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Contact us
Editorial/Letters
858-270-3101 x136
kendra@sdnews.com
Advertising
619-961-1958
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Arts in 2023



(l-r) Inside the Quantum Mirror installation at WNDR Museum from artist Adrian Stein. (Photo courtesy Brian Salak); Joshua White improvises inside the Guggenheim Theatre. (Photo by Kendra Sitton); The red Clark Cabaret stage will be the spot many future performance artists try out their skills in front of an audience for the first time. (Photo courtesy Diversionary Theatre)

New art museum, inaugural concert series, first timers on stage

By KENDRA SITTON

From world-renowned artists to people performing for the first time, San Diegans have the opportunity to experience a variety

of art this year from even more varied creators.

LOTS OF FLASH

At the freshly-opened WNDR Museum at 422 Market St.,

interacting with the art is the most important part.

The cutting-edge, im-

mersive installations at the

SEE **ARTS IN 2023**, Page 12

Business founded in North Park featured on ABC's 'Shark Tank'

By KENDRA SITTON

Sandra Velasquez pitched her Mexican botanical bath and body brand to the famous investors on ABC's Shark Tank in an episode that aired on Friday, Jan. 20.

The 44-year-old started creating soaps when she found herself unemployed and visiting with her parents in the North Park home she grew up



Sandra Velasquez pitches her high-end bath and body brand Nopalera to the 'Shark Tank' investors. (Photo courtesy Nopalera)

SEE **SHARK TANK**, Page 10

Sup. Fletcher seeks to address behavioral health workers shortage

By MADISON BEVERIDGE

San Diego County is moving forward with big changes regarding how they approach mental and behavioral health, including addressing the shortage of workers to fill the programs the county has created.

Supervisor Nathan Fletcher's latest initiative involves opening the region's first Behavioral Health Workforce Center of Excellence in partnership with Interfaith Communities and Price Philanthropies, a proposal that received unanimous support during the San Diego County Board of Supervisors Dec. 13 meeting.

"Creating centers of excellence will help us address the shortage of behavioral health workers in San Diego County," Supervisor Fletcher said during the meeting.

According to a press release, the action "will allow the County to leverage \$2.5 million from the Price Philanthropies Foundation and \$1 million of the County of San Diego Mental Health Services Act." This sum of money will be the funds and force behind the establishment of the center.

With more interventions and treatment centers on the horizon, Supervisor Fletcher was quick to

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Lunar New Year 2023

By KENDRA SITTON

Little Saigon San Diego hosted a free festival to celebrate Lunar New Year in City Heights over the weekend of Jan. 20-22. This year was significant because it also marked the groundbreaking of the Boat People Garden, a community mini park to be built a block from the festival site at Jeremy Henwood Park with funds from past festivals.

While many Asian cultures celebrate the Year of the Rabbit in 2023, among Little Saigon's Vietnamese and Gurung population, it is actually the Year of the Cat.



Unfortunately, the mass shooting in Los Angeles that left 11 dead at a Lunar New Year dance overshadowed the final day of the festival.

"The violence must stop. Right now we feel as though we can't



A woman holding a baby places lucky money in the mouth of a lion.



Lion dancers chase away evil spirits and bring in good luck and prosperity. (Photos by Kendra Sitton)

even celebrate with our families and loved ones without fear," said Justin Zhu, co-founder of Stand with Asian Americans.

The local SD API coalition released a statement saying, "We

stand united with our community and our right to celebrate our holidays and culture without fear. We encourage Asian and Pacific Islander community members to continue to celebrate

one of our most important holidays. We call on our region's leaders and San Diegans to celebrate, uplift, and stand united with the Asian and Pacific Islander community."



In a photoshoot area, kids pose with baskets of grain and fish.



Attendees hung wishes on a row of cherry blossom trees.



A man barbecues squid on skewers.



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Collaboration is the key for city's landscape architects

Art on the Land

By DELLE WILLETT



Recently, the City of San Diego's landscape architects were recognized for their vision in creating the Parks Master Plan. Meet some of the talented staff behind the plan.

Kathleen Brand is a Project Officer II and a Landscape Architect for the City of San Diego's Parks and Recreation Department, practicing for over 30 years since she graduated from the University of Wisconsin, Madison.

She was inspired to make landscape architecture her profession by Frederick Law Olmstead, the designer of Central Park in New York City and the first person to call himself a landscape architect.

Olmstead knew parks were not just for recreation but as a resource for maintaining the health of the community and the city.

"Landscape architects share a lot of education and training with civil engineers but also possess extensive training in horticulture and the earth's natural systems," said Brand.

"Their training includes planning, site design, grading and drainage, irrigation, planting design and construction detailing. It is essential always to understand how the project works within the context of regulations and other project disciplines, to create a site-specific, well-designed project that fits the site and the surroundings, as well as creates a benefit for the community," she added.

Brand likes working with staff and other departments on various



Civita Park in Mission Valley is an award-winning new park. (Photo courtesy Schmidt Design Group)



Landscape architects are an important part of city projects, such as Mission Bay's Maruta Gardner Playground. (Photo courtesy City of San Diego)



Many important types of parks, infrastructure, and resources are covered in the Parks Master Plan. (Photo courtesy City of San Diego)

projects that have never been permitted before. She finds it rewarding to collaborate with other city staff and see projects go from planning, design, permitting and through construction.

She describes her position at the City as hybrid: "I'm a plan reviewer, a project manager, a supervisor, an open-space planner, a park designer, stormwater advisor and much more."

"When it comes to many of the City's biggest priorities, including climate action and resiliency planning, community infrastructure and parks, stormwater management, improving accessibility and complete street design, we are the ones that are leading the fight for the City of San Diego," said Brand, "We are mighty but few...the ones who really pull it all together."

Martin Flores is a Landscape Architect and Park Designer for the City of San Diego with a

degree from California Polytechnic State University, San Luis Obispo.

The diversity of our population is his inspiration. "I know that the recommendations we make are for everybody, not just a select few, and hopefully, some of the decisions we make will last for many years."

"The work we do at the City requires immense collaboration between departments and external stakeholders, with plans and initiatives requiring contributions from several City departments. Since the City workforce is so big, it can take time to work across all departments to ensure any new policies or initiatives are functional."

Darren Genova is a Park Designer with the Architectural Engineering and Parks Division of the City's Engineering and Capital Projects Department. With a degree in Urban

Planning from UCSD, Darren says the most challenging part of his job is "managing it all."

Commented Genova, "Everyone knows we need to be proficient in landscape and irrigation design. Still, most don't realize that we are also responsible for drainage, grading, retaining walls, electrical systems, plumbing systems, making spaces accessible for people with disabilities, preparing construction specs, developing contract language and stormwater and geotechnical requirements. Collaboration here is the key."

