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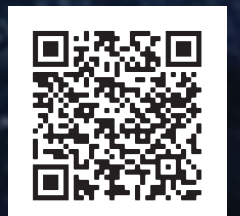
Volume 24, No. 01

Serving the Heart of San Diego

January | 2023

A Calm Moment by Ann Slater is courtesy of the San Diego Watercolor Society

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Featured Events

By Patty Ducey-Brooks



American Lung Association Event Raises Awareness and Funds for Lung Cancer Research

Lung cancer is the leading cancer killer of both men and women in the U.S., and just this year, it is estimated that more than 17,000 California residents will be diagnosed with the disease. In an effort to end lung cancer, on January 29 at 7:30 a.m., the American Lung Association in California is hosting the LUNG FORCE Walk & Fun Run at Liberty Station NTC Park in San Diego.

The LUNG FORCE Walk, locally presented by Sharp Grossmont Hospital, is a celebratory and welcoming event that provides critical funds for lifesaving lung cancer research, early detection initiatives, and awareness outreach to all communities.

At the event, participants can walk or stroll a 5K scenic route at beautiful Liberty Station. Free event features and activities include BASE Camp, an interactive health learning experience led by lung health professionals, an electric vehicle ride and drive, rock climbing wall, wiffle ball batting cage and photo booth. Furry friends are welcomed.

American Lung Association Board member, former San Diego Padres outfielder and current Padres broadcaster Tony Gwynn Jr. will open the Walk festivities along with Radio Personality Delana Bennett of STAR 94.1 Radio.



Participants can walk or stroll a 5K scenic route at beautiful Liberty Station.

"At the LUNG FORCE Walk, San Diego, families, medical professionals, healthcare providers and lung health and clean air enthusiasts will come together to take small steps to make bold strides to end lung cancer," said Gwynn Jr.

The American Lung Association's LUNG FORCE initiative unites women, men and caregivers across the country to stand

together against lung cancer, the leading cancer killer. Through education, advocacy and research, LUNG FORCE works to provide hope to all those impacted by the disease and save more lives.

"More than 9,600 Californians are estimated to lose their battles with lung cancer this year alone, but hope is here in the form of early lung cancer screening, detection

and treatment," said Rita Redaelli, Executive Director of the American Lung Association in California – San Diego. "More Americans than ever are surviving lung cancer, and survival rates has increased dramatically in the last five years."

For more information and to register for the LUNG FORCE Walk in San Diego, visit LUNGFORCE.org/Sandiego.

Remembering Tom McGibeny

One of Mission Hills's biggest fans and residents was Tom McGibeny. Born in 1942, Tom was raised as an Air Force "brat" and moved frequently during his youth, including six times while in high school. While attending Arizona State in 1966 he was drafted into the Army and sent to Viet Nam. It was during that time when he met his second wife, Ginny Ollis. Ginny was living in New York City and followed the suggestion of a radio announcer, who asked his audience to write to a Viet Nam soldier in care of the USO. Ginny sent a letter and a couple of weeks later Tom plucked it from a box outside the base prior to being sent to the front. That was the start of a pen pal relationship.

They corresponded for 12 months

before his release. Tom was recruited from the front to write for "Stars and Stripes," a military publication. However, after a month Tom asked to be returned to active duty with his company. He always said the "Stars and Stripes" sent him to the front with a pen while his company men were armed with guns. He was one of five survivors of his original company. When he and Ginny attended a reunion in the 1990s, the men who were present raved about Tom "having their back" and his keen sense of humor, which kept them going during those intense days. This was one of Tom's many qualities.

When Tom came home from Viet Nam, he spent a little time in the brig.

It was due to a harmless celebratory prank. Upon his return to the states, he "borrowed" the general's jeep and took a joy ride. This little escapade delayed his planned in-person meeting with Ginny.

Their first meeting took place in New York City and extended for two weeks. He departed in his new 1967 Mustang and drove to Phoenix, Arizona to reconnect with his family. Ginny visited over Christmas and moved from her Manhattan apartment to Phoenix in March 1968.

Tom returned to school and worked as a lifeguard at the first land-built surfing center located in Scottsdale. During that time Tom also worked for the college catering company, which became a career that led him to become the manager of two hospital kitchens in Michigan before moving to San Diego.

While Tom was living in Phoenix, he saw Ginny frequently but married Diane, the mother of his first child, Sean. They were together, living in Tennessee, Florida, and Michigan, until Sean died of cancer at age 17. They had a second son who now works and lives with his family in Jacksonville, FL.

Tom, like others, had returned from Viet Nam with severe PTSD and was in counseling for years. After his older son had passed, Tom fought some personal devils and he and Diane divorced. Tom's sister told Ginny of his life challenges, which prompted her to write another letter.



Tom McGibeny was a Mission Hills resident and realtor.

He answered a year later when he found the letter in a pocket. Following more correspondence, a joyous reunion took place between Tom and Ginny. He eventually moved to Mission Hills to join Ginny.

The San Diego V.A. was a marvelous resource. The organization provided Tom with a PTSD counselor and his first San Diego job working at Fort Rosecrans cemetery. Tom loved working among the beautiful bay and coast views, while watching eagles flying overhead.

Ginny had become a very engaged realtor and devoted member of the Mission Hills community. Tom chose to get his real estate license and join her. He worked with Ginny for many

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Ring in 2023 With Free Admission on Old Town Trolley Tours

January means Locals Month and free admission to all residents of San Diego County at Old Town Trolley Tours, Ghosts and Gravestones Frightseeing Tour and the historic Whaley House Day Tour. The offer begins runs through January 31. Guests must show proof of San Diego County residency with a driver's license, voter's registration, utility bill or lease. This promotion is for individuals and families, no groups please.

"January is such a great time for locals to take advantage of what San Diego has to offer," says David Thornton, general manager. "The weather is amazing, but things settle down after the holidays, so it is a wonderful opportunity to get out and see why San Diego is America's Finest City."

For more information, please contact David Thornton at (619)298-8687 or visit our web site at www.historictours.com.



San Diego residents can enjoy a free trolley ride during the month of January



Exploring San Diego via the Old Town Trolley can be adventurous.

The Harlem Globetrotters Coming to San Diego

The Harlem Globetrotters 2023 World Tour presented by Jersey Mike's Subs is coming with game like never before. Your favorite Globetrotter stars are bringing out their amazing basketball skill, outrageous athleticism, and a non-stop laughing out loud good time. Join the Globetrotters as they go head-to-head against the Washington Generals who will stop at nothing to try and defeat the world's winningest team. The Harlem Globetrotters will perform at 2 p.m. and 7 p.m., Saturday, February 27 at Pechanga Arena San Diego, located at 3500 Sports Arena Boulevard in San Diego.

As the Harlem Globetrotters near their 100th anniversary, they have contributed to the growth of basketball at an immeasurable magnitude across the world. Through their artful athleticism and unparalleled moves, this team shares the game through an inclusive gameday experience that can't be beat! The Globetrotters welcome fans in the San Diego area to join them for an interactive gameday packed with one-of-a-kind premium offerings.

