha Project's winter shelters.



Jesse Mendez in Downtown (Photo by Jesse Mendez)

Mendez's own experience of sleeping unsheltered was limited to the South Bay so seeing the extent of the unhoused population in Downtown was shocking. He felt like he was one bad decision away from ending up in the same place as the people he served in the shelter.

"It also established for me, I don't know if it'll sound cliche or whatever, but what I was meant to do in life," Mendez said. "I've been working in the field ever since. Every day is a blessing for me. Every day."

In that role, he also came to the conclusion that there is no 'face of homelessness.'

"[There is] just so many different ways that somebody could end up homeless. There's so many different situations that keep people homeless." he said.

As he moved up the ranks at Father Joe's Villages, he described himself as a man of a million chances. When clients came to his office after breaking rules, he would keep them in the program if they showed any sign of trying to make different decisions in the future. One client stayed in the short-term housing program for over 1000 days. When he finally got his own apartment, the client wrote Mendez a letter thanking him for the multiple chances he was given in the program that ultimately allowed him to be in permanent housing.

One advantage of the PMC center is that many of the services to help clients are housed in the

same building including a medical clinic, dental clinic, behavioral health counseling, addiction education and treatment. In addition, employment and education services are available as well as a computer lab.

"I think that's what makes it so much easier to get our clients to engage in interventions and stufflike that, because they don't have to go anywhere to get them because they're right there," Mendez said.

He is grateful to have impacted so many clients as well as his staff, some of whom are previous clients at the short-term housing facility. It is rare for him to go to a public place like a Padres game and not run into someone who was his client. On a trip with his family to Phil's BBQ, he met a previous client working at the restaurant who said Mendez's story impacted him and he never forgot it.

"For me, that's what it's about. You have no idea what you might say in any interaction with someone that might just be you doing your job, but how much impact that that had on an individual," he said.

Some of his most successful and long-term staff have been previous clients because they understand the impact their work can have.

"It's not that you have to have faced homelessness to work in homelessness or understand homelessness. Because it's kind of like saying that you've had to been a drug addict in order to be a successful alcohol and drug counselor. And that's not true. However, you get a lot more buy in from clients when you've lived the life and you're making different decisions," he explained. "It's not a nine to five; we're not robotic. We work with compassion. We work with a passion – our heart is always in."

Despite the challenges brought on by COVID-19, Mendez is proud that the retention rate of staffing at his program is better than it's ever been. He attributes it to all of them having a cause to get behind: protecting clients.

"I was a firm believer that our clients were more at risk of us than we were of them. Our clients usually have their own circles. They don't really get out and travel all kinds of other places like we do. When COVID first hit, I never really considered it a homeless problem, because it took a while for positive COVID cases to even start to impact the homeless community. And I really strongly believe it wasn't because of homelessness. It was because of all the all the vacation and all the travel that happens in San Diego," Mendez explained.

During early 2020, the number of people living at the PMC was cut by 50% while the San Diego

Convention Center housed the majority of unsheltered people in the city. Those that remained at the PMC were medically fragile individual who may have been at risk living in communal housing. Since the Convention Center stopped being a shelter, the PMC has tried to increase the number of residents but each time that happens, there is a COVID outbreak and they have to pull back

on the timeline for being at full capacity. Amid the Omicron surge, Mendez said many people are testing positive.

Mendez acknowledges that with its many challenges, working in social services is not for everyone.

"You can't just work at the village or work in homeless services because you need a job. You have to have a heart for this. It's a trying job. It weighs on you physically, mentally, emotionally, and you have you have to be bought in to what you are doing, because you're never gonna be rich working in social service," he said. "But you can live a comfortable life and at the same time, it's doing what's important in life — and that's impacting the lives of others."

—Reach Kendra Sitton at kendra@sdnews.com.



San Diego Unified will host a community forum for the public to meet the superintendent finalists and provide feedback. The Board will formally introduce the permanent superintendent at the State.

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DUE TO COVID

SESSION I

8:45 - 11:30AM

Logan Memorial Educational Campus, 2875 Oceanview Blvd, San Diego 92113 SESSION 2

1:00 - 3:45PM

Patrick Henry High School, 6702 Wandermere Drive, San Diego 92120 SESSION 3 5:00 - 6:00PM

Wilson Middle School, 3838 Orange Avenue, San Diego 92105

We believe that our students, families, staff, and the San Diego community have a unique stake in choosing San Diego Unified's next permanent superintendent. They, along with the Board of Education, will define the values we want the next permanent superintendent to embody. That is why it is so crucial that you participate in the superintendent selection process by providing your input.