Genova is inspired by his parents, nature, the cosmos, people



A rendering of the much-anticipated E. Street Greenway which was created with funding from SANDAG in a project managed by the city. (Photo courtesy City of San Diego)

with integrity and the courage to innovate.

Late last year, the San Diego Chapter of the American Society of Landscape Architects presented the City with an Honor Award for the Park's Master Plan. City landscape architects from various City departments also assisted in four other projects that earned awards. These projects include the Mission Trails East Fortuna Field Station, which received the President's Award, landscape architects SPURLOCK Landscape Architecture; Maruta Gardner Playground at Bonita Cove Park, Civita Park and the E Street Greenway Master Plan, all by Schmidt Design Group.

Explained Brand, "Without City landscape architects pushing, planning, coaching and collaborating, we would not have received these awards."

The editor would like to thank Delle Willett for her longtime column about landscape architecture in San Diego and how it affects the urban landscape. We will miss her insight and wish her the best of luck in the future.

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The elusive Robyn's Egg Trail in Mission Hills Canyon a worthwhile adventure

By CYNTHIA G. ROBERTSON

I had never heard of Robyn's Egg Trail until I was looking one day at Google Maps to find another trail in Uptown. That was when on the map, I saw the squiggly line coming out of Pioneer Park in Mission Hills.



In Robyn's Egg Trail (Photos by Cynthia G. Robertson)

After the rains finally stopped last month, we set out to find it, beginning at Pioneer Park. Old pepper trees with outstretched branches made long shadows on the lush green grass. Black Phoebes flitted from tree to tree, joyous in their search for insects. Tiny daisy flowers had sprung up, happy with the razzle-dazzle sunshine after a week and a half of gray, cold and dripping skies.

We headed for the set of stairs that led down from the south side of the park onto the street below, sure that it would lead us to the trail. But the GPS on my phone went wacky. We walked for ten minutes, the directions constantly changing, when finally it became obvious we had to get back into our car to find the elusive trail. The GPS in our car again went berserk, sending us on a crazy mouse ride all over Mission Hills. Finally, we found two different people who lived in the area, and they instructed us to go back up to Pioneer Park.



A pair of crows survey the view.

This time, the GPS led us dog-legging around street corners, eventually sending us right across from Pioneer Park. We turned at the corner of Randolph Street and Washington Place and went west about a quarter block down when, as clear as day, I saw a trail marker. Funny thing is, in the 40-plus years I have lived in San Diego, the first few of them right in that area, I had always wondered about the



A verdant trail, Mission Hills Canyon is lush with plant and animal life.

grove of beautiful trees at the top of the canyon. There have always been a couple of signs indicating that the space was for City Officials Parking only, confusing to anybody except those who know the immediate neighborhood.

As soon as we got onto the trail leading out from the sidewalk, it was obvious that we were heading into a lush canyon. The trail makes a long descent; at about a quarter of the way down is a natural archway of tree branches and vines, a perfect spot for portraits.

Further down, the trail got muddier but we braved it until we came to the first stream of water over which we had to rock-hop. I found myself humming, "Slip Sliding Away," as we walked, bending down low under a couple of eucalyptus trees that had fallen quite a while ago. It was fun walking beside the nearly neon-green canyon cliff sides. We saw the bright red berries of Toyon, green-gold lichens, the purple and white flowers of wild radish; we heard the high-pitched scream of red-shouldered hawks, locating them high above chasing each other among the eucalyptus trees.



Wild radish flowers

One point, about half a mile down the trail, became precarious because of the slippery mud and steep ravine, so we had to turn back and then drive down to the bottom of the trail. When we arrived on Titus Street, we stopped to ask a guy walking his dog how to find the other end of the trail. You'll find the trail between two apartment buildings, he said. Good thing we opted to drive the next six blocks; the streets become as hilly and steep as any in San Francisco. As we parked the car near the tip-top of Titus Street, it felt and looked as though we were going to slide backwards down the street.

Off in the distance a giant cruise ship slowly moved away from the Embarcadero into San Diego Harbor. We started up the trail with Song Sparrows chirping at us from jade bushes with white-as-snow flowers. Just as the sun was making its quick descent, we walked the rest of the trail to the point where we had to turn back because of the steep, muddy ravine and slippery slope.



Song Sparrow in a jade shrub at bottom entrance to Robyn's Egg Trail.

Robyn's Egg Trail, which nobody we talked to seemed to know the origin of its name, is a great trail to explore. It's good for some lung-expanding exercise, too, especially once the rains have stopped.

—Cynthia G. Robertson has been an award-winning local freelance writer and photographer for more than 30 years. She has also penned a novel, "Where You See Forever." Her website is cynthia-robertson.com.

SEEKING INFO

Do you know the origin of the name Robyn's Egg Trail? Be sure to tell our editor at kendra@sdnews.com.

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Enjoy a romantic getaway in Little Italy this Valentine's Day – That's Amore!

Little Italy News
By **CHRISTOPHER GOMEZ**

If you're still looking for Valentine's Day plans, head over to Little Italy, San Diego's premier neighborhood, to taste the romance. After all, the patron saint of love, San Valentino, was Italian. Shop from a wide array of retail businesses that will have the perfect gift for the special someone, and wine and dine your sweetheart at the wide variety of special restaurants. One might say, the pastabilities are endless this Valentine's Day.

For those last-minute shoppers, take an afternoon stroll through the charming neighborhood and stop by some of the local boutiques and unique shops. Shop for beach essentials from Atacama Surf Shop or head to Bluza Boutique or Stroll for fashionable clothing for her.

For all other gifts and goodies be sure to take a look at the beautiful home décor options from Verde, India Street Antiques, Love & Aesthetics, Vitreum or D3 Home.

Anyone who has already completed their Valentine's Day shopping can peruse the tree-lined streets and hit up some of Little Italy's bars and wineries. Sip some local reds and whites at Vino Carta, Pali Wine Co. Winery Tasting Room or at the Carruth Tasting Room at Carte Hotel as a before dinner aperitif. Sample more local flavors at one of the many San Diego breweries in Little Italy including Bolt Brewery, Ballast Point Brewing Company or Bottlecraft. Either way, a before dinner drink is the perfect way to toast to love.

When you've had your fill of aperitifs, it will be time to settle down for a romantic dinner reservation at one of the many authentic Italian restaurants that line the streets of Little Italy. Enjoy a romantic sit-down meal with your sweetheart at Monello, Davanti Enoteca, Civico 1845, Buon Appetito or Allegro for a wide selection of modern Italian flavors paired with a carefully curated list of regional wines and bubbles. For those looking for something other than Italian, enjoy vibrantly colored and wildly flavorful dishes and cocktails from Cloak



& Petal, Ironside Fish & Oyster Bar, Herb & Wood or Born and Raised. Those interested in casual dining can also pick up fresh sandwiches, tacos or charcuterie from Mona Lisa Italian Foods, Mimmo's, The Crack Shack or Not Not Tacos.