Harlem Globetrotters fans can



The Harlem Globetrotters have been entertaining audiences with their incredible athleticism and humorous antics.

score the best seats at www.HarlemGlobetrotters.com or AXS.com.

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124 countries and territories across six continents since 1926. Proud inductees into the Naismith Memorial Basketball Hall of Fame, their mission continues to advance the game of basketball and deliver exciting and interactive entertainment to the world. If you have ever seen a jump shot, slam

dunk or a half-court hook shot, you have witnessed the creative moves made famous by the Globetrotters. The Harlem Globetrotters International, Inc. is a subsidiary of Herschend Enterprises, the largest family-owned themed entertainment company in the U.S.

Looking Forward to a New Year

By Rick Brooks



As 2022 winds down and we start thinking about how to work off the pecan pie and holiday celebrations, folks often naturally wonder what the new year has in store. For most of us, this feeling will be particularly acute as we open our brokerage statements in January. 2022 has been one for the record books, and not in a good way.

2022 has been a year in which virtually every investment category lost money simultaneously. As I write this article before the Christmas holiday, the S&P 500 index of large company stocks is off about 18.5 percent. The kicker, though, is that rising interest rates have caused bond values to plummet at the same time as stock prices. The Bloomberg US Aggregate Bond Index (which covers government and corporate bonds and is considered a broad proxy for the entire bond market) is also down about 12 percent. International stocks and real estate have also had a tough year. Bonds haven't had a year this bad since 1974.

With a year like that, it's natural to wonder how 2023 is going to compare to 2022. As we consider this question, bear in mind that the best forecasters on Wall Street get about three out of five of their predictions wrong, so there's a BIG grain of salt to go with this article. With that caveat aside, let's consider the situation.

During 2022, the Federal Reserve ("Fed") has been raising interest

rates in an effort to bring down the inflation that's plagued consumers and businesses this year. The reason this cools inflation is that rising interest rates tends to slow down the economy, reducing the demand for goods and services. So far, it appears that inflation is starting to cool, but not enough to satisfy the Fed, so more interest rate hikes are likely, though more measured than we've seen this year.

The challenge is that the Fed has almost never been able to raise interest rates without also slowing the economy to the point of causing a recession, and the consensus is that's likely what will happen in 2023 as well. So, in a recession, unemployment rises, consumer spending slows, house prices typically drop a bit, and so-on. The good news is that the average post-WWII recession lasts only about 10 months, and most forecasters seem to think that if there's a recession next year, it could be fairly mild.

The bad news is that the stock market typically falls heading into a recession and the average peak-to-trough decline is about 40 percent. If stocks are already down about 20 percent from their peak, that suggests we could see another 20 percent decline from here before they begin to recover. That is NOT guaranteed; the drop could be more or less. On the plus side, if we do have a recession, the Fed will likely be forced to lower interest rates, meaning that bonds could be better investments next year than in 2022.

The challenge is that nobody can say for certain when stocks will fall. More importantly, it's nearly impossible to say for certain when they will begin

to recover, either. Historically, the stock market typically begins to climb long before the economy has begun to recover and often long before it feels safe to invest in stocks. This makes trying to time the market by selling stocks now and buying them later "when it feels safe" a losing proposition.

The best, most reliable strategy for dealing with a recession and the resulting drop in the stock market is to make sure you have enough funds to cover your expenses, so that you don't have to dip into your portfolio when it's lost value.

Disciplined investors will rebalance their portfolios periodically, selling bonds as they gain in value and buying stocks or other assets as they get cheaper. This is the most reliable way to deal with market volatility and should be much more effective if we're right about 2023. It's even possible that the stock market has fully recovered by the end of next year.

Nobody can be certain about the future, yet, having a plan and sticking to it is a very reliable way to navigate the ups and downs of investing.

Wishing you Happy Holidays and a Happy New Year!

This column is prepared by Rick Brooks, CFA®, CFP®. Rick is director/investment management with Blankinship & Foster, LLC, a wealth advisory firm specializing in financial planning and investment management for people preparing for retirement. Brooks can be reached at (858) 755-5166, or by email at rbrooks@bfadvisors.com. Brooks and his family live in Mission Hills.

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Hope for the New Year

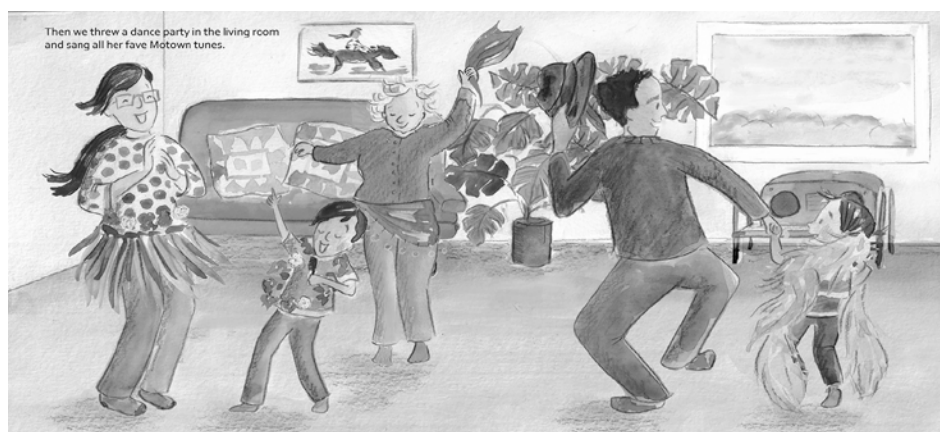
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By Patty Ducey-Brooks

coincide with Breast Cancer Awareness Month, October 2022. With the assistance of a very talented artist, Siski Kalla, the poem became a book.

If you read the book, you will learn that it doesn't emphasize cancer. However, it becomes a vehicle for dialogue. As Schwartz now emphasizes, communication within the family is extremely important during any health-related issue. It can help to remove confusion and fear so that an ill person can feel good.

I applaud Phyllis Schwartz for having the courage and passion to bring this book to life so that others



can share in this valuable life lesson.

And I look forward to her future books that will shed light on other important topics, including an anti-bullying theme.

To learn more about Phyllis Schwartz and her book, "When Mom Feels Good, Then We Do Too!," visit <https://www.phyllisfeelsgreat.com/>.

Remembering Tom McGibeny

years, and truly found his forever home.

He worked with the Little League and attended AA meetings with community members whose names he never disclosed. He took monthly walks to distribute newsletters to every door in North Mission Hills. He worked diligently on the bi-annual

"yard sales" he and Ginny ran for the community. Tom put flags on every yard every 4th of July. He made real friends with clients and was determined never to leave this place he called his "real home."

When Tom passed this past October, Ginny learned that he had known of his terminal cancer for two

► Continued from page 2

years but chose to protect her by keeping it to himself.

Tom was a man who bonded with many people because of his sense of humor, good natured personality, and goodwill. Tom McGibeny will definitely be missed by many from the Mission Hills community he called home.

