



The Hidden Story

By Patty Ducey-Brooks



Sometimes life takes you on a journey that you never expected. That's exactly what recently happened to me.

This past month I received a press release on DJ Lance and Tuxedo, a special canine, whose story is on page 2 of this issue. However, the real story is with Tuxedo's human companion, Barry Soper.

I have a tendency to do additional research on the subject material that is sent to my attention. This time, what I learned made me realize that Barry Soper deserved more research and coverage. So, I emailed Soper and asked if I could talk to him. Thankfully, he replied promptly.

What I learned is that Barry Soper is a man of adventure, experience, and good deeds.

During our conversation, Soper was very complimentary of DJ Lance, who he met at Comic Con 2019. Lance, who is an entertainer and entrepreneur, has an amazing interest in children and reaching them in a positive way. Lance met Tuxedo who was also Soper's service dog. Soper had been in a serious head on car accident and needed an intelligent and trained dog to assist him. Seeing Tuxedo in action, Lance took interest in Soper's amazingly talented and skilled dog. (In my opinion, that's the way that positive synergy works.)

Then Soper told me that he co-authored a book, "A Bum Deal: An Unlikely Journey From Homeless to Humanitarian," with Rufus Hannah, a homeless person who he encountered many years ago on his property in North County.

Soper was given an opportunity to help two homeless men who were veterans and came from families who were alcoholic and abusive. These two homeless men were bribed with food and drink to do death-defying stunts for a video story fed by people who didn't value human beings, and benefitted financially from destroying homeless people's lives.

I recalled hearing about this story, yet, never knew what finally transpired, until talking to Soper.

What I learned is that Soper gave the men jobs and helped them turn their lives around. He said that Rufus Hannah proved to be a person looking for someone to believe in him. With Soper's assistance, he attended college and earned a 3.8 grade point average. Together, Soper and Hannah participated in a lecture circuit, sharing their story and helping other homeless people to feel encouraged to change their lives.

Hannah and Soper also consulted with agencies that aid homeless vets, including VVSD and Father Joe's Villages. They also shared their story on "60 Minutes" and other news programs. It was Ed Bradley of "60 Minutes" who



Ruffus Hannah (left) with Barry Soper.

inspired Soper to write the book regarding his journey with Hannah.

When I asked about Rufus Hannah, how he was doing, Soper said he died in a car accident on October 4, 2017. Soper's sister was driving and never fully recovered.

Soper also shared that the book that he and Hannah co-authored is now being turned in to a motion picture that has a release date of 2024. He never intended or thought that anything like this could happen.

As we continued to discuss his interests and activities, Soper said he previously served on the board of Father Joe's Villages and helped in the effort to develop the facility in Downtown San Diego.

Currently, he is board chairman of the Oak Grove Center, a nonprofit residential treatment facility for autistic and severely abused children in Murrieta. The mission of Oak Grove Center is to rebuild the lives of at-risk children and their families through educating, restoring relationships, building character and instilling hope.

When I read this from the Oak Grove Center website, I thought, "This is what Barry Soper was doing for Rufus Hannah: educating, restoring relationships, building character and instilling hope."

I am looking forward to reading the book, which Soper offered to send to me. And, I will encourage others to read it as well. I definitely look forward to seeing the forthcoming motion picture. Which reminds me, I need to ask Soper who he thinks will play his part.

San Diego Pup Makes Hollywood Debut

Tuxedo, a five-year old, Standard Royal Party Poodle, who resides in Point Loma, recently made his Hollywood debut during the Christmas season being featured in "DJ Lance Rocky Harmony Hills Happy Holiday Special."

DJ Lance Rock of the famed kids TV show "Yo Gabba Gabba" on Nick, Jr. had produced a holiday special to Live stream some holiday cheer during the COVID lockdown. DJ Lance enlisted the talent of San Diego's own Tuxedo the puppy and featured Rock and Roll Hall of Famer Bootsy Collins and pop culture designer Paul Frank, and soulful singers Ellis Hall and Henry Invisible, and other awesome guest stars!

Rock and Roll Hall of Fame inductee Vince Clarke of Depeche Mode wrote the theme song for Harmony Hills. The show also features animation from around



Tuxedo is shown with DJ Lance.

the world, as well as introducing children to a diverse array of animals, cultures, customs and music. Reminiscent of shows from the 70s, like "The Jeffersons," "What's Happening" and "Carol Burnett," DJ Lance Rock, Tuxedo and friends sing

and dance their troubles away.

Tuxedo, who is recognized for his large size and beautiful tuxedo looking natural coat, was raised as a service animal. He cares for Barry Soper who adopted Tuxedo from a shelter to assist him in his recovery from a life changing car accident.

Barry Soper is also a San Diego best-selling author, known for his famed book "A Bum Deal." The book shares the life of the "Bum Fights," homeless men in San Diego who turned their lives around and advocated for homeless across the United States. Look out for "A Bum Deal" being turned into a motion picture to be released in 2024.