To close out the romantic evening, scout out some dessert in the neighborhood. Delight your tastebuds with some delicious authentic gelato from Bobboi Natural Gelato or Pappalecco, explore the Little Italy Food Hall and grab a box of sweet handmade donuts from The Mini Donut Company or sample an

exquisite pastry from Nonna + Café Zucchero. Valentine's Day is a celebration of love so there is no better way to finish the night than with a decadent dessert (that goes to the heart, or course).

When romance is in the air, Little Italy has you covered with gifts, drinks, appetizers, dinner, and dessert! That's Amore!

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

North Park Main Street opens new headquarters

By **MARK WEST**

2023 is off to a great start in North Park. As we look to put the pandemic behind us, we are ecstatic about the rising level in community engagement. That engagement is part of what makes North Park so special and we are excited about the things in motion.

Many already know the worst kept secret it in the world, but in case you missed it, here's the official announcement: North Park Main Street (NPMS) is moving! After an exhaustive search, we decided to take main street back to main street and have secured a lease at the old Western Dental Building at the corner of University and 30th Avenue. As we are all quite aware this building has been an eye-sore for quite a long time and NPMS decided that we would take an active role in cleaning up the building to ensure the heart of our community can be the pride of our community. We kicked off our move with an open house and ribbon-cutting ceremony on Wednesday, Feb. 1.

Our first big kick off event of the year is quickly approaching. We are beginning our quarterly business forums out in the community to answer this question: What is NPMS and what do we do for the community?

There is a lot of work that goes into making North Park what it

is and we want to open the curtain for you to see backstage. You've heard us mention the Business Improvement District (BID) and Special Enhancement District (SED) and this forum is to show you exactly what those mean and how they guide our mission and vision.

Starting at the west end of our Special Enhancement District, we will be meeting with the community to inform them about the services and programs available to them. At this free and open-to-the-public event, you will get a chance to meet the team, learn about what projects we are working on and let us know what we can do to continue to make positive progress. You will also have a chance to hear about the Mid-City's Homeless Outreach Program, get updated on the University Avenue Median Project, learn about the requirements of commercial composting, and much much more!

All business and property owners located in North Park's business corridor are highly encouraged to attend. The first meeting will take place at Pec's Bar on Feb. 7 from 2-4 p.m. with a small mixer after. We are excited to reconnect with our community and we look forward to seeing you there.

Looking past our first forum, we want to take a moment to celebrate Black owned and Women owned businesses in North Park.



Mark West and Council member Stephen Whitburn hold the scissors at the ribbon-cutting ceremony for North Park Main Street's new headquarters. (Photo courtesy NPMS)

We are working on documenting and sharing their stories. If you or someone you know wants to share their story, we encourage you to reach out to us.

Lastly, I hope you are stretching your vocal cords because the second annual North Park Music Festival is just around the corner! This festival will be held over Memorial Weekend in the North Park Mini Park and surrounding streets. After such a warm reception from our community last year, we are excited to share the newest iteration of

the music festival with you. If you are extremely interested, you can reach out to us to get involved in the planning and/or execution of this event.

To wrap it up, I wanted to take a moment to express my gratitude to the North Park community. Since I started at the end of 2022, I've come to know and work with many great people in our neighborhood. There is a ton of energy and enthusiasm about the future of North Park and we at NPMS are excited to be a contributing part of it.

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ACCREDITED BUSINESS
BBB

EDITOR
Kendra Sittton
kendra@sdnews.com

WEB / SOCIAL MEDIA
Kendra Sittton

CONTRIBUTING EDITORS
Dave Thomas x130
Tom Melville x131
Dave Schwab x 132

CONTRIBUTING WRITERS
Jill Alexander
Madison Beveridge
Diana Cavagnaro
Chris Gomez
Neal Putnam
Cynthia Robertson
Frank Sabatini Jr.
Mark West
Sande Wilhoit
Delle Willett

ADVERTISING CONSULTANTS
Mike Rosensteel
(619) 961-1958
miker@sdnews.com
Lauren Vernon
(571) 259-1530
lauren@sdnews.com

BUSINESS CONSULTANT
David Mannis
(619) 961-1951
david@sdenn.com

ACCOUNTING
Heather Humble x120
accounting@sdnews.com

INTERN
Will Scadden

PUBLISHER
Julie Main x106
julie@sdnews.com

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

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175-year sentence for Downtown shooting spree

By NEAL PUTNAM

A man who took his ex-girlfriend's rejection out on four strangers whom he shot in Downtown San Diego has been sentenced to 175 years to life in state prison.

Justice Boldin, 28, a parking attendant on J Street, was killed just after asking Travis Sarreshteh, 34, why he shot him once on April 22, 2021.

His mother, Denise Boldin, confronted Sarreshteh in San Diego Superior Court moments before he received more years than he can serve in one lifetime.

"You don't know me, but you changed my life. You took away from me one of the loves of my life," said Boldin. "And you've ruined your own life."

Denise Boldin said she inherited her son's dog, Belli, and she gives her a lot of walks.

"Justice was a man who lived life to the fullest. It's been such a loss to no longer have him," said Justice's mother.

Sarreshteh had rented a hotel room for himself and his ex-girlfriend on Broadway for a romantic evening, but she didn't want to join him, which angered him. He had previously battered her and she had broken up with him some time earlier, according to court records.

About 10 minutes after leaving his ex-girlfriend's apartment, Sarreshteh opened fire upon strangers with a ghost gun that had no serial numbers. He asked

a group of men if they were laughing at him, and they said no, but he shot several of them anyway. Boldin was the only one killed, and three were wounded.

San Diego Superior Court Judge Evan Kirvin imposed consecutive terms stacked on one another that came to 175 years to life plus four life terms on Jan. 19.

Kirvin ordered Sarreshteh to pay \$11,742 towards funeral expenses, which would be taken from any meager earnings in prison.

Kirvin also sentenced Sarreshteh to one year in prison for three counts of domestic violence involving his ex-girlfriend. A study of mass shootings has been released recently that says domestic violence is often related to mass shootings.

A sister of Justice Boldin testified through her computer from another state and asked the judge "please keep him locked away so he won't do this again."

"I think the world needs to remember Justice Boldin and his kindness," said Sharon Vail, a family friend, who told Sarreshteh "I pray that in your heart that you become a better person."

Vincent Gazzani was shot in the chest and he told the judge "I was three-quarters of an inch from losing my life." He thanked "the heroes" that night who tackled Sarreshteh before police arrived and said "I am super lucky to be alive."