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San Diego Zoo Wildlife Alliance Wins Animation Award in 2023 Rose Parade presented by Honda

San Diego Zoo Wildlife Alliance—an international conservation organization with “two front doors”: the San Diego Zoo and the San Diego Zoo Safari Park—participated in the 134th Rose Parade® presented by Honda, with a float celebrating the Safari Park’s 50th anniversary. With its theme “Celebrating 50 Years of Conservation,” the float depicted rhinos, giraffes and the Safari Park’s iconic Wildlife Safari experience, and brought to life the Safari Park’s ability to connect guests with wildlife and create life-changing moments. The float earned the Animation Award for its unique ability to bring the animals to life.

The “Celebrating 50 Years of Conservation” float featured four-month-old Neville, and his mother Livia, two southern white rhinos who bring enormous hope to the cutting-edge efforts to save the distantly related northern white rhino. Neville was the third rhino born as part of a revolutionary program at the San Diego Zoo Safari Park—joining Edward and Future, who also made history as the first southern white rhinos born through artificial insemination in North America.

Secured on her four-foot legs, is Msituni (pronounced see tune nee), an 11-month-old giraffe born at the Safari Park. Born unable to walk, a condition in which she would not have survived in her native habitat, she required months of critical around-the-clock care, along with several pairs of custom giraffe-sized orthotic leg braces, to support her while she gained the necessary strength to walk. Today, after making a full recovery, Msituni runs alongside dozens of giraffes, wildebeest, impalas, rhinos, and Cape buffalo in the Safari Park’s African savannas.

A pair of African crowned cranes meandered through lush landscapes,



The “Celebrating 50 Years of Conservation” float featured special residents of the San Diego Zoo Safari Park and San Diego Zoo.

as Msituni’s parents peek with curiosity into an open-air safari truck filled with guests. The riders were wildlife care specialists, veterinarians and conservation scientists from the Safari Park who have dedicated their lives to caring for Neville, Msituni and countless other species in San Diego and around the globe. They were joined by the Safari Park’s Executive Director, Lisa Peterson, and expert wildlife guides from the Safari Park. Representing how a moment at the Safari Park can change a lifetime, are four young children who aspire to be the next generation of conservationists, surrounded by the wonders of wildlife and intricate beauty of nature.

The floral array on the float illustrated that both the San Diego Zoo Safari Park and San Diego Zoo are accredited botanical gardens that feature over 2 million plants—and serve as a reminder of San Diego Zoo Wildlife Alliance’s dedication to plant conservation through its many efforts, including the Wildlife Biodiversity Bank.

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Baby Girl’s a sweet, American pit bull terrier mix who has tired paws from walking many roads. The gentle sway of her tail has gone from 0 to 100 countless times when seeing her favorite people. Baby Girl needs a new spot to rest and retire and, due to her aging joints, she will need a home without stairs. She has the priceless gift of unconditional love and asks for only the same in return. Have the room in your home and heart for Baby Girl?

Baby Girl is currently staying in a foster home while she waits to be adopted. If you’d like to meet her, please call (619) 299-7012 to make an appointment.

Camilla is a six-year-old, gorgeous, goofy and snuggly Siberian husky mix. This husky mix is as regal as her name – she’s also known as the queen of fetch, the countess of cuteness and the duchess of doggy dancing (she does tippy-taps when eagerly awaiting a treat or game of fetch). When she’s not chasing down a ball or wiggling with glee, you can find this stunning gal in your lap, waiting for pets. Camilla has come a long way since she first came into our care; she is still cautious around new people and places. This staff and volunteer favorite would prefer to be the only pet in a home with adults who can respect her boundaries when she needs some alone time.

Camilla is available for adoption at the Oceanside Campus, located at 2905 San Luis Rey Road in Oceanside. For more information, call (619) 299-7012 or visit www.sdhumane.org.

Camilla

SPCA

San Diego Yoga Studio Celebrates 20 Years of Enhancing Well-Being

Yoga One, a prominent family and female/minority owned yoga and wellness studio in San Diego, recently celebrated 20 years of helping San Diego residents and visitors enjoy happier and healthier lives. To mark the occasion, co-founders and husband and wife team Amy and Michael Caldwell are releasing a photo booklet that chronicles their personal journey alongside some of their favorite yoga practice tips.

In the book, the Caldwells recount how they left their jobs in the music business to backpack around the world for three and a half years exploring different cultures and philosophies. While picking apples in Australia to earn extra travel money, the couple discovered the joys and benefits of yoga. As they continued to travel, the Caldwells got more serious about their yoga practice, eventually studying in India — for sometimes as much as four hours per day — with some of the country's top yoga masters.

Upon moving to San Diego, Amy initially shared her yoga teachings through donation-based classes in Balboa Park before demand inspired the launch of Yoga One in 2002. The studio originally opened on Seventh Avenue in downtown San Diego on May 1, 2002 and remained in that location for 18 years. In 2020 the studio relocated to a new space in Mission Hills, which coincided with expanded offerings including online classes via Zoom.

Amy led the first-ever yoga class aboard the historic USS Midway in 2014, and for the next five years she led classes on the flight deck, each with about 1,000 participants. Also in 2014, Amy co-taught Yoga for Hope in the outfield of Petco Park to about 800 students, helping City of Hope raise over \$80,000 and awareness to research and fight cancer. Together with Quango Music Group, the Caldwells released the Yoga One CD, which



Yoga One has helped thousands of San Diego residents, visitors, businesses, and schools enjoy healthier and happier lives since 2002.

features groups such as Thievery Corporation, Bliss and Zero 7. They partnered with 3D4 Medical to co-create the best-selling and award-winning iYoga Premium App.

Yoga One's first-ever yoga student Julie Moore is still a member. "Amy and Michael are the real deal," she said. "And Yoga One is a home away from home. Their teachers lead with depth of knowledge, heart and integrity while providing a positive, welcoming environment. Yoga One is a family and I'm happy to be a part of it."

Yoga One: Celebrating the First 20 Years is available for purchase as an e-book on Amazon and a print version via blurb.

Yoga One is honored to have helped thousands of San Diego residents, visitors, businesses, and schools enjoy healthier and happier lives since 2002. They offer classes in-studio and live online via Zoom, with students joining from all over the country. The studio also offers excellent Yoga Teacher Trainings (both at the 200 and 300-hour levels), corporate classes, art and dance events, event rentals and more.

The Yoga One studio is located at 1920 Fort Stockton Drive, complete with a beautiful canyon view in historic Mission Hills. For more information or to find class schedules, visit yogaonesandiego.com.

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The Last of my Musings...for Now

By Barb Strona



On October 4, 2022, I fell from my cantering lesson horse, Dolly. It was totally my fault; I was concentrating on giving her a jab with my right leg (which she did not need), when she saw something terrifying—a man with an enormous, coiled hose. As I had my right leg in the air off her right side, she leapt to the left. I flew off and landed like an over-stuffed suitcase, splat on the ground. Bless Dolly's heart. She came right to me and graciously allowed me to hang onto one of her short little legs to get to my feet.

My trainer, Linda, came running over. The three of us decided that to calm down, Dolly and I should walk around the stable together. We wandered through various aisles of outdoor pens greeting humans and animals we knew. Dolly, as always, opened gates for me. After riding her for about ten minutes, we returned to my special mounting block which is tall enough to accommodate my aged joints. Being naturally lazy, I sit on the mounting block to loosen the left side of Dolly's girth and raise her left stirrup, keeping it from flapping when she walks. For months I have tried to convince Dolly to turn 180 degrees so that I can repeat this process on the right side. Dolly has no patience with laziness and insists I should get down, walk around her, and then repeat the process. However, this day she spun around giving me access to her right side from a seated position without my saying a word. I should have known I was in trouble.