Soper and Tuxedo, who reside in Point Loma, are often seen in the Downtown San Diego area, and surrounding communities.

To learn more about the "DJ Lance Rocky Harmony Hills Happy Holiday Special, visit www.djlancerock.org.

Maison en Provence in Mission Hills for 25 Years

By Patty Ducey-Brooks

This past month I received an email from Marielle Giai, one of the proprietors of Maison en Provence, located at 820 Fort Stockton Drive in Mission Hills. Marielle was sharing with me that 2021 marks the 25th year that she and her husband, Pascal, arrived in Mission Hills. And, though I have known them since their arrival to the neighborhood, I wasn't sure what brought them to San Diego 25 years ago.

I learned that Marielle was a model and Pascal was a fashion photographer who had tired of the fast paced lifestyle. They lived in Southern France and traveled to San Diego on vacation. They said they fell in love with the weather, beaches and culture and personality of San Diego. It was while they were visiting San Diego that they decided to make Southern California their home.

Marielle and Pascal travel to France frequently to visit family and make purchases for their Mission Hills store, which they share via their blog. They are proud to state that they have clientele who have been shopping at Maison en Provence since they opened their doors. And, via word of mouth, marketing and social media efforts they are continuing to grow their clientele, who value high quality French-made products and very unique items.

Over the years, I have enjoyed their table linens and home décor products, as well as gift items for people of all ages, interests, and those with discriminating tastes. On the subject of tastes, Marielle is also great at educating her clientele on French meals, desserts and treats, and she offers the ingredients, recipes and cookbooks to further the desire for great food. Maison en Provence is the "go to" place for French items and interests, including music, perfume, body lotions, artwork, scarves, clothing, dishware, jewelry, cards, and the list goes on.

If you haven't been to Maison en Provence, you're missing something very special. And, for those of us who appreciate all that the store has to offer, let's continue to shop and benefit from all that Marielle and Pascal have done to bring more color, personality and character to Mission Hills. Happy 25th Anniversary!



Preschool (619) 296-2261 • Elementary School (619) 296-2222 (Lic.#376700655)

LIVE • LOVE • LEARN



Marielle and Pascal enjoying lunch on their porch at Maison en Provence.

Mission Hills Heritage to Nominate Inspiration Heights to National Register

By Barry Hager

Mission Hills Heritage has begun a project to nominate Inspiration Heights—one of the earliest subdivisions in Mission Hills—as a historic district for listing on the National Register of Historic Places. The long-anticipated step of bestowing historic district status on Inspiration Heights will help protect the irreplaceable architectural gems that line the streets of Inspiration Heights.

Captain Henry James Johnston, captain of the steamship Orizaba, purchased the land that later became known as Inspiration Heights in 1869, dubbing it Inspiration Point. His step-daughter, Sarah Johnston Cox Miller recorded the first tract map for the area in 1886 and built a Victorian home known as Villa Orizaba on the land, incorporating portions of the steamship Orizaba, then being scrapped. Her son, Harry L Miller, re-subdivided the land in 1909, renaming the land Inspiration Heights. Harry remodeled Villa Orizaba into the more fashionable Prairie style and moved it to face Orizaba Street. He also formed the Inspiration Heights Company, which graded roads and constructed sidewalks, then began marketing the lots in 1910. Over the next few decades the area filled with homes built in various styles, including Prairie, Arts & Crafts (Craftsman), Mission and Spanish Eclectic styles, Colonial Revival and, finally, post-World War II ranch style homes. Three remaining pyramidal pillars on Sunset Blvd. (out of five originally constructed) still mark the entrance to Inspiration Heights.

The City of San Diego has previously mapped approximately ten potential historic districts in Mission Hills for eventual designation, including Inspiration Heights. About ten years ago, a group of Inspiration Heights neighbors, with assistance from Mission Hills Heritage, began the process to designate the area as a local San Diego historic district. However, the process stalled and the City's processing of historic districts in Mission Hills and all of Uptown is now on hold indefinitely while the City focuses on processing historic districts in other planning areas. Designating Inspiration Heights as a historic district at the national level will ultimately ease the path for designation on the local San Diego register. Once designated at the national level, the City of San Diego's guidelines would automatically qualify the district for local designation.