Deputy District Attorney Jessica Paugh said Sarreshteh "will be a



At the sentencing, the friends and family of Justice Boldin made statements about how his death has affected them and what a special person he was. (Photo courtesy Boldin family)

danger as long as he can pull a trigger." She added the sentence will send a message to others who might want to go on a shooting spree.

Sarreshteh's attorney, Andre Bollinger, protested the sentence, saying it was not justice to "throw away the key for a term that no human being can serve."

"Good luck in prison," said someone from the audience after the sentencing ended.

"Thank you," said Sarreshteh, which was the only statement he made in court as he has never testified in his case.

A jury convicted Sarreshteh of first-degree murder, three counts of attempted murder, assault with a deadly weapon on Sept. 14, 2022. Steven Ely, 69, a retired teacher, testified he was shot in the abdomen while walking Downtown to a club where his musician son was playing. Two other tourists from New Jersey were injured.

Sarreshteh was given credit for 638 days previously spent in jail.

Pershing killer driver pleads guilty

Second-degree murder charges dismissed in deal

By NEAL PUTNAM

An impaired driver who was under the influence of drugs when he killed architect Laura Shinn on her bicycle in North Park will be sentenced Feb. 6. He has agreed to accept 13 years in state prison.

Adam David Milavetz, 39, also agreed to contribute \$50,000 to the Americans Institute of Architects San Diego for a scholarship fund in his victim's name, according to court records as part of his guilty plea on Jan. 5 in San Diego Superior Court.

The only charge dismissed against Milavetz was second-degree murder, as he pleaded guilty to the rest of the charges which included possession of methamphetamine, fentanyl and narcotics paraphernalia, driving under the influence of drugs, and driving the wrong way on a highway.

Judge Polly Shamoon accepted the guilty pleas, dismissed the murder charge, and set sentencing for Feb. 6. The victim's family watched the proceedings online. Milavetz remains in jail without bail.

Shinn, 57, was an avid bicyclist and was riding to work on

Pershing Drive in North Park on July 20, 2021, when Milavetz struck her from behind in a bicycle lane with his 2011 Prius at 7:30 a.m.

Shinn was the director of facilities planning at San Diego State University and at the time she was board president of the American Institute of Architects San Diego.

Her legacy includes the Laura Schinn Diversity in Architecture Scholarship that is granted to students in high school, community college, graduate and post-graduate students at accredited schools of architecture.

Milavetz pulled over and a witness saw him throw a bag some distance away, which was recovered and the contents included needles and drugs. Additionally, drugs and needles were found in his car, according to testimony at the preliminary hearing.

At the time, Milavetz worked at an inn and also was a delivery driver for a marijuana dispensary. He is not known to have



Laura Shinn loved to travel. (Photo courtesy Steve Shinn)

substantial assets, but perhaps his parents or others will pay for the \$50,000 scholarship.

A message was left for the prosecutor, but she could not be reached for comment.

Milavetz's attorney, Joshua Price, wrote in a court document that said Milavetz "agrees to contribute \$50,000 to the AIASD Scholarship Fund." He had been set for trial on Feb. 17 and lived in North Park prior to being incarcerated.



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Santa Fe Depot is still San Diego's key train station. (Photos by Tim Trevaskis)

The romanticism of the rails: Santa Fe Depot

Gaslamp Landmarks

By SANDEE WILHOIT



Not only have trains provided transportation and dramatically changed life in America, they also allowed faster, safer travel all over the country. They additionally facilitated the sending of goods and mail nationally.

Trains have been whisking travelers to far-flung destinations in style, comfort and relative speed for hundreds of years. There is something to be said for the slow, undulating rhythm and the hypnotizing sound of the rails, which lull you into an almost somnambulistic state, as it allows you to watch the fascinating and diverse beauty of the changing scenery. Who can forget the cross-country honeymoon trip of Elizabeth Taylor and Rock Hudson in "Giant," or the fateful meeting of Tony Curtis and Marilyn Monroe in "Some Like It Hot?" Train travel has many benefits! Nobody knew this better than wealthy Victorians and Edwardians, who traveled in their own private cars, which were so sumptuous that they were essentially "luxury hotels on wheels."

The advent of the Panama-California Exposition in San Diego, slated to begin on January 1, 1915 would bring thousands of

international travelers to this fair city. Thus, the City Fathers came to the conclusion that the original Victorian frame train station, built in 1887, needed a serious expansion and upgrade. Although quaint and pleasant to look at, it would not suffice for the multitudes that were expected. As San Diego was the first major harbor on the West Coast, the opening of the Panama Canal and the resulting exposition seemed to cement San Diego as a major international destination.

Special fare packages were offered by the Atchison, Topeka and the Santa Fe Railroad, and they committed to building a new and larger train station to accommodate the expected crowds. They had initially built the Victorian, dark red and dark green structure with its numerous gables and prominent clock tower already receiving travelers to our fair city. The ATSF had additionally purchased the California Southern Railroad, the Los Angeles and San Gabriel Valley Railroad and the California Central Railroad, and had become one of the country's largest and most profitable railroads.

The new Santa Fe Depot was designed by the San Francisco firm of Bakewell and Brown. They were experts in Arts and Crafts aesthetics and neoclassical architecture and space planning. The firm was also the designers of the San Francisco Civic Center, considered to be one of the country's finest Beaux-Arts complexes. Beaux-Arts architecture featured the incorporation of French neoclassicism, Renaissance and Baroque elements using modern materials such as

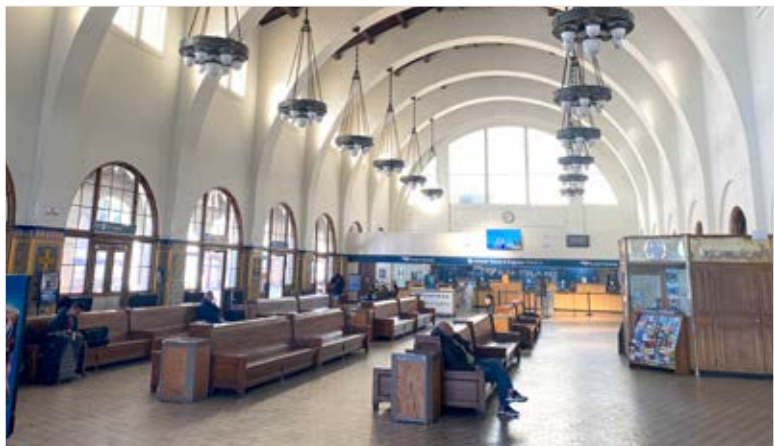
SANTA FE DEPOT

(1915)

Architectural Style: Spanish/Mission Revival

Architects: John R. Bakewell and Arthur Brown Jr.

SEE SANTA FE DEPOT, Page 13



The depot was expanded ahead of the influx of visitors for the Panama-California Exposition in 1915.