Horses are very sensitive to what is going on around them; they are prey animals; to survive, they need to detect the strength or weakness of creatures around them. Not only did she not make me walk around her, but she also placed her face firmly against my lower back supporting and pushing me the long distance back to the grooming and saddling area. This is something she only does if I am in bad shape... dehydrated from riding in Lakeside's heat, for example. Otherwise, she would stick her nose in my armpit, jerk her head up as if to say, "Old woman, you're just lazy. You are more than capable of walking under your own steam."

I had no idea that I was going to be more or less homebound for three months, as if it were a COVID-19 incarceration with a few exceptions: the only good one was not needing to wear a mask unless



A view of Dolly from the rider's perspective.

at a medical facility.

It turned out that after six hours in the emergency room, an X-ray showed I was bruised; use a walker. With time I would be fine. However, after a month, I was still in pain. A CT scan gave me a new diagnosis: a fracture in the right anterior acetabulum and a fracture in the interior pubic ramus, both being right next to the head of my femur which is part of my fake hip. I was to stay off that leg and follow up with my orthopedist. Orthopedics was very efficient; many X-rays later, I learned that the breaks had already begun healing and that probably I could ride again in January.

Due to my inability to walk, I did not see Dolly for two and a half weeks. I arrived with my husband, a walker, carrots, and an apple. Dolly ate her treats, turned away from me and proceeded to fawn over my husband whose existence she had never before acknowledged. She blew in his ear and nuzzled him, lipped his hair, all the while sneaking sideways glances to make sure I noticed. Linda, Dolly's owner laughed. Apparently, this is typical Dolly behavior when someone she cares about abandons her. There was no way to explain that I had a legitimate reason to leave her. I saw her twice more before she left forever for her new home in Massachusetts. Each time she was a bit warmer. I miss her and her

owner so much.

My fractures healed seamlessly and well. However, two months of barely moving have left me quite out of shape. I no sooner returned to the gym to get back into shape so I could ride again when I tested positive for Covid. Since I don't feel sick, my work is cut out for me. I will use our home equipment and hope that by January, my new trainer will have found me a new lesson horse, and I will be back in the saddle.

I have been writing this column since Spring of 1999 when the Mission Hills Garden Club was founded. I was one of the founding mothers. Now it is time to hand my pen to someone else. I am not saying I'll never write another column, but I will only write when I am inspired. I do want to thank Patty Ducey-Brooks for printing my column, and those who either read my column or are inspired to join the Garden Club as a result of the column. Writing this column for over two decades actually made me like to garden. I never thought I would. Gardening, dressage videos, and reading got me through the COVID incarceration. The Garden Club has also introduced me to some of my very closest friends.



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Thank You Mission Hills!

By Dixie Hall, President Mission Hills BID and Owner of DixiePops



On behalf of the Mission Hills Business Improvement District (BID), it is fitting to start 2023 with a hearty thank you to our local businesses for all you did during the holidays and continue to do throughout the year. You set the bar for small businesses that attract a regional clientele. And equally as important, we thank all the residents and visitors for your support of our businesses. It is this unofficial "partnership" that makes Mission Hills the enduring, engaging and enjoyable community it is. I wish you all a most healthy, happy and prosperous New Year!

Speaking of partnerships, thanks to the collaboration between US Bank Mission Hills, the BID, businesses and residents in Mission Hills, we collected 278 new unwrapped toys in Toys for Tots collection boxes from November 21 through December 13. The collection ensured a happier holiday than what might have been for a large number of children. This year was the

first time a communitywide Toys for Tots collection took place in Mission Hills. In a neighborhood with so much, the Mission Hills BID is already looking forward to 2023 Toys for Tots Mission Hills – slated to be several weeks longer— to help make Christmas a happy occasion for children who may otherwise not enjoy a visit from Santa. Special thanks to Thorn Brewing Company, Lewis Fay Kitchen Collective, State Farm Insurance, Backbone Floral, L'Atelier, Mission Hills Nursery, US Bank and DixiePops for staging a collection box at their business. And, thank you to volunteer Daniel Reynolds, master chief petty officer in the United States Navy who secured, delivered and returned the Toys for Tots collection boxes and toys for us.

The BID's Annual Strategic Planning Workshop is in the works for January 18. We will gather to plan how we may best enhance the growth and improvement of Mission Hills businesses and combat deterioration through our work in the Washington Street Maintenance Assessment District. If you have ideas to share, please send them to MissionHillsBID@gmail.com and join us at 3 p.m.

on Tuesday, January 18.

Though not well known, the Washington Street Maintenance Assessment District was formed in 1993 by a vote of Mission Hills' commercial and residential property owners, is supported by an annual property tax assessment of approximately \$24, is administered and managed by the City of San Diego Park and Recreation Department and has a community advisory committee chaired by Mission Hills resident Stephen Shushan. Each year the Mission Hills BID elects two representatives to serve on the Washington Street Maintenance Assessment District community advisory committee, alongside other community based organization representatives from Mission Hills Garden Club, Mission Hills Heritage, and Mission Hills Town Council to advise on maintenance beyond those provided by the City of San Diego along Goldfinch Street between Fort Stockton Drive and West University Avenue and on West Washington Street between Hawk Street and Albatross Street. The hard work of this volunteer community advisory committee provides benches, trash bins, sidewalk power washing, and

tree planting and maintenance in this public area.

As we approach the deadline for submitting this article, the San Diego County Fair has reached out to invite us to again take part in their community banner program. This program was disbanded in 2020, 2021 and 2022 due to closures and uncertainty created by the COVID pandemic. The theme in 2023 is "Get Out There" and will explore the great outdoors. We are optimistic that we will be able to offer 72 banner opportunities and showcase Mission Hills' business owners on banners with photos taken by a professional photographer provided by the Fair. Look for details on our website and on Facebook as this is a popular opportunity that has sold out each year.

Mission Hills is a community abundant in talent and resources. We would love to have more community members involved with the Mission Hills BID. So, please consider how you might become more involved in 2023.

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Kick Off the New Year with Fitness Palooza for Local Older Adults

As the holiday season comes to a close, many of us are now preparing our resolutions, intentions, and goals for the new year. From learning new hobbies to eliminating bad habits, New Year's resolutions can help start the year off right. To jump-start health and fitness goals in 2023, San Diego Oasis is hosting its annual in-person "Fitness Palooza" event to help local older adults kick their new year off with a positive, active, and mindful beginning. The one-day "Fitness Palooza" will be in-person from 10 a.m. to 12:30 p.m., Friday, January 6 at San Diego Oasis' Wellness Center (located near the Restoration Hardware Outlet) in Grossmont Center. This free event is open to the public, and no registration is required.