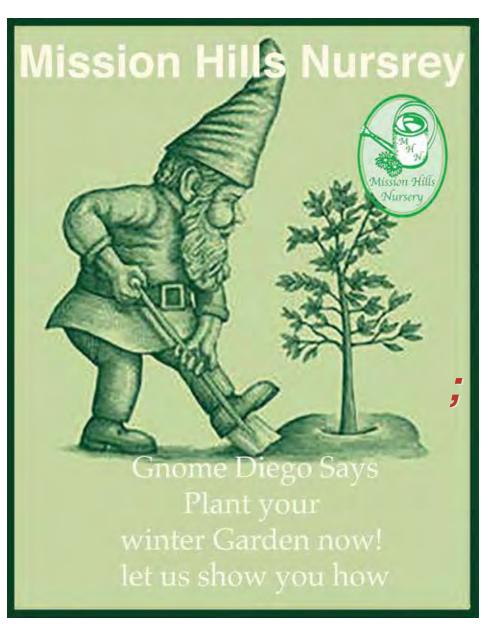
Mission Hills Heritage recently fired Architectural Resources Group, a qualified historic consultant based in Los Angeles, to prepare the nomination package and guide the process with the California Office of Historic Preservation (OHP), which processes nominations to the National Register. The project will be overseen by MHH board member and Inspiration Heights resident, Kirk Burgamy. We hope to have the nomination submitted to the



The pillars on Sunset Blvd. have announced the entrance to Inspiration Heights for over 100 years.

OHP by early-to-mid 2021 and to have a hearing and decision before the end of 2021.

Please help us pay for the cost of the consultant and other expenses involved in this process by making a donation to Mission Hills Heritage. Donations can be made at our website, www.MissionHillsHeritage.org. We look forward to bringing the Inspiration Heights Historic District to fruition!





Completion of One Paseo in San Diego



The craftsman-style buildings feature primarily wood frame construction, intricate details and various finish materials to create a community-oriented environment.

Ware Malcomb, an awardwinning international design firm, announced that construction is complete on One Paseo, located on the southwest corner of Del Mar Heights Road and El Camino Real in San Diego. Ware Malcomb provided master planning and architectural design services for the retail project component.

One Paseo is a mixed-use masterplanned project incorporating office, residential and retail space. In addition to providing master planning services for the project, Ware Malcomb designed the 12 single-story restaurant and high-end retail buildings totaling approximately 96,000 square feet located within the new development. The craftsmanstyle buildings feature primarily wood frame construction, intricate

details and various finish materials to create a community-oriented environment. The neutral color palette for the buildings allows the merchandise and tenants to be the focal point. Ware Malcomb has completed additional tenant improvement projects within One Paseo including The Butchery, and Color Counter, as well as Architect of Record services for Pigment and Alcheme.

Additional amenities incorporated within the retail landscape design include a children's play area with a climbing art log, a relaxing fire pit area, community workout area and a lawn area for events adjacent to the residences and offices. The restaurants in One Paseo feature a mix of first-to-market locations like Blue Bottle and locally owned Parakeet Cafe with outdoor dining and plazas.

Ware Malcomb also designed a three-level parking structure accommodating 548 parking stalls with a top-level shade structure.

"We are proud to be part of this dynamic, mixed-use project in Del Mar Heights. One Paseo is already a sought-after destination within the vibrant San Diego market," said Tiffany English, principal of Ware Malcomb's San Diego offices. "Every aspect of this project was thoughtfully designed to create a walkable community that incorporates the best aspects of living, working and playing at One Paseo."

The developer for the project was Kilroy Realty and the general contractor was Bycor Construction.





San Diego Blood Bank **Donations Needed**

All blood types are needed and people who have never donated before are encouraged to donate.

To make an appointment, visit www.sandiegobloodbank.org/GiveLife or call (619) 400-8251

Happy New Year from Presidio Sentinel! Put Your Listing in Front of 35,000 Potential Customers For more Information: Call (619) 296-8731 **Show Your Advertising Here!**

SENTINEL

Patty Ducey-Brooks Publisher

Phyllis E. Zawacki Creative/Art Director

Phyllis E. Zawacki Graphic Designer

Contributing Writers

Jim Bates **Blake Beckcom Mission Hill BID Rick Brooks Melody Brown** Ian Campbell

Richard Cone Cath DeStefano **Violet Green Barry Hager Ilene Hubbs David Kamatoy** Philip C. Lee **Alice Lowe** Aubree Lynn **George Mitrovich Fausto Palafox David Rottenberg Anne Sack Barbara Strona**

The Presidio Sentinel is a monthly publication that is distributed by the first of each month to households in Mission Hills, Bankers Hill points in Mission Hills, Bankers Hill, Point Loma, Old Town, Little Italy, Downtown, Hillcrest, Kensington, University Heights, Mission Valley and Linda Vista

Charlotte Tenney

Laura Walcher

The publisher assumes no responsibility for any unsolicited materials. All manuscripts, photographs and artwork become the possession of The Presidio Sentinel

All rights are reserved. Reproduction of this publication in whole or in part without express written consent of the publisher is prohibited.

Subscription rate is \$25 per year. Send checks, all letters, editorial, press releases and calendar of events to the following.

Presidio Sentinel

325 W. Washington Steet, Suite 2-181, San Diego, California 92103

For more information or space reservation, call

office: 619.296.8731 fax: 619.295.1138 email: ppsentinel@aol.com site: presidiosentinel.com

©A Publication of Presidio Communications

In 2021, Consider a Virtual Training Class for Your Dog (or Cat!)