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Alessia Sushko in Abstract of Recollections and Andre Ornish wears 'attorney Lamb stares down a ruffian' at the Petit Palais in Paris.
(Photo by Sharon Avraham)



Model demonstrates a wearable art piece made from the pieces of the Crazy Quilt named 'Still crazy after all these years' (Photo by Steve Ornish)

Victorian fashion history influences modern textile artist

Fashion Files
By **DIANA CAVAGNARO**

Mary Ornish presented a lecture, "Tattered Splendor," at The Gaslamp Quarter Historical Foundation in the Gaslamp Museum at the Davis-Horton House on Jan. 18. The lecture series *History Talks!* is back again for 2023. Ornish, who goes by MartyO, is an internationally known textile artist. The presentation spoke about her love for the Victorian fashion era and how she uses elements from this period in her wearable art ensembles. She uses unconventional vintage linens and patchwork quilts as her fabric. She is a huge advocate for sustainable fashion and zero-waste designs.

One of the unique parts of this presentation was all the information she gave on the dangers of Victorian fashion. During this period people received arsenic and copper poisoning from the extremely popular Scheels emerald green dyed fabric used for gowns and wallpaper. When these green dresses became damp, toxic gases

were emitted. Women wore lead-based makeup in order to have a pale complexion. This was damaging to their facial and hand nerves. Another danger were the hoop skirts and large crinolines worn during this era. They were both fire hazards, and the hems of these gowns picked up and carried unwanted germs, lice and were believed to transmit typhoid. In 1864, it was reported that 39,927 women died from their dresses catching on fire.

Dyed feathers for large hats cause more poisoning and illness. Feathered hats decimated several of the bird species almost to the verge of extinction. Additional dangers were the corsets that compressed ribs and pushed the internal organs upwards, causing physical illnesses and mobility problems, leading to falls. Celluloid hair combs exploded when women stood close to a heat source such as fireplaces.

Finally, MartyO discussed how mercury, which is poisonous, was used to create men's top hats. This was where the term 'Mad As A Hatter' originated. Many of the workers such as seamstresses, hat makers, and feather dyers were over-exposed to toxins. They worked in deplorable conditions and became ill. Unfortunately, this still happens today. Many people around the world work in very unsafe textile factories that produce clothes with toxic chemicals in the fabric.

Last year, MartyO received many accolades for her sustainable



MartyO's wearable art piece Recent Widow. (Photo by Steve Ornish)

and beautiful work. In the coming months she will exhibit at The Hague, Netherland, Brno Czech Republic, and Baden-Wurttemberg, Germany. She recently received word that she has been accepted into the California Fibers group. This is such a distinguished honor!

Currently she is exhibiting in a group exhibition *Kimono Reimagined*, Visions Museum of Textile Arts in collaboration with San Diego Mesa College Fashion Program at the Japanese Friendship Garden Pavilion until Feb. 24. For more information about this multi-talented artist visit marty-o.com.

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



Pieces of the Crazy Quilt (Photo by MartyO)



MartyO shows off her wearable art at the Gaslamp Quarter Historical Museum, using an audience member as a model. (Photo by Diana Cavagnaro)

THE ESSENTIAL OBJECTIVES OF ESTATE PLANNING

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

The essential objectives of estate planning are:

1. To eliminate or minimize probate fees. "Probate fees" are attorney's and executor's fees allowed by law in a court-supervised "administration" of one's estate. One means of eliminating, or at least reducing probate fees, is by your creating a revocable living trust.
2. To eliminate or minimize federal estate tax ("FET"). If you are married and have a substantial combined net worth, be sure to take advantage of "portability" – the addition of the first spouse to die's unused lifetime exclusion amount (from federal estate taxes) to the surviving spouse's lifetime exclusion amount. To obtain this portability present law requires the filing of a federal estate tax return following the death of the first spouse to die.

In this connection, to reduce the size of your estate, and without requiring your filing of any gift tax return, and, therefore enabling your estate to pay less FET, consider making annual \$17,000 gifts (new amount for 2023) of cash or property value to each donee you wish. Also, the purchase of life insurance on your life may help to pay any FET owing on your death.



3. To eliminate or minimize potential Medi-Cal costs. To reduce the potential of Medi-Cal costs, consider purchasing long-term health care insurance.
4. To minimize the risk from a damage award against you (for example, from auto accident liability in excess of your coverage). One thing you can do here is purchase an umbrella liability insurance policy through the insurance company providing your auto or home insurance policies.
5. Most importantly, to be certain that your estate will pass to those beneficiaries you desire to have it by so designating them in a trust and/or will or other appropriate dispositive document(s).

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 a lawyer who has worked with Dick for over 9 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.richardfmcntyre.com.

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Shark Tank

CONTINUED FROM Page 1

in. While it was scary to be caring for her daughter after her career as a professional musician ended, Velasquez took it as an opportunity.

“It was a moment... to really step into my power and to create something bigger than bigger than previous companies that I had worked for. Here was an opportunity for me to actually do it for myself and do it for the community,” Velasquez explained in a phone interview the day after her Shark Tank episode aired.

Like many Mexican families, a nopal cactus stood in her family’s driveway. She said a light bulb came on and she decided to create a high-end beauty brand based around the iconic cactus. The very first soap formulations she tried used pieces from her childhood’s prickly pear cactus that inspired her.

“Every Mexican person grew up with [nopales]. It’s just such a staple of Mexican culture,” she said.

With no income, she founded Nopalera on her American Express card, starting first by enrolling in formulation school. She took on part-time jobs to pay the



Nopalera body soaps are shaped like the iconic paddles of the nopal cactus. (Photos courtesy Nopalera)

rent but still focused on building the company from scratch.

“It was a lot of the big decisions that I made in the beginning, about really dreaming big and building the brand that I wanted versus building a brand that I could quote-unquote afford at that time— because I couldn’t afford to do anything,” Velasquez said.

The Latina bath brand incorporates the vegetation and scents she grew up with – sage, tangerine, jasmine, hibiscus, tepezcohuite. Velasquez focuses on using clean ingredients – no palm oil, synthetic scents or dyes in the vegan offerings.

The cactus soaps are molded in the shape of the nopal’s iconic paddle. The company’s botanical bars are sold in reusable, recyclable tins rather than in large plastic

lotion bottles. The moisturizing exfoliants are sold in glass jars.

The high-end brand has grown nationally. It is sold in Nordstrom, Credo Beauty, and over 350 independent retailers nationwide. Still, the brand that proudly celebrates Mexican culture receives strong support locally.

“We have a lot of wholesale accounts, but our number one boutique in the entire country is Art Alexia in North Park, which was even shocking to us because it’s not New York City. It’s not Chicago, it’s not Los Angeles, all these big cities,” Velasquez said, urging people interested in the brand to shop at the independent local boutique.