"Holiday remorse" can lead to setting unrealistic health and wellness resolutions as a guilt-driven response to indulging during the giving season. Studies show that by the second week of February, 80 percent of people give up on their resolutions, which can bring on feelings of disappointment and failure. But San Diego Oasis, an award-winning nonprofit, provides older adults opportunities to pursue vibrant, healthy, productive and meaningful lives through education and wellness classes year-round.

"Starting a new fitness goal can be scary," says Simona Valanciute, president and CEO, San Diego Oasis. "But our instructors help our members through every step of their wellness journey. Whether they are looking to pick up a new dance skill, build better balance or just have fun working out, our instructors make each class experience exciting, easy and enjoyable."

Attendees will have the opportunity to participate in 20-minute sessions highlighting some of San Diego Oasis' dance and fitness classes, including Soul Line Dancing, Cardio Drumming, T'ai Chi Chih, and more. For those that have poor to average balance, a session on balance training will also be available.

"Fitness Palooza" gives all attendees a sneak peek at the classes offered during San Diego Oasis' winter and spring semesters. Every year,



Attendees can participate in 20-minute sessions highlighting some of San Diego Oasis' dance and fitness classes,

the event encourages older adults 50+ to come together to find their new favorite exercise obsession and step outside their comfort zones. "We're excited to bring 'Fitness Palooza' back in-person this year," says Valanciute. "Our health and fitness classes continue to be some of our most popular that keep our members moving and motivated every day of the year."

Confirmed Schedule for San Diego Oasis 2023 "FitnessPalooza"

- 10 to 10:20 a.m.: Cardio Drumming by Andra Valencia
- 10:30 to 10:50 a.m.: Zumba Gold by Pamela Toomes and Laura Muto
- 11 to 11:20 a.m.: Soul Line Dancing by Ed Griffith and Lee Wells
- 11:30 to 11:50 a.m.: Better Balance, Free from Falls by Russell Rowe
- 12 to 12:30 p.m.: T'ai Chi Chih by Michelle Sarubbi

To learn more about this year's "Fitness Palooza," upcoming San Diego Oasis classes or for ways to give back to the organization, visit sandiegoasis.org.

10th Annual Tea by the Sea Takes Place at the Marine Room

St. Madeleine Sophie's Center (SMSC), a nonprofit organization dedicated to educating and empowering individuals with intellectual and developmental disabilities, will host its 10th annual Tea by the Sea event on Saturday, January 21, 2023, from 11 a.m. to 2 p.m., at the elegant Marine Room in La Jolla (2000 Spindrift Drive).

Guests are encouraged to dress in their favorite tea-time attire for the event, and attendees will be treated to complimentary signature cocktails and hors d'oeuvres paired with beautiful oceanfront views. The event will also feature a silent auction and live music for all to enjoy. Gentlemen are welcome to attend.



A silent auction is one of the many activities taking place at Tea by the Sea.



Guests are encouraged to dress in their favorite tea-time attire for the event.

This year's honorary chairs are Maureen King, Barbara Menard, and Angel Kleinbub. The event will benefit Sophie's Gallery art program located in Downtown El Cajon. The art program is currently offered to over 400 students at SMSC. The organization serves hundreds of adults with intellectual and developmental disabilities through nationally recognized, innovative programs. Its mission is to educate and empower their students to realize their full potential.

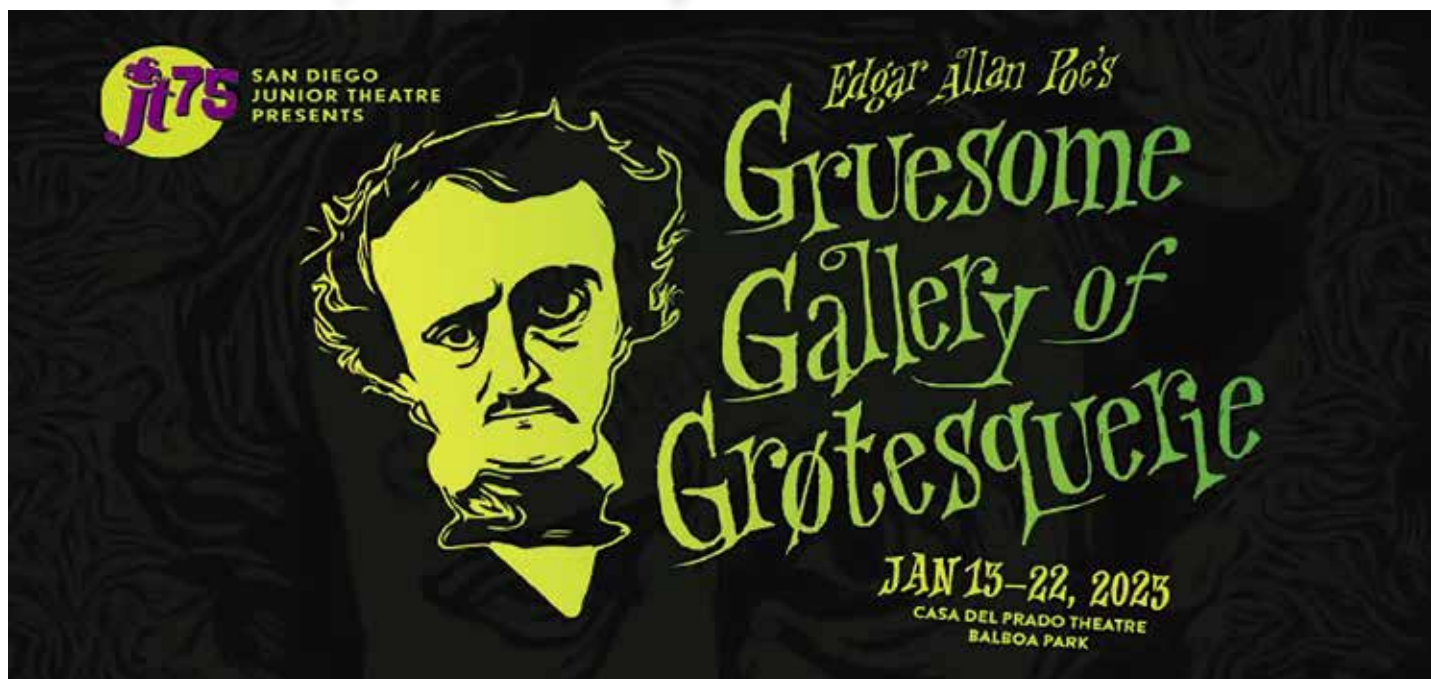
Tickets are available now for \$150 per guest or \$1,500 per table of 10. Tickets can be purchased at atteabythesea.org.

San Diego Junior Theatre Presents “Gruesome Gallery of Grotesquerie”

San Diego Junior Theatre, the nation’s longest-running youth theatre program, continues its 75th Anniversary Season with the world premiere of Edgar Allan Poe’s *Gruesome Gallery of Grotesquerie*, which will run from Thursday, January 13 through Saturday, January 22 and is recommended for ages 10 years old and up. All Junior Theatre productions are performed in Balboa Park’s historic Casa del Prado Theatre, 1600 Village Place, at the corner of Old Globe Way and Village Place.