On December 14, the Board of Education announced the selection of the following individuals as finalists for the superintendent position: Dr. Lamont A. Jackson & Dr. Susan Enfield. The board will officially introduce the permanent superintendent at the State of the District on January 18.

The superintendent, under the direction of the Board of Education, implements the school board's vision and policies by making day-to-day decisions about educational programs, spending, staff, and facilities. The superintendent works with school leaders to serve the needs of students and meet the district goals. The superintendent must also respond to the demands of all the other constituencies and interest groups in the district: teachers, students, parents, staff, advocates, and the community at large. The superintendent considers how to use the financial and human resources of the district to achieve the best results.



Make your voice heard and attend one of the community forums! The San Diego community has a unique opportunity to help select the next Superintendent of the San Diego Unified School District. We urge members of the community to participate and share their thoughts about the importance of an inclusive and equitable education for all students. —Chris Wilson



RSVP by emailing superintendentsearch@sandi.net

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New districts

CONTINUED FROM Page 1

Some of the new districts put same-party legislators who are already elected in the same district - potentially leading to conflict in the next election. However, one of those issue has already been solved: Asm. Lorena Gonzalex announced she is resigning from the Assembly to lead the California Labor Federation. As a City Heights resident, she was moved out of the 80th District she represents and into the 79th District which includes La Mesa – pitting her against Asm. Dr. Akilah Weber, also a Democrat. Now, Dr. Weber has a clearer path to reelection.

Advocates successfully advocated against changes

78 which would have split Hillcrest in two along the 163. Hillcrest is the center of the LGBT+ population in San Diego and District 78 has consistently had a lesbian or gay Assembly member since 2008. Advocates worried LGBT+ people will have a harder path to Sacramento and less representation at the state level due to the change. Changes were made to ensure Hillcrest and other gayborhoods around Balboa Park stayed intact despite the district changing from a coastal district to an inland district that reaches north to Mira Mesa and east to Bostonia.

to State Assembly District

—Reach Kendra Sitton at kendra@sdnews.com.

on a sidewalk some blocks

away. Another detective tes-

Flooring

CONTINUED FROM Page 3

the crowbar on the floor. The man wore an "old lady" mask, testified a detective earlier, while Espinoza stood by the door and acted as a lookout, she said.

Street cameras showed the man and Espinoza leaving. but the man took off his mask

tified Espinoza told him she was promised \$150 from the robbery by Cartwright. Both Cartwright and Espinoza remain in jail

without bail. Radda was the store owner for 16 years. He is survived by a wife and two voung daughters.

—Neal Putnam is a local court reporter.

Punched attendant

CONTINUED FROM Page 3

Quinonez punching S.L. and pulling her hair on May 23. Video of the 44-second encounter was played on numerous TV newscasts all

over the U.S. Before the incident occurred, S.L. told Quinonez to wear her face mask over her nose, to fasten her seat belt, and to put her tray table back since they were about to land, according to facts laid out by Assistant

U.S. Attorney Jaclyn Stahl. Quinonez will be orlost wages, said Acting U.S. Attorney Randy Grossman, who met with reporters afterwards.

She will be ordered to take anger management classes as a condition of three years probation plus performing 250 hours of community service per year, according to the plea agreement.

Quinonez will continue to be banned from flying on an airplane for three years and she is expected to be fined \$5,000.

She remains free on \$20,000 bond. Because she cannot take an airplane, she has to travel by train or car from her Northern California

home to San Diego. "The flight attendant who was assaulted was simply doing her job to ensure the safety of all passengers aboard

the plane," said Grossman. "It's inexcusable for anyone to use violence on an airplane for any reason, particularly toward a flight attendant who is there to keep all the passengers safe," said Grossman, who added "there are serious consequences" for those who in-

jure flight crews. Stahl read into the record in court all the duties that S.L. could not do because dered to pay \$20,000 in she had to go to the hospirestitution to the victim tal after the incident. An for medical expenses and assault charge will be dismissed at sentencing.

"The FBI is committed to keeping air travel safe from threats which come in a variety of forms," said FBI special agent in charge Suzanne Turner.

"Assaulting and interfering with flight crews will not be tolerated and the FBI will continue to work with our local, state and federal partners to diligently investigate and prosecute crimes such as these," said Turner.