By Juliette Nash, Community Training Coordinator, San Diego Humane Society

Whether you've just adopted a puppy during the pandemic or you're a longtime pet owner, positive reinforcement-based behavioral training is key to a happy, healthy human-animal relationship, especially while everyone is spending more time at home. But with most traditional in-person training classes on hold in order to prevent the spread of COVID-19, you may feel your options are limited. That is not the case, though — and trainers at San Diego Humane Society (SDHS) have moved many of their training classes online. They have found online training classes, conducted via Zoom or other video chat platforms, can bring tremendous results to pets and families alike.

Training, when done right, is about more than just preventing accidents in the house or keeping your pet from chewing on the furniture. Positive reinforcement training, which focuses on rewarding good behavior with toys, treats and positive attention while ignoring undesirable behaviors, has many benefits. These include better communication, mental stimulation for your pet, and involving everyone in the house, all of which strengthens your bond with your furry friend, leading to better behavior. Plus, it's just more fun for everyone.

Multiple scientific studies over the past two decades have demonstrated that dogs trained using positive reinforcement methods show higher levels of obedience; are less likely to show aggression or fear; learn new skills more quickly; and are more interactive with their owners. Positive reinforcement training isn't just good for dogs, either — you can even use the same methods to train cats in behaviors like using a scratching post, using the litter box, walking on a leash or even doing tricks!

If the pandemic has brought a new animal companion into your life, it's important to start training right away. Don't worry if you can't attend a traditional, in-person training class. All-online virtual training classes, whether in small groups or one-on-one, are an excellent way to train your dog or cat right at home in their usual environment, with fewer distractions and they're incredibly affordable.

January is National Dog Training Month, which makes now the perfect time to take advantage of the many free and low-cost training resources available through SDHS. The certified Behavior & Training Team at SDHS offers



Puppies and mature dogs (and cats) can benefit from training programs.

more than 50 different classes year-round, and most are currently available online. In addition to basic behaviors, addressed in classes like our popular Marvelous Manners course, SDHS offers specialty classes that address different aspects of high arousal behavior in dogs (Shy Dog, Fabulous Focus for Impulse Control, Reactive Rover and Feisty Fido), enrichment-based classes such as nose work and living room friendly dog sports — and of course, several classes for cats.

To learn more, visit sdhumane.org.

P.O. BOX 370271 San Diego, CA 92137

Charlie Lumpkins Dog Care

"After you, your dog's best friend."

(619) 252-8176



Dog Walking, Park Trips, In Home Boarding Services Licensed - References

VCA Hillcrest Animal Hospital Full Service Veterinary Hospital



- Internal Medicine
- Surgery & Dentistry
 - Radiology
 - Dermatology
 - Vaccinations

For New Clients

grooming, pet food and prescription and non—prescription drugs Expires 01.31.2021

Not to be combined with any other offer. Not good for boarding, bathing,

Professional Grooming FREE Drop Off Service Direct access to over 200 Specialists **Pet Foods-Premium & Prescription Diets**

246 West Washington St. 619-299-7387

Boarding (VCA Airport Pet Resort)



Animal Hospitals Expert care. With a passion.

Craig Kinshella, DVM • Koral Solorzano, DVM

help us find a home



Harley and Marley are an adorable senior duo looking for a home where they can spend their golden years **bathed in love.** Harley is particularly cuddly and always up for affection, with a calm and gentle temperament. Marley can be a bit more independent, though regularly he will seek out

Marley also enjoys climbing and playing and likes to explore new places and things, especially if there's food involved. (Harley is happy to watch from the comfort of your lap.) Both of these handsome gents are getting on in years and will need to be taken to the vet frequently to make sure that they are happy and healthy, as they do have a few age-related medical issues that will need ongoing care.

To schedule an appointment, please visit sdhumane.org.

Pablo is a precious potbelly pig who loves belly rubs (once he knows you) and is a smart fella who recently learned how to sit. Pablo has lived with other pigs, and though he is shy at first, he will warm up with time and patience.

Pablo currently resides at Escondido Campus of the San Diego Humane Society, located at 3450 E. Valley Parkway in Escondido.

For more information, call (619) 299-7012 or visit www.sdhumane.org.



SPCA

How "Old" Did You Say You Are?

By Blake Beckcom



Blake & Gwen Beckcom

Every day in my career, I help individuals set health and wellness goals that will help them as they age not only for the short-term but also for the long-term. Individuals that are transitioning into different stages of life; starting their careers in their 20s, parents raising their kid's through elementary and high school, to others that into their retirement years staying active. No matter what phase in life, many individuals I interact with have a common themed

question of "How do I stay young?" or "How do I age gracefully?" or "How do I avoid the diseases my parents had?"