Through tales of murderous madmen or supernatural mystery, Poe’s enigmatic musings endure because they allow us to confront some of our greatest fears and delight in the darkness while reflecting on our own life. Co-developed in collaboration with Junior Theatre students and cast members, this wholly original production will fuse storytelling, poetry, music, movement and puppetry to explore the works of Edgar Allan Poe.

In this first-time venture for Junior Theatre, returning director Blake McCarty (last season’s “Head Over Heels”) brings his years of devising experience as the Founder and Executive Artistic Director of Blindspot Collective to guide JT’s students through the process of creating a show from scratch! JT alumnus, Morgan Hollingsworth, is composing original music for the production. Hollingsworth is no stranger to this subject, having created the musical *The House of Edgar Allan Poe*, produced in



2019 as part of Weber State University’s mainstage season.

Junior Theatre strongly encourages all eligible patrons to be fully vaccinated and boosted against COVID-19. For the safety of our unvaccinated students who perform without masks, and our young, unvaccinated patrons, masks are still required for all patrons two years old and up. Patrons are asked to check <https://juniortheatre.com/covid-19-safety/> for full details and any policy updates prior to attending a performance.

Tickets are \$16 - \$18. Discounts are available for groups of 15 or more. For tickets and more information, visit www.juniortheatre.com or call the box office at (619) 239-8355.

Scripps Ranch Theatre Presents “Lucky Stiff”

Scripps Ranch Theatre continues its 43rd Season with its musical production of “Lucky Stiff” by Ahrens and Flaherty, running at their theatre on the campus of Alliant International University, located at 9783 Avenue of Nations, San Diego, CA 9213. Directed by San Diego veteran director, Kathy Brombacher. “Lucky Stiff” previews at Scripps Ranch Theatre on Friday, January 27, opens Saturday, January 28 and runs through Sunday, February 19. Performances are Fridays and Saturdays at 8 p.m., Sundays at 2 p.m.

Harry receives the unexpected news that he has inherited a fortune from his late Uncle Anthony, on the condition that he takes Anthony’s dead body on a special trip to Monte Carlo. If Harry fails, the money will go to the Universal Dog Home of Brooklyn. However, also hot on the tail of Uncle Anthony’s money is Rita, Anthony’s lover with whom he embezzled \$6 million behind her husband’s back. And hot on Rita’s trail is her brother Vinnie, who has been blamed for the crime. With mistaken identities, love interests, disguises, farcical chases, and an omnipresent corpse, “Lucky Stiff” is an offbeat musical murder mystery. This life-affirming musical will keep you entertained and enthralled as the story of a dead man’s holiday is played out in front of your eyes.

Director, Kathy Brombacher shared “What a pleasure to return to the Scripps Ranch Theatre with a co-production of one of my favorite musical theatre farces: “Lucky Stiff.” This little musical theatre wonder has comedy, mystery, romance, and a trip to Monte Carlo wrapped up with a splendid musical theatre score written by Lynn Ahrens and Stephen Flaherty, authors of “Anastasia,” “Ragtime the Musical,” and “Once on This Island.” At its heart “Lucky Stiff” is crazy, zany and fun. The cast of this comedy is whipping up comic songs and scenes to delight any audience under the musical direction and guidance of Dr. Terry O’Donnell, and the stage comes to life with dances created by Valerie Clark. Eleven gifted actors create the vocal storytelling and



Ted Lieb stars as Harry in this crazy, zany and fun production. Photo is courtesy of Cristyn Chandler.

madcap chases with skill and professional talent. It’s been a time of joyful collaboration in the rehearsal studio and with the talented scenic, props and costume designers. It’s a great time of year for a comedy, so bring your sense of humor and enjoy “Lucky Stiff” in the New Year.”

The cast includes talented San Diego actors Kenny Bordieri, Beatrice Crosbie, Kelly Derouin, Bob Himlin, Cody Ingram, Ralph Johnson, Ted Leib, Bryce Nicastro, Olivia Pence, Audrey Ward and Erica Marie Weisz.

To reserve seats for “Lucky Stiff,” call the box office at (858) 395-0573 or online at www.scrippsranchtheatre.org.

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Mission Hills Artists Win “Best” For Their Entries

Mission Hills artist Ann Slater has won the Best of Miniatures award in the highly competitive December Members Show “Do you Hear What I Hear...” on display in the San Diego Watercolor Society gallery at 2825 Dewey Road in Liberty Station, San Diego. Ann’s painting entitled “A Calm Moment” was selected by nationally known juror Tiffanie Mang for this honor, out of 219 entries. Mang said of the painting, “This painting has a beautiful sense of lost edges, and clean edges. You really get the dynamic feel of the swan emerging into the light. There is a very careful handling of the foliage and the background, which is really delicate and not overbearing. I just love the simple design, and it is well executed. It is pleasing and calming to look at.”

Ann Slater was born and raised in San Diego. She received a degree in Mathematics with a minor in Art from San Diego State University. The next 14 years were spent traveling and working in restaurants. Returning to San Diego she taught at Carlsbad High and at her alma mater, San Diego High School. Ann credits the SDWS for her growth as an artist. Animals are a common theme in her watercolors. Her work creates depth by layering shapes of different sizes. Eye movement is achieved by directional lines and placement of color. Ann is a signature member of the Western Federation of Watercolor Societies and had a painting selected for last year’s show in Utah. She regularly has work exhibited in the SDWS gallery and has won multiple awards from the monthly Member’s Shows.

Mission Hills artist Susanne Slater has won the Best of Theme award in the highly competitive

December Members Show “Do you Hear What I Hear...” on display in the San Diego Watercolor Society gallery at 2825 Dewey Road in Liberty Station, San Diego. Susanne’s painting entitled “Summer in Idaho” was selected by nationally known juror Tiffanie Mang for this honor, out of 219 entries. Mang said of the painting, “I love this piece, because I feel like it is almost a soundscape on canvas. It has the different elements of texture and smoothness, the smaller notes vs the bigger notes, the masses of the trees. I still can feel the essence of the landscape, but I love how abstract it is at the same time. So, in terms of it replicating sound on canvas it was very successful. Beautiful piece!”

Susanne has become a well-known watercolor artist in San Diego over the past 10 years. She has been juried into and won multiple awards at the San Diego Watercolor Society and at other venues around town, including the Southwestern Gallery in Balboa Park, the San Diego Art Institute in Balboa Park and Spanish Village. Her formal training in drawing, sculpting and painting was received at the Jeff Watts Atelier in Encinitas, CA. This is where she began watercolor and met her mentor James Mallard. Since that time, she has trained with a number of national and international artists. Over the years Susanne has traveled internationally and painted scenes from France, London, Germany, and Prague. In 2012 she was a featured artist at the Mission Federal ArtWalk in Little Italy. Her painting “Balboa Park” was chosen by Mission Federal Bank for their advertising campaign. More of her work can be found at www.slaterwatercolors.com.



***Summer in Idaho by Susanne Slater
is courtesy of the San Diego
Watercolor Society.***

The Gallery is open from 11 a.m. to 3 p.m., Wednesday through Sunday.

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Local Communications Firm Named “Employer of the Year” by Business for Good San Diego

J. Walcher Communications (JWC), a San Diego public relations and marketing agency, and President Jean Walcher has been named “Employer of the Year” by Business for Good San Diego (BFG), a nonprofit association of values-driven local business owners.