—Neal Putnam is a local court reporter.

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News briefs

CONTINUED FROM Page 8

we now have teams of mental health clinicians, case managers, and peer support advocates. In a short period of time, MCRTs are proving to be a success, but as the program continues to roll out we will make adjustments and efficiencies to ensure we're continuously making progress with helping our residents."

SCHOLARSHIP GIVES SDUSD PARAEDUCATORS PATH TO **BECOMING TEACHERS**

Nonprofit, online university Western Governors University (WGU) and San Diego Unified School District (SDUSD) announce the TEACH-LEAD San Diego Teacher Pathway Scholarship, designed to eliminate the barriers that hold future educators back from pursuing their goals. The scholarship is open to new and returning WGU students enrolled with the Teacher's College and are currently employed as a paraeducator with SDUSD.

Additionally, it will increase equity and inclusion by eliminating barriers, such as financial constraints, time commitments, and the flexibility of class schedules by creating a clear pathway to becoming a teacher. Students enrolled in this program will no longer have to choose between employment or education, opening the door to building inclusive and stable workforces by addressing equity gaps and barriers to degree attainment. WGU's online competency-based model provides the flexibility to enable the students to complete their degree and related certificates in only 18 to 24 months.

NEWS / CLASSIFIEDS / PUZZLES

WGU's Director of Regional Operations - West Region, Bob Benson, said, "WGU is an affordable and flexible option for learners that are interested in accelerating at their own pace while graduating with little or no debt. The many benefits include robust scholarship opportunities, a program mentor for each student, and a competency-based format, which allows students to complete a course as soon as they have shown mastery of the material, allowing them to move forward as desired."

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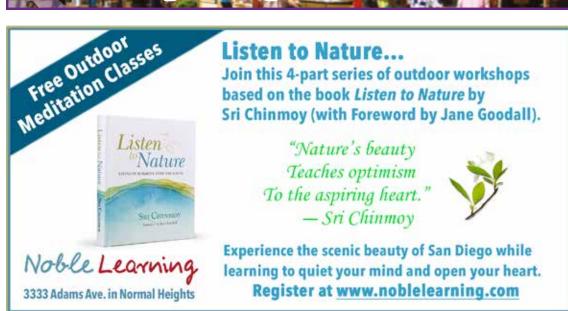
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Community Page



7. Subdivision

CLUES ACROSS

10. A passage to be performed slow

13 Medians

14. Member of the giraffe family

15. Makes official

16. Choose in an election

21. Small, faint constellation

12. Invests in little enterprises

17. Hill or rocky peak 18. Member of an ancient Iranian

27. The ancient Egyptian sun god

19. Crest of a hill

28. Hollywood tough guy

33. Chinese drums

34. Merits

36. Indicates center

17. Boxing term

18. Marketplaces

23. Locomotives 24. Short musical composition

Heavyhearted

30. Famed NHLer

31. Ingested too much

20. Pounds per square inch

25. Football position (abbr.)

29. Denotes particular region

37 Increases motor speed 38. Mentally fit

CLUES DOWN 1. Mental object

2. Blackbird

3. Undergarments

5. One from Utah

Greek goddess of the dawn 7. Become less intense

8. Developed to readiness

10. About Freemason

11. Taking everything into account

12. Famed Czech engineer 14. Impress into silence

9. Defunct phone company

32. Formulates 35 Sino-Soviet block (abbr.)

36. Broad, shallow craters

38. Thick cuts

39. BBQ favorite

40. Wings 41. Female parents

22. Cultivated from crops that yield oil 44. Marks left from wounds

45. Soften by soaking in liquid

48. They resist authority (slang)

49. Formats

50. Many subconsciousnesses

51. Vogues

40. Breezed through

41. Breakfast is one 42. "Rule, Britannia" composer

43. Periodicals (slang)

44. Indian title of respect

45. More (Spanish)

47. A loud utterance

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Adam Shevel is the CEO of The Knotstop as well as its new offshoot the Yoga Deck. He always had a dream to create a wellness facility of his own. Fifteen years ago, the South African native was immersed in the corporate world of marketing and advertising in Los Angeles and decided to leave that life to start his dream in San Diego. Two years ago, he moved his successful massage studio from Hillcrest to a charismatic craftsman style building on Fourth Avenue in Bankers Hill. But shortly after that, Covid hit and changed our world forever.