These are very challenging questions to answer. Every day we are bombarded with advertisements for the next best solutions to make you feel great, look even better, and live a healthier life. With so much information out there, what are common ideas that we can utilize consistently for the long-term with our overall wellbeing? I asked one of my clients who is having success with these areas of life these questions to gain insight and knowledge. Here's his collective wisdom that I wanted to pass on to you.

"Not giving up" is a saying he always tells me. He is in his mid 70s has great overall health, solid balance, strong all around, happy, and confidently independent. He told me his story of how he began his journey and how he got to where he is. Unlike most individuals, he didn't start his health and wellness journey until he was in his 60s because of life circumstances and exercise wasn't as popular as it is now.

Wanting to lose a few pounds so he reached out for support and started a regular exercise routine. He was able to learn how a healthy lifestyle was able to offer him positive benefits in a variety of areas of his life. Dropping the weight around the midsection reduced his risk of cardiovascular disease, a variety of cancers, and metabolic diseases. He went from having issues with balance just standing to the ability to complete a squat standing on a BOSU ball.

Learning how to eat smart and correctly was just a process just like anything else. It took some time and effort to make it apart of my routine but he said that it has changed his life. I feel happy because of the exercise and I like the results because I feel the difference. "I don't feel my age. I talk to people and they think I'm much younger than I am. I attribute it to my hard work and dedication to this healthy lifestyle."

He always tells me that he really enjoys his time spent exercising. If we

all find positive health behaviors that we enjoy, we will have longevity with our health and wellbeing. It has been proven that individuals that are able to find activities that they like, have much more success than others with consistency. Find something you like to do fitness wise and keep at it.

An insight I have gained from him is that growing older doesn't mean that you have to fit into a specific norm of slowing down or retiring from what you like to do. Having confidence that physically and mentally you can be stronger next year than you were the previous year is a true reality. It just takes some commitment with eating the right types of food, exercising regularly, coping with stress, and getting enough rest.

No matter what your age, taking a risk of putting your health as a priority may allow you to have success now and in the years to come. Next time you look in your mirror ask the face gazing back at you, "How old did you say you are?" and "How old do you say you feel?"

The key to more energy and feeling younger is found in the fountain of exercise and nutrition, regardless of that DOB on your driver license. Find something you like to do fitness wise and keep at it.

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



Exercise and nutrition are effective in maintaining health and energy.

Hedging Your Investment Bets

By Rick Brooks



The Wall Street consensus is that 2021 should be a pretty good year. With the vaccine rollout under way, the expectation is that consumers will begin to feel more comfortable doing things they've put off over the past few months. Travel, entertainment, dining out and other activities should see a boom as consumers return. When combined with low interest rates, improving global trade and a veritable ocean of government COVID relief spending, the conditions are set for more broad-based improvement in economic activity. That's the base case forecast, and I think the odds are pretty good that we'll see

something like that.

Looking back at December 2019, things were also looking pretty good for 2020. The trade war with China was on a low simmer compared to the high boil of late 2018. Unemployment had hit record lows. Interest rates were relatively low and consumer and business optimism were fairly strong. Even global trade was looking up.

If someone had told me there would be a global pandemic, the global economy would effectively shut down for the better part of three months, more Americans would die in 2019 from the pandemic than all combat deaths in World War II and the stock market would hit record highs in the middle of it all, I'd have questioned his or her sanity. But that's where we are today, and it illustrates one of the challenges with forecasting. What we think we know isn't always correct, and what we don't know can have a big impact.

And even if you get some things right, people and investors may not react the way you would expect. When you're investing (or forecasting for any other activity), you need to consider what you may have gotten wrong in your analysis. What are the downside (or upside) risks to your forecast, and what would you do differently if those things happen?

Thinking about 2021, there are several downside risks to Wall Street's base case expectations. Vaccine delivery could go a lot slower than planned. The virus could mutate further, making the vaccines less effective. Consumers,

fearing additional outbreaks, could be slower to 'come back' than expected. Global trade could suffer as other countries experience outbreaks or are slow to roll out vaccination programs.

Or something completely different could happen. In late 2019, few people expected a global pandemic to break out. It's possible another event could come out of nowhere to disrupt the economy in 2021.

Investors generally deal with this kind of uncertainty by diversifying their portfolios. Unless you are required to keep all of your assets in a certain kind of investment (like a foreign stock mutual fund), diversifying is a good way to hedge your bets and prepare for the known and unknown risks.

Sure, you can make a fortune riding a single stock like Amazon or Apple to riches. But if you get your analysis wrong and bet everything on a company like AOL, Yahoo! or Enron, it could go very differently. Diversifying your portfolio reduces your chances for glory and extreme wealth, but it also reduces your risk of disaster.

Looking at 2021, international stocks and smaller company stocks should benefit from stronger, broader economic activity and thus outperform the S&P 500 (mostly made up of larger companies). But if that growth does not materialize, then the S&P could still outperform. International stocks have underperformed U.S. stocks for much of the last decade, but the opposite was true in the decade before that. International stocks are a bargain compared to U.S. stocks, with more room to grow. Diversifying across different kinds of investments helps reduce the impact if one of your themes does not work out the way you thought it would.

Unless you have the luxury to wait twenty or thirty years to recover from a big loss, it makes sense to spread your portfolio around to diversify your risks. Figuring out the mix that works for you is the key to successful investing under any conditions, good or bad.

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

Bill Toone and the Monarch Butterfly

By Barbara Strona



Bill Toone spoke via Zoom to the Garden Club in November. While earning a master's degree in biology from University of California, Toone began studying the California condors.

He was hired by Zoological Society of San Diego and became part of the federally mandated California Condor

Recovery Team. His attention was diverted to butterflies when he fell in love with a zoo worker who was more interested in butterflies than she was in Toone. Although he continued his work to bring the California Condor back from near extinction, Toone did become genuinely interested in butterflies, particularly the monarch, and won the woman who became his wife.

The monarch butterfly is the only insect on Earth that migrates. Toone spoke mainly about the eastern monarch butterfly, which migrates annually to the oyamel fir forest in a trans-volcanic mountain range two miles above sea level in the Mexican state of Michoacan. There it overwinters from late October to mid-March.

Toone told us that a biologist and his wife, Fred and Nora Urquhart, actually discovered the migratory habit of the monarch. As a child, Fred followed monarchs, which disappeared at the end of summer. When he became an adult, he was still fascinated by what happened to those butterflies. He could trace them only to the United States border. Fred developed a method of tagging the monarch.



Monarchs overwintering. Photo provided by Roy Toft.

He removed the butterfly's scales (which help the butterfly escape its predator since these scales come off easily allowing the butterfly to escape) and glued a tag to the wing's edge and the clear window portion of its wing. To keep track of them he enlisted the help of hippie communes, Rotary clubs, boy and girl scouts to notify him if a tagged butterfly were found. The trail ended at the Texas-Mexico border. Nora managed to get a

radio broadcast of the story of the missing end of the butterflies' trail with a plea for learning their final destination in Mexico.

A Purépecha woman heard the broadcast and told her boyfriend about some butterflies that spent winters from late October until the spring solstice, roosting in the trees of the nearby forest where the villagers got wood for cooking and warming their homes. She told him they believed that since

the majority arrived around el Día de los Muertos, the butterflies represented the return of the souls of lost children and loved ones. The boyfriend contacted Fred.

By this time Fred was suffering from heart trouble. Nevertheless, he traveled ten to eleven thousand feet above sea level to this forest where he probably saw 800 tons of butterflies roosting in trees. Gathering a bunch of dead butterflies with his walking stick, he began to sort through them. He was thrilled to find one of his tags on the wing of a butterfly. Fred had found the monarchs' over-winter location, which, for some of them, was 3000 miles from their summer National Geographic Magazine put the indigenous woman on the cover.

The oyamel fir spends the summer in the sun. Somehow the trees and butterflies have formed a symbiotic relationship. The trees' stored warmth attracts the butterflies. This generation of butterflies is known as the Methuselah generation; instead of living four to six weeks, these live nine months. During the winter they conserve energy by being sexually senescent. Spring reignites their hormones. As if physically attached to each other, they take off with a roar, their wings resembling the sound of a heavy downpour. They seek liquids: water and nectar. Then they wait until the spring solstice when they mate. Soon after, they

It will take three generations of butterflies to complete the journey north. The Methuselahs, like all monarchs, lay their eggs only on milkweed plants. These plants produce a toxin, a cardio glycoside. From as far as three miles away, the monarch can detect which plant has the most stringent poison. There she lays her eggs, the size of the head of a pin. The larvae, which will hatch from these eggs, eat nothing but milkweed. Each caterpillar is able to sequester the poison so by the time it has gone through its five different larva stages, a chrysalis, and finally has become a butterfly, it will harbor that poison and have brilliant black and red wing colors announcing its poisonous being. The larvae, according to Toone, are only a mouth, stomach, and anus. They eat their way out of the shell, eat the shell, eat the skins they shed, and devour milkweed leaves and their poison.

Sadly, the only place these eastern monarchs overwinter is threatened. The people of the village are poor. To feed their families and keep warm, they use three stone fireplaces, which are

EcoGardenersLandscape Construction tigerpalafox@gmail.com
858 277-1100

GARDENERS

► Continued on page 12

PresidioSentinel.com



Focused on a Bright Future

By Dixie Hall, President Mission Hills BID and Dixie Pops Owner



Happy New Year! I think it is safe to say we are all hoping and expecting that 2021 will be a far better year without the chaos of 2020. While life as we knew it is forever changed, 2021 brings the opportunity to build upon many of the positive changes we experienced, such as more time with family, a less frenetic lifestyle and an enjoyment of the simpler things which are often ignored when we are too busy to notice.

More than ever, family traditions are important when trying to bring normality into our not so normal lives

this year. When I was a child growing up in a military family, we moved according to where the Air Force needed my father. But no matter where we were, my mother made sure to continue our family holiday traditions. One of which was her gooey and delicious homemade cinnamon rolls.

She would get up at 5:30 in the morning to make them so they would be ready when we woke up. I continue the tradition for my family, but with a twist: I do not get up at 5:30 in the morning. I love my daughters but I also love my sleep. Our cinnamon rolls are now a mid-morning snack to be enjoyed after the Christmas gifts have been opened.

As the newly elected president of the Mission Hills Business Improvement District (BID) I look forward to the work ahead as we regroup and rebuild small businesses in Mission Hills. Joining me on this year's board of directors are Vice President, J Daniel Geddis of Team D&B at One Mission Realty; Secretary Rocky Rockhill of Coldwell Banker West; Treasurer Sarah Church Mattia of Pizza e Birra; Audrey Patterson of Patterson Engineering, Inc; and Jesse Zmuda of Backbone Floral and Vintage. What a hardworking and fun group of Mission Hills' business owners.

Unsure of what the COVID mandates have in store, the BID is planning its annual, strategic planning workshop for January 20. Whether in-person wearing masks and social distancing, or by video conferencing, we will

gather to plan how we may best enhance the growth and improvement of Mission Hills businesses, create partnerships between business and property owners which promote economic revitalization and combat deterioration through our work in the Maintenance Assessment District and in the community served by the Mission Hills Business Improvement District; and also administer business and property owner assessment districts under contract with the City of San Diego, all of which are provided for by one or more ordinances of the City of San Diego.

The BID's budget ad hoc committee met in December and the outcome of its efforts will receive more attention on the 20th. The collective work of our BID's board of business owners has never before been so challenging. The necessary COVID mandates have curtailed our longstanding fundraising events. We are thankful to those who have renewed their banner installations, and to others who have generously donated because they support the work we do. If you are able to make a monetary donation to the Mission Hills Business Improvement District, please email us at MissionHillsBID@gmail.com for more details.

You may find it interesting to know the Mission Hills BID is a 501 c 6 non-profit organization. Its membership includes those persons, corporations and other associations holding business tax certificates, which pay business improvement district charges assessed by the City of San Diego, within the boundaries of the Mission Hills Business Improvement District. All such members have the right to vote on all matters requiring a vote of the membership. All may seek to be on the Mission Hills BID board of directors and on a working committee.

We welcome your participation. Thanks for reading this monthly column. Please share it with a friend. For questions, comments and suggestions please contact Susan McNeil Schreyer, executive director, at MissionHillsBID@gmail.com. Wishing you and yours a happy, healthy and abundant 2021.

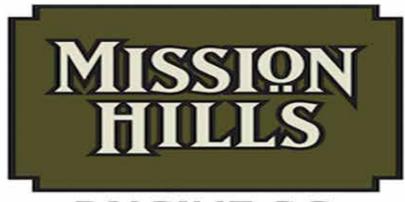












BUSINESS IMPROVEMENT DISTRICT



The newly elected Mission Hills BID board of directors are preparing for their annual, strategic planning workshop.

Happy New Year from Presidio Sentinel!
Put Your Listing in Front of 35,000 Potential Customers
For more Information: Call (619) 296-8731
Show Your Advertising Here!

Kids Fashion Week So Cal Launches Successful Toy Drive

By Stylishly Aubree Lynn

The year of 2020 started out with high hopes for Kids Fashion Week So-Cal. However, after CV-19 hit, our plans to pursue this year's events were put on hold. Though our parent company in the District of Columbia (DC) landed a very successful virtual show, So-Cal just couldn't launch, so we pivoted.

I was asked by the DC team if there was something I could do here in San Diego to be a part of a holiday promotion. Consequently, I had just recently met Lemon Grove City Councilmember Liana LeBaron on her campaign trail and decided to ask her if she wanted to join efforts with a toy drive. She connected me with Lemon Grove Parents United to do a toy drive for the residents of Lemon Grove.

Within a week we reached out to the community and placed toy drive boxes into 12 small Lemon Grove businesses. All of those who participated were able to drive traffic to their local small businesses and help families in need. This continued for two weeks as we were successful at getting articles in the East County Californian, East County Magazine, the Union Tribune, on the Lemon Grove City website, and through various social media outlets. We were very successful at collecting 200 toys within the 12 businesses. Then we held our toy drive day with KUSI very graciously doing a segment. With the assist from the community, including firefighters, we collected over 300 more toys in two-plus hours.

With one more week leading up to the toy drive giveaway for the residents of Lemon Grove, more toys kept flowing in. The final tally was a little over 600 toys were collected.

We were then able to work with a school district social worker who coordinated with seven schools to give them upward of 105 toys for kids in the area. To add to the effort, Santa Mark from The Fraternal Order of Real Bearded Santas (FORBS) generously donated his time to be at the giveaway to visit with the kids that were arriving to pick up toys.

With additional coverage from KUSI and their presence at the live event, the response was huge. A local videographer and photographer also offered their services to the toy drive to cover the event and provide additional video footage and photography. Additionally, about 20 volunteers joined the effort at Berry's Athletic Supply to distribute gifts to residents who arrived to receive Christmas gifts.

Obviously, the toy drive and giveaway was my "feel good" moment of 2020. It gave me such pleasure to get to know the business owners of my city, and to connect with neighbors and other residents from Lemon Grove. Together we were able to drive traffic to local businesses and



Photo includes (center, left to right) Aubree Lynn, and City Council Woman Liana LeBaron, and the Heartland Firefighters. Photo is courtesy of Tina Lynn.

raise a record number of toys for needy kids.

It was a joyous occasion to see the smiles on the kids and families faces as we passed out Frozen and Yoda toys, Razor scooters, and Tony Hawk skateboards, as well as gift cards, and sporting gear. As you might expect, the list of items was abundant, way beyond my expectations. That experience was the cure to heal my heart and spirit from the last ten months that had been so life changing.

As the director of Kids Fashion Week So-Cal, my goal for 2020 was a runway show in December. Though that dream was not possible, I truly lived the impossible and was rewarded by doing the imaginable. I was given the opportunity to bring a community together for a cause greater than themselves. Truly, what greater gift could I experience as director going into 2021?

Thank you to all of the following: Liana LeBaron for being a visionary; for the Lemon Grove Parents United who joined efforts with Kids Fashion Week Network; for the 12 small, Lemon Grove businesses; all the media, especially KUSI; Heartland Firefighters; Berry's Athletic Supply; Tina Stout; Jose Lopez; David at U-Haul; Dave; Santa Mark; and all the other volunteers and donors. We couldn't have done it without you.

To keep on the lookout for what's to come for Kids Fashion Week, visit www.kfwnetwork.com.



NO STAIN IS CREATED EQUAL!

This trio of stain removers are effective in removing the toughest of stains, such as coffee, grease, and ink. These products can also be used together to handle complex stains.

BREAKS THE MOLECULAR BOND® BETWEEN STAIN AND SURFACE

1-800-346-1633 www.liftoffinc.com









Mötsenböcker's Lift Off® is a registered trademark of Stoner, Inc. 1070 Robert Fulton Hwy. Quarryville, PA 17566

Unscripted Learning Presents "Falling" - A Virtual Play Reading

Unscripted Learning is pleased to present a virtual zoom play reading of "Falling" by Deanna Jent, available for streaming from Thursday, January 14 through Sunday, January 17. All proceeds will benefit Unscripted Learning, which is a San Diego nonprofit organization in partnership

Through its Connections program - Unscripted Learning uses the concepts of improvised theatre to teach social skills to kids and teens on the autism spectrum.

Deanna Jent's "Fallling"boldly dynamic explores the

with National Comedy Theatre. complicated reality of a family with an autistic young man. When a relative comes to visit, the entire family is thrown out of equilibrium, with everyone trying to balance what is best for the family and what is best for them. The play bravely speaks a truth about love and family

and about hopes and dreams. It asks, "How do you love someone who is difficult to love?"

"Falling" is directed by Jacole Kitchen (La Jolla Playhouse) with stage manager Kira Vine, "Falling" features Sylvia Enrique, Gary Kramer, Robert Malave, D. Candis Paule and Arielle Siler.

Gary Kramer, long time artistic director of National Comedy Theatre, executive director of Unscripted Learning and performer in "Falling" shared, "Like other San Diego theatre and educational organizations - the pandemic has led us all to pivot and seek ways to continue to connect to our students and audiences. Throughout 2020 - Unscripted Learning led our improvisation training to students on the autism spectrum via zoom - which has served as an important connection for all of us. Deanna Jent's "Falling" is a powerful and beautiful look at some of the realities of navigating autism as a family - and a story we look forward to sharing with our community."

Full price tickets are \$25 per household and support the educational work of Unscripted Learning. For tickets, visit https:// unscriptedlearning.org/product/ falling-a-play-reading/.









The cast of "Falling" includes Sylvia Enrique, Gary Kramer, Robert Malave, D. Candis Paule and Arielle Siler.

Bankers Hill Author Explores Living Artfully

We all have moments where we consider leaving the hustle and bustle of our daily routine and starting an entirely new life. Maybe it's selling seashells on the beach in Hawaii. Perhaps it's taking up painting in Provence. For San Diego author, Marilyn Woods and her husband Jack, it meant leaving behind careers in radio broadcasting, and restoring an old house nestled in an orange grove and creating a vineyard in Pauma Valley.

A lush and expansive exploration of vibrant and creative living, Woods' memoir, "The Orange Woods" has