The BFG Employer of the Year award is given to a business owner who consistently works to find every possible way to put people over profits and demonstrates an unwavering commitment to all their employees.

“Jean understands what it is to be an intentional business owner, evidenced by the fact that most of her team has remained with the company for years,” said Business for Good San Diego Managing Director Danae Ramos. “Because of her dedication to her employees, she has been able to create an impactful and successful business.”

Celebrating 21 years in business J. Walcher Communications represents a range of local and national clients, including consumer products, associations, professional services, real estate development, sports and entertainment, hospitality and nonprofits. Current clients include Jewish Family Service of San Diego, Bazaar del Mundo Restaurant Group and Shops, Discover Coronado, Greystar and Lions Tigers & Bears.



J. Walcher Communications President Jean Walcher (right) and Vice President Sandy Young (left) accepted Business for Good San Diego’s “Employer of the Year” award.

Historical San Diego Hardware Retail Store Adds Online Services



San Diego Hardware has a long history in San Diego with its first store located in the Gaslamp District.

San Diego Hardware, offering the largest selection of decorative hardware in San Diego, is celebrating 130 years in business this month. Founded in 1892 on Dec. 8 in San Diego, the company is still owned by one of the original founding families and is one of the ten oldest family-owned businesses in San Diego. In addition to its busy Kearny Mesa showroom, the company recently launched SanDiegoHardware.com, its new e-commerce site, giving consumers even more shopping options and a wealth of resources.

A convenient way for customers to shop from home or “pre-shop” before heading to the showroom, SanDiegoHardware.com, offers one of the biggest selections of cabinet pulls, door and cabinet hardware and locks available with 650 product pages, most having multiple options for size/finish/etc. The shop expands San Diego Hardware’s high-quality service to customers across the United States and offers design tips, free samples of select items, and more. Customers can shop from the comfort of their couch and order samples delivered direct to the home or place orders for in-store pickup to grab and go.

“This anniversary we are celebrating not only our deep roots in San Diego, but also our newest way to shop—our online e-commerce site that launched during the pandemic,” said co-owner Bill Haynsworth. “San Diego has been our home for 130 years and we thank our loyal customers who helped us survive these last few challenging years.”

The store continually updates its in-store and online offerings with new brands, giving shoppers the most up to date and on-trend styles and finishes. The most recent new brands include: Happy Home, thoughtfully crafted solid brass decorative cabinet hardware for doors, drawers, furniture, and walls.

“Our website was many years in the making,” said Hannah Haynsworth, marketing manager San Diego Hardware, who along with Bryan Haynsworth developed the site from scratch. “It was a challenge to capture every single piece of hardware in the store and get it up online, but with the pandemic hitting around the time we finished, we couldn’t have been happier to have an online shopping option for our customers.”

Current co-owner Bill Haynsworth is the great nephew of Fred Gazlay. Bill Haynsworth bought the business, together with co-owner Rip Fleming, in 1983 from Haynsworth’s father. Haynsworth’s son Bryan currently works at the store, making him the fifth generation to help with the business. Daughter of store co-owner Rip Fleming, Hannah Fleming Haynsworth, also works at the store as marketing manager.

Located downtown for more than a century, in 2006 the company moved to Kearny Mesa to better serve its customers with a larger space, freeway access and convenient parking. The current showroom is 15,000 square feet and features interactive product displays with more than 7,000 cabinet knobs and pulls, 4,000 hinges and 1,000 door locks on display. In addition, the second floor offers a plumbing showroom with sinks, faucets and other kitchen and bath products. Contractors, interior designers, and homeowners can see and try the actual hardware in a setting that is comfortable and accented with historic details from the original store.

For more information on San Diego Hardware go online at www.sandiegohardware.com, call 858-576-1892 or please visit the showroom at 5710 Kearny Villa Road in San Diego.

San Diego Hardware’s large and unique selection of decorative hardware and plumbing, dedication to personal service, and unmatched hardware expertise make it the go-to shop and e-commerce site for contractors, interior designers and homeowners looking for decorative hardware, as well as plumbing and bath fixtures. The owners of San Diego Hardware also run a separate and prolific online business called HardwareSource.com, offering more than 4,000 hinges for everything from 3,000-pound doors to jewelry boxes.



The current location is situated at 5710 Kearny Villa Road in San Diego.

Resolve to make a difference in 2023 Volunteer with the American Red Cross

As we begin 2023, the American Red Cross Southern California Region asks that you consider making a meaningful choice by becoming a Red Cross volunteer.

Locally, more than 5,000 people volunteer with the Red Cross. These local volunteers are part of the almost 300,000 people across the country whose support enables the Red Cross to respond to an average of more than 60,000 disasters every year and deliver more than 6.4 million blood products to hospital patients in need. Volunteers also help train more than 4.6 million people in Red Cross lifesaving skills; help provide nearly 550,000 services to military members, veterans and their families; and to reconnect almost 9,000 families separated by war or disaster around the world.

“Our Red Cross volunteers step up to help our neighbors here in Southern California each and every day,” said Debbie Pari, regional volunteer services officer for the American Red Cross Southern California Region. “In the last year, volunteers responded to 820 disasters including home fires, wildfires and more. Just imagine the impact you could make in 2023 by joining us as a volunteer.”

Volunteering is good for you and our community. The top five benefits of resolving to volunteer in 2023 include:

- Meeting new people. Volunteers are amazing individuals with diverse backgrounds that are inspired to give back.
- Learning new skills. Red Cross volunteer positions include free training and provide an opportunity to experience new adventures.

- Being part of something larger. Become a vital part of the Red Cross and our mission to prevent and alleviate human suffering.

- Making a difference in someone’s life. Whether you are helping a family that just had a home fire or supporting the collection of lifesaving blood, your impact is real.

- Staying active. Many volunteer roles require physical activity which is great for your overall health.

Here are just a few of the positions needing volunteers.

- Blood donor ambassadors engage with blood donors at blood drives by greeting, registering, answering questions, providing information and supporting them through the recovery process at the refreshments table.

- Transportation specialists help deliver blood from our facilities to local hospitals by choosing regular routes, stand-by emergency deliveries or both.

- Disaster action team members sign up for on-call shifts as part of a team to help provide 24-hour emergency response to local disasters, ensuring that your neighbors have access to resources for necessities such food, shelter and clothing.

- Service to the armed forces clinic volunteers help enhance the morale of patients by providing direct and indirect assistance to patient care activities in military treatment clinics.

Training is free, and the hope you provide as a Red Cross volunteer is rewarding and extremely important. Visit redcross.org/volunteertoday to get started.

Teen Writers’ Plays Will Come Alive in Playwrights Project’s 38th Season

Playwrights Project will present its 38th annual Plays by Young Writers Festival showcasing new scripts written by youth across California. This year’s Festival will be presented in-person to the public at the Salvation Army’s Joan B. Kroc Theatre at 7:30 p.m., Saturday, January 28.