The Covid shutdown definitely had a detrimental effect on most businesses in San Diego, with the hospitality industry taking the brunt. Spas were among the many businesses which were not allowed to operate indoors and forced many to lay off staff or close down completely. But like many restaurant owners, Adam found a way to pivot and take advantage of outdoor spaces as a way to continue to operate.



Participants in a yoga class (Photo courtesy Knotstop)

"During Covid, we were kinda forced outside— I thought we were going to lose the business and I had to lay off all my employees; it was a very scary time," Shevel reflected as he sat in the relaxation area of his new Yoga Deck. "But luckily we had just moved to our new space and had this outside area that we were able to pivot and utilize it during a time when most massage place and spas where closed."

Shevel basically converted an outdoor parking area located in the back and alongside the building into an extension of his shop. Cabanas were created so that The Knotstop could continue to provide massages for its clientele during the shutdown. It became so popular that Shevel decided to make it a permanent fixture and thus the Yoga Deck was born. Shevel decided to cover the area with a wooden deck and also professionally design the space to create a motif of serene exclusiveness.

"I wanted to create an outdoor spa experience like you find in Bali or Costa Rica," Shevel explained. "Early on, we went to the park and did some yoga in the park, which was great too, but there's a lot of other things going on in the park which can act as distractions so I thought 'What about the space we're using for massages? Why not create this incredible, cool outdoor yoga space in the middle of the city in San Diego? Especially when there is really nothing like this around?' That was the genesis of it and as I spoke to more people in the voga community, everything just kind of seemed to gel together. Everyone told me, 'Yes! This is great! This is exactly what people are looking for!"

The outdoor annex has an Indonesian motif which instills a very calm and tranquil vibe to the spa, inviting guests to come



Curtains can be drawn on those rare blustery days. (Photo by Vince Meehan)

to infuse those little things into the space, so that – even though you don't see it – it's there and its special not just like any other yoga

Reclaimed natural elements are repurposed for the Yoga Deck. (Photo by Vince Meehan)

this simple little deck and grew into this—what you see here to-day, Shevel said. "We wanted to create a space that could be used

studio."

Shevel has partnered with some of the best teachers in San Diego. He is committed to creating a sense of community where people can not only practice yoga and meditation, but also come together and meet people. "Everyone is craving that right now – that sense of community. We've been so isolated for the last two years, that I've created a space where people can come back together again."

What started out as a survival tactic to stay solvent in the midst of a viral pandemic has now evolved into a communal spa that guests can enjoy whenever they want instead of flying off once a year. Shevel loves the idea that it is so accessible by being located right here in the city. It's been almost a year now since he created his retreat from near ashes of demise brought on by the Covid outbreak, but fate has smiled on his dream and the community has responded with appreciation.

"Ever since then, it's just kind of taken shape and started off as

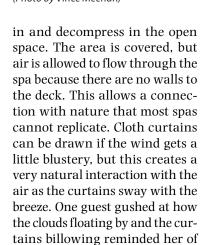
this simple little deck and grew into this— what you see here today, Shevel said. "We wanted to create a space that could be used year round – that would be outside – and safe for people to come and practice yoga during Covid or any other time. And even besides Covid, having an outdoor space to practice yoga in – that's what we want here. We're a city with great weather so why not have a space were people can do this outdoors instead of having to go inside all the time?," Shevel asked.

San Diego Downtown & Uptown News

January 2022

Shevel wanted to give his guests the same type of amenities and healing that people usually have to hop aboard a plane to experience. A place to decompress, heal and leave the career life behind for a bit – a place to get away and enjoy good health and serenity. "So we want to create a little of that in the middle of San Diego – in the city. Lets bring that feeling of... a place to rejuvenate and restore, a place to practice yoga and meditation, to do sound baths and do retreats. We have a lot of things we want to create here, and so that's what we're gonna do!"

—Vince Meehan can be reached at vinniemeehan@gmail.com



Since he was starting from scratch, Shevel decided to make the extra effort to add hidden details to give his new space extra personality. One hidden gem is a crystal energy grid that is concealed under the new wooden deck that was built above the original concrete out back. This was created by a friend of his who is not only a designer, but also a spiritual healer as well as a tarot reader.

Thailand.

"Rachael created a crystal grid under the deck, so when we were building the deck, she created a whole crystal energy grid that's under the deck that you don't see, but its actually there to harness that energy. So we wanted

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