It was an eight-month process to apply and be on Shark Tank. Everything needed to be vetted and checked ahead of time. Then, she described being in the tank as “intense.” Unlike when it airs on tv, the stage is dead quiet with no music. The sharks argue with each other so the entrepreneur has to know how to command the conversation.

“[It’s] a once-in-a-lifetime experience and it also just flies by so fast. There’s no clocks anywhere. So I have no idea what time I went into the tank and what time I came out. I have no idea how long I was in there. It really felt like it flew by,” she explained.

Velasquez turned down the \$300,000 deal offered to her, knowing she could find better investors elsewhere. She was right – since filming the episode in July 2022, she raised \$2.7 million on her own.

Still, Shark Tank gave her an opportunity to reach a much broader audience. The website, nopalera.co, received an unprecedented influx of orders in the night and morning after the episode aired. Velasquez was coordinating with her team and the warehouse the products are made in to fulfill the spike in orders before the Saturday morning phone interview.

“I just hope the takeaway is that we always have the decision the power to change our lives,” Velasquez said.

Behavioral Health

CONTINUED FROM Page 1

note the need for behavioral and mental health workers. In a report he requested from the San Diego Workforce Partnership, the report found that the region needs an additional 8,100 behavioral health workers to meet the current need, and by 2027, it is estimated a total of 18,500 will be needed.

“It is clear there are not enough workers as we scale-up services. We are really focused on growing the pipeline of workers, and these centers of excellence will be instrumental at preparing the next generation of behavioral health workers,” Supervisor Fletcher said in an interview.

According to his office, the Interfaith Behavioral Health Workforce Center of Excellence will be a five-year pilot program that provides training, education, and licensure to Interfaith’s existing and future workforce that enables them to advance in their careers and fill hard-to-recruit behavioral health positions. There is also an effort to create a sustainable funding model to continue the pilot program beyond the grant term.

In addition to the center, the County continue to implement their Mobile Crisis Response Teams, a reimagining of how law enforcement handles 911 calls related to mental health after a successful pilot program. Another implementation is the Crisis Stabilization Units, one of which is already located in Vista. These units will serve as an out-of-hospital setting for individuals to be treated.

In weeks following the unanimous vote, Supervisor Fletcher shared the driving forces behind pushing for such adjustments to how the country handles the mental and behavioral health crisis.

“I was concerned about mental health and addiction treatment before I became a Supervisor, and I knew when I got elected, I wanted to build a better way for the County and our partners to deliver these services,” Supervisor Fletcher said. “The need for a reimagining of our behavioral health system was evident to me as I saw more people on our streets

struggling with their mental health, and addiction challenges.”

For Supervisor Fletcher, another large factor was witnessing the impact on families when an individual experiences a mental or behavioral crisis and cannot receive the proper care to address and manage symptoms.

“I talked with families who said they needed a more coordinated system of care. Too many times when someone had an episode, they ended up in an emergency room or jail, and then they were right back out on the street without the proper care coordinator to help prevent them from having another episode,” Supervisor Fletcher said. “I knew things needed to change, and so early in my first year I introduced a policy to use an old county property that was going to be luxury condos and make it a hub for behavioral health services.”

When determining where funds are allocated, Supervisor Fletcher explained that since he took office, there has been a 70% increase in the budget for behavioral health services.

This increase is not only a reflection of the Counties clear efforts to address issues amongst the community, but it has allowed Supervisor Fletcher to create tangible change.

“This increase in financial support for addiction treatment and mental health is a statement of our values as a County; today we are putting more emphasis on these services because there is a significant need,” Supervisor Fletcher said. “This is the reason we are funding Mobile Crisis Response Teams, building Crisis Stabilization units all over the region, and investing in upstream services that hopefully prevent people from experiencing a crisis.”

Supervisor Fletcher is confident that focusing on solutions for those who need care will better many corners of the San Diego community. He explained the response he has seen from the public thus far.

“We are receiving tremendously positive feedback for the changes we are making to the behavioral health system; people are starting to see how the changes we made over the last four years are making an impact,” Supervisor Fletcher said.



Sandra Velasquez inside her parents' North Park home, making her first formulations of the soap from the family's cactus in the driveway.

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'Lobstah' rolls with staying power

Restaurant Review
By FRANK SABATINI JR.

Never trust a lobster roll made by a non-New Englander. I came to that conclusion ever since eating my way through Maine on a press trip some years ago, and then later meeting Peter DeCoste of Pete's Seafood and Sandwich in North Park.

If your so-called "classic" lobster roll is drenched in mayo to the

point where you can't see the red threads in the meat, or if celery mingles throughout, you are not eating the real deal.

DeCoste is a native Bostonian who opened his fast-casual eatery here in 2015. His lobster rolls and other back-East fare such as lightly battered Ipswich clams and chicken cutlet Parmesan are as authentic and reliable as his Eastern New England accent.

Equally commendable is that DeCoste regularly jumps into the daily fray of the business, often

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chatting with customers as he delivers his specialties to their tables.

"I'm the owner, chief cook and bottle washer," he quipped while adding that he closes the restaurant only three days a year, and hasn't taken a full day off since Christmas of 2015. "I always have projects to do on those three days of closure."

No doubt, his front-line presence and hospitality are among the keys to his success.

DeCoste uses claw and knuckle meat in his delectable lobster rolls, noting that he imports about 500 pounds of it per month from coastal Maine. Lobster season there is year-round, so there's always a steady flow.

Lunch or dinner at Pete's potentially begins with an order of



Owner Peter DeCoste (Photos by Frank Sabatini Jr.)



Pete's hot lobster roll

fried mushrooms or calamari—or better yet, a bowl of hearty New England clam chowder. The latter is a recipe taught to him by his father who was a cook in a restaurant for 50 years. The chowder sports a semi-thick texture and a comforting, subtle flavor.

It's nearly impossible for me to pass up the buttery lobster rolls when I visit— although I can vouch for the Italian cold cut sandwich stacked with salami, capicola, mortadella, Provolone and veggies. Request a little extra oil and vinegar on it and you've scored a genuine back-East bomber.

The fried shrimp with freshly cut fries are also noteworthy. The plate features nearly a half-pound of Mexican white shrimp that are dusted thinly in a blend of corn and white flours—and without seasonings as to allow the natural sweetness of the cornflour and the shrimp to ring through. The same flour blend is used on the never-frozen Atlantic cod for fish and chips.

DeCoste shows the same traditional respect to lobster, hence the reason that only a tad of mayo is permitted to interfere with the

SEE PETE'S, Page 12



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Pete's

CONTINUED FROM Page 11

meat's sweet, delicate flavor. Although buttered rolls also come into play as a natural enhancement to the construct.

"The lobster is the star of the show," DeCoste pointed out. "Some places on the East Coast do lettuce and celery, but that's not so common."

The lobster-roll sandwiches are available cold (Maine style) or hot (Connecticut style). Either way, you get substantial meat in each, enough to produce chunky pieces that tumble onto your plate as a meal bonus.

The actual rolls are sourced from an East Coast bakery. By design, they're known as "split tops." They resemble inside-out hot dog rolls, allowing the cooks to butter and grill them from the outside.

About a year ago, DeCoste introduced a rotating list of Tuesday specials. Those dishes include cheese steaks, Reuben sandwiches, baked haddock, and 'American chop suey,' which translates to a goulash of ground beef, elbow



The New England version of 'American chop suey' (Photo courtesy Pete's Seafood and Sandwich)

macaroni and tomatoes. "It's a New England thing," said DeCoste.

When asked if San Diego can expect to see another Pete's Seafood and Sandwich come ashore in the future, DeCoste said, "We have definitely been thinking about a second location somewhere north of here and probably more coastal. But nothing is in the works yet."

Arts in 2023

CONTINUED FROM Page 1

15,000-square-foot space located in the Gaslamp District demonstrate the intersection of tech and art. Glass, projectors, lights, mirrors and speakers engage multiple senses, delighting crowds with immersive experiences.

What is the nature of art and creation is explicitly asked in the AI art studio, next to the blockchain art gallery, where guests input prompt phrases to the artificial intelligence program which then displayed its personalized creations to screens in the room. Does that make visitors the artists? With its Instagram-background worthy features, guests became artists in another way: through the photos and videos they took.

By attracting social media influencers, the building could double as a

fashion museum with the innovative threads on stylish attendees. Even the docents look like they moonlight as streetwear models.

This is the museum's second location after the success of its Chicago flagship location, which was voted as one of the best immersive experiences in the country by USA Today readers.

"San Diego is home to a dynamic, inclusive art scene and we're thrilled to provide a new unique environment to showcase both internationally-acclaimed artists and incredible local talent," said Ryan Kunkel, President of WNDR Global. "We're honored to join the ranks of San Diego's world-class cultural institutions and we look forward to becoming a lasting contributor to the community."

Being able to observe from the outside and then step into the garden house

SEE ARTS IN 2023, Page 14



The sun rises at the end of the storm depicted in Leigh Satchwitz +flora&faunavisions' "InsideOut" which has its U.S. debut at the WNDR Museum. (Photo courtesy Ken Schluchtmann)

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

Arts in 2023

CONTINUED FROM Page 12

to weather the light storm in the U.S. debut of Leigh Satchwitz +flora&faunavisions' Inside Out makes the entry price of \$22 well worth it.

BEGINNERS 'WERK' IT

What drag, burlesque and clowning have in common, beyond a rich cultural history of entertainment, is that they are just some of what you might see on the third Sunday of the month at 6 p.m. at the Clark Cabaret & Bar inside Diversionary Theatre. "[Diversionary has] this mission of inclusion, of centering a variety of queer arts, of centering people

who maybe don't have a space in a lot of mainstream theater spaces," said TJ Barr, one of the organizers behind the monthly event. The Workshop is an open stage night meant to give beginners in many different performing arts their first opportunity to share their craft on stage, without a focus just on comedy or music or poetry. "We call it a grab bag of a show—you never know what you're gonna see. I have had people in workshops past do things as random as reading erotic fanfiction on the microphone," said Mercury Divine, who ran Workshop for five years in Seattle. Recent transplant Barr, with Divine as partner, began a San Diego version of the monthly

open stage event in January. The drag and circus background of the organizers means most of their initial connections are in those particular crafts but the stage is open to all – or at least the first 10 to sign up each month. At the Jan. 15 night, one person performed a comedy set for the first time while another demonstrated their burlesque skills. With a \$6 entrance fee and no pressure to drink, Divine and Barr are just as focused on audience accessibility as they are on breaking down barriers for new performers. The cozy setting cultivates a warm audience that hands out dollar bills to the worthy and those who did their best.

NEW, YET HISTORIC CONCERTS

UCSD's East Village location, Park & Market, debuted a new interdisciplinary event series called *Intersections* that promises to include everything from artistic performances to lectures. This year, the series is focused on global music concerts hosted by ethnographer-artist Yale Strom. "With wanting to create a civic arts and culture destination, I was looking to do something that was different, interesting, something that could pull from the resources that are unique to Division of Extended Studies," explained Andrew Waltz, director of arts management at Park & Market. The first concert on Jan. 27 featured three San Diego pianists on the same instrument creating



Jazz pianist Joshua White (left) looks on as emcee Yale Strom shakes the hand of classic pianist Tina Chong. Mexican musician Irving Flores stands behind the pair as the audience stands and applauds at the end of the concert. (Photo by Kendra Sitton)

very different sounds. Jazz pianist Joshua White improvised a moving piece to the enraptured audience. Tina Chong demonstrated the technical skill required of classical musicians. Irving Flores brought in modern Latin songs, some of which he composed himself. At less than a year old, the Guggenheim Theatre in which the concert was held is so freshly minted the theater's namesakes, philanthropists Claire and David Guggenheim, were in attendance at the inaugural event. With his background in preserving Yiddish and Romani music, Strom will elevate traditional music from different parts of the world in the upcoming series,

starting with Indian classical musicians in February. A place of higher learning hosting the public event series shines through— with an emceeing Strom asking the musicians educational questions about their background and influences. The semi-formal setting and caliber of musicians (expert but not famous) seemed entirely of the academy. Waltz said his goal when bringing in outside artists and speakers is that the events would be experiential and distinctive— not something that could be replicated by watching their YouTube page. Tickets for this year's global music concerts range from \$20 to \$40, to cover the cost of hosting world-renowned musicians.



Workshop founder Mercury Divine believes anyone who wants access to a stage or audience deserves to have that. (Photo courtesy Diversionary Theatre)



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MCASD promises Downtown San Diego destined to be the place for art lovers

By JILL ALEXANDER

If you love art, Downtown San Diego is filled—and there’s more to come. The neighborhood is becoming a destination for all types of art.

After an expansion that quadrupled gallery space in its La Jolla location, the Museum of Contemporary Art San Diego (MCASD) is reimagining its Downtown San Diego campus and offering new experiences.

For example, MCASD Downtown will develop a multi-disciplinary arts hub to “nurture the visual and performing arts of the region.”

The goal is:

- Bridging new collaborations,
- Engaging new audiences, and
- Highlighting new voices.

“Downtown San Diego is changing. It’s a dynamic period for our arts and culture community, especially for the neighborhoods surrounding Downtown,” said Kathryn Kanjo, MCASD David C. Copley Director and CEO.

Kanjo’s role is to continue guiding MCASD toward its mission of “inviting all audiences to experience our world, our region, and ourselves through the prism of contemporary art.”



The vast space inside the Jacobs building will be used both as a place to exhibit art and as a performing arts stage. (Photo courtesy MCASD)

“Contemporary art looks forward and this initiative aligns directly with our forward-thinking mission. Our audiences are hungry for this type of vision: exciting partnerships, new experiences, and a place of gathering and connection to reflect on the art of our times,” she said. “The strategic shift will leverage creative partnerships from across the region to further enhance Downtown San Diego as an arts destination for the region.”

The Downtown campus is made up of two nearby addresses, each with their own function. At 1100 Kettner Blvd., the building will be transformed into a flexible exhibition and performance space. With its vast gallery spaces, the Jacobs Building will continue to host MCASD’s education activities and art installations, alongside new, programmatic partnerships. 1001 Kettner Blvd. Will serve as an arts incubator.

At both addresses, MCASD Downtown will welcome people to artistic performances, exhibitions, events, and experiences. The campus will continue supporting MCASD’s education initiatives to connect students with contemporary art through offerings like Extended School Partnerships and Teen Arts Collective.

The new Downtown San Diego experiences will each have appropriate entrance costs attached to them that support the village of creatives working together to make San Diego an arts destination for all.

“I imagine each experience will attract different types of participants. I expect the partnerships will foster expanded audiences for each organization or creator. Together we can evolve not just



MCASD director Kathryn Kanjo (Photo by Stacy Keck)

what we do but who experiences it,” Kanjo said.

In 2023, MCASD has exciting partnerships with local leaders in design and performing arts, including La Jolla Playhouse’s Without Walls (WOW) Festival, World Design Capital San Diego Tijuana 2024 (WDC 2024,) and Blindspot Collective.

The WOW Festival marks the first step in the “reimagined” Downtown campus.

“People can expect a lot of fun and intriguing programs and partnerships beginning with the immersive theatrical experience *La Lucha*, which is a partnership between The La Jolla Playhouse’s Without Walls (WOW) and Optika Moderna.

“Inspired by *Lucha Libre* – where professional Mexican wrestlers use masks and high-flying maneuvers to astonish and captivate audiences – *La Lucha* will transport visitors to a realm of ringside thrills and backstage se- crecies,” Kanjo said.

As part of its initial limited run, San Diego audiences will be



The first address of MCASD Downtown campus is the Jacobs Building at 1100 Kettner Blvd. (Photo courtesy MCASD)

able to preview the experience as part of The 2023 WOW Festival running April 27-30. After the festival, *La Lucha* will open to the public in May 2023.

In additon, MCASD partnered with WDC 2024 to share its Downtown exhibit space as a premier venue to spotlight. The designation as World Design Capital is significant as San Diego is the first U.S. city to win the distinction and brings an international audience to the city’s designers– another step in Downtown becoming an art destination on its own.

Kanjo believes the reimagined museum should attract people from near and far.

“I believe [Downtown] is and it will only continue to grow as an arts destination. The recent debut of the San Diego Symphony’s Shell and the completion of our expansion are evidence of that. Most importantly, I believe in the large community of creatives, artists, tastemakers, and arts advocates and administrators who work tirelessly to ensure that San

Diego’s arts and culture continue to thrive,” she said.

Kanjo added that she is incredibly proud of MCASD’s contributions in helping place the city on a map that attracts art lovers and those curious and hungry for the type of enrichment and revelation that comes from, for example, a visit to the museum.

The campus will be a gathering center and a place to get involved—not just a stuffy archive.

“The museum is not just a place where art is stored. It needs to be an accessible site for cultural gathering and understanding. We want to use the Downtown campus to find community in the art and with each other and we will find that through partnerships that are programmatic and experiential,” she said.

“We will be a partner and a host, nurturing the visual and performing arts of the region. You can imagine the hub both as the excellent location Downtown—central—and as the site that gathers the ‘spokes’ of creative partners: together we produce energy.”

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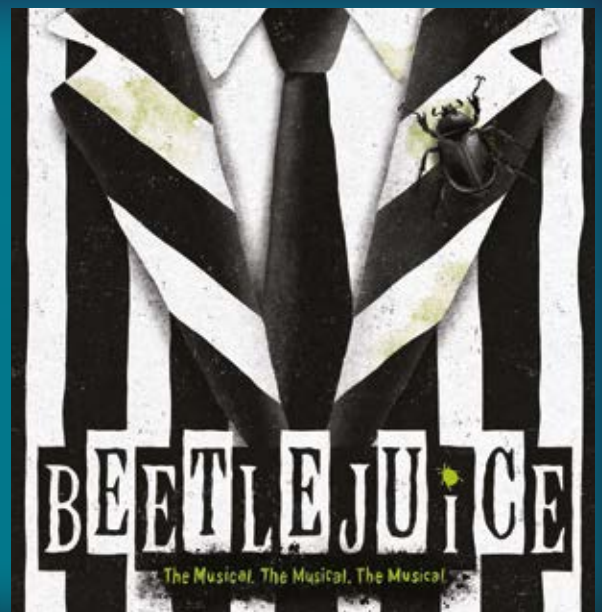
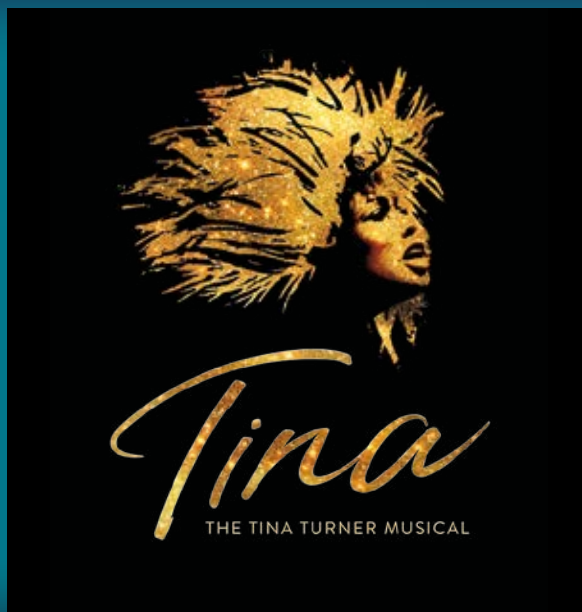
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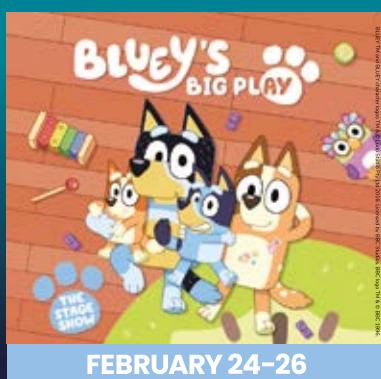
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