Playwrights Project’s Executive Director Cecelia Kouma said, “Plays by Young Writers offers young playwrights a rewarding opportunity to work alongside professional theatre artists to stage their writing. The four plays featured this season explore cultural identity, the pressure of pursuing one’s talents, the impact of grief and injustice of war, and defining ourselves beyond the labels others give us. These talented young writers offer insights and perspectives that will entertain and inspire audiences of all ages.”

This year’s scripts were written by four young writers between the ages of 13 and 17. Each of these young writers is a winner of Playwrights Project’s California Young Playwrights Contest, and their plays will be featured in Playwrights Project’s 38th annual Plays by Young Writers Festival, sponsored by the Sheila and Jeffrey Lipinsky Family Fund and U.S. Bank. Contest winners were selected from 228 scripts submitted by students from across the state. Three scripts will receive full professional productions and one script will receive a staged reading.

Selection criteria focused on creative ideas, intriguing and authentic characters, original use of language, a story that is revealed through dialogue and action, producibility online, and a script that would benefit from further development in the production process. All contest participants who requested feedback received individualized written critiques.

For tickets and more information, visit www.playwrightsproject.org/productions/pbyw.



San Diego student Ell Banoub, age 12, receives honors for his scrip “The Santa Heist.”
Photo courtesy of Daren Scott.



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BFree Studio Announces Upcoming Exhibition



Cecilia Wong Kaiser made herself the subject of this painting.

Blue Sky: Paintings, a Solo Exhibition by Celia Wong Kaiser runs from Tuesday, January 17 through Sunday, February 5, 2023 at the Gallery at 7857 Girard Avenue in La Jolla. The gallery is open 11 a.m. to 5 p.m., Tuesday through Sunday, and by appointment.

Blue Sky is a collection of paintings that depict

a sun-kissed, buoyant world and call to mind a boundless day, framed by a seen or unseen, probably California sky. Beyond the iterative use of the color blue across the majority of works, the paintings invite blue-sky thinking, in which all creative ideas – free of limits and judgment – are welcomed. Each painting documents

a particular moment in time, and as such, is a starting point for a story that is told through and expands according to the individual viewer's experiences. The narratives that emerge are as unique and limitless as the viewer's own associations. Hopefully, too, they all occasion a smile.

According to Cecilia Wong Kaiser, "Because I loved to draw as a child, I assumed that I would be an artist when I grew up. Some of my earliest memories center around drawing: drawing the world around me and the life I imagined for myself. At some point, I started drawing with paint, and I majored in painting in college and got a degree in fashion design thereafter. Then I became a lawyer and didn't paint (or draw) for many years.

She added, "I am grown up now, and six years ago, I started painting again in earnest. I realized that making pictures has always been a big part not only of understanding who I am and where I have been but also in telling the story of my own life. My life has been an extraordinarily blessed one, in the big moments and in the small, everyday ones. In painting what I want, how I want, I try to capture quiet celebrations of the everyday, my every day. Both in the process of committing these memories to canvas and in the open-ended narrative that is the finished painting, I memorialize the sun-filled snapshots of living here and now that might otherwise go unremembered: I paint."

Expect variety in the artists featured and a breadth of exhibitions rotating every two weeks at Bfree Studio. For more information, visit www.bfreestudio.net.

dizzy's Presents a Lineup of Talented Performers

During January and February 2023, dizzy's, located at 1717 Morena Boulevard, behind the Musicians Union Building at Arias Hall, has an impressive group of talented musicians scheduled to perform.

8 p.m., Friday, January 6: Jazz pianist/composer Brenda Greggio will perform with bassist John Murray and drummer Max Nguyen. These three talented San Diego musicians are currently pursuing their musical education: Greggio at Manhattan School of Music, Murray at The Juilliard School, and Nguyen at USC Thornton School of Music.

8 p.m., Sunday, January 8: New York City jazz pianist Jon Mayer performs with his trio – bassist Will Lyle and drummer Roy McCurdy – plus special guest Matt Hall on trombone.

8 p.m., Saturday, January 14: Fiery young alto saxophonist/composer Julian Roel and his ensemble will perform.

8 p.m., Wednesday, January 18: A rare opportunity to see fiercely creative Milwaukee guitar master Greg Koch in action with his trio featuring Toby Lee Marshall Hammond B3 and Dylan Koch on drums "Expect a torrent of slick chicken-picking, grimace-inducing string-bending & urgent gristle tones" – Bill Milkowski.

8 p.m., Thursday, January 26: A return visit from French-born composer/guitarist Stéphane Wrembel – one of the most highly regarded guitarists in the world specializing in the style of iconic gypsy jazz guitarist Django Reinhardt. Learning his craft among the Gypsies at campsites in the French countryside, Wrembel has had a remarkable career, touring the world and releasing 16 albums. His band includes: Josh Kaye on guitar, Ari Folman-Cohen on bass, Nick Anderson on drums, and special guest Daisy Castro on violin. Wrembel's original compositions have been featured in three of



French-born composer/guitarist Stéphane Wrembel, considered one of the most highly regarded guitarists in the world, will perform on Thursday, January 26 at dizzy

Woody Allen's movies, including "Vicki Cristina Barcelona" and "Midnight in Paris."

8 p.m., Saturday, February 4: Nathan Hubbard pays tribute to Hawaiian jazz vibraphone and marimba player Arthur Lyman - with An Evening of Exotica featuring Ed Kornhauser, Mack Leighton and Julien Cantelm.

8 p.m., Saturday, February 11: Alto saxophonist Christopher Hollyday and his sextet, featuring pianist Pamela York, with Derek Cannon on trumpet, Matt Hall on trombone, Rob Thorsen on bass, and Tyler Kreutel on drums.

8 p.m., Saturday, February 18: The Lori Bell Quartet - Women in Jazz. Four female musicians join forces, taking jazz intuition to new levels, featuring three-time Global Music Award winner for performance in jazz, composing and arranging. Lori Bell on flutes, with Melonie Grinnell on piano, Evona Wascinski on bass and Monette Marino on percussions.

8 p.m., Friday, February 24: Expressive Manhattan pianist/composer Misha Piatigorsky returns to dizzy's with his trio for an evening of music you won't soon forget.

For more information and cost of tickets, visit dizzysjazz.com.

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CigarBros Humidors takes an age-old industry and revolutionizes the process in which cigars are housed and sold. This compact 24-inch wide humidor holds the temperature and relative humidity at a perfect 70 degrees, guaranteeing cigars are at their optimal condition.

"After recognizing the need for specialty cigars in more convenient locations, I spent years building and testing prototypes that would allow retailers to carry a wider selection of cigars without compromising their integrity," said CigarBros Humidors Founder and Owner Remon Mansour. "When you smoke a cigar from one of our humidors, you experience the cigar's taste as intended by the maker."

Headquartered in El Cajon, Calif., CigarBros sources the cigars directly from the manufacturers where they are stored and packaged in a state-of-the-art 16,000 square foot warehouse and walk-in, climate controlled humidor. CigarBros offers an automated process in which retailers can order its modern humidor and curated selection of premium cigars online. CigarBros also offers an Augmented Reality application where potential retailers can view a humidor in their space from a mobile phone.

CigarBros Humidors is now available at over 500 locations throughout the U.S., including luxury hotels, casinos and convenient stores. For more information, visit <https://cigarbros.com/>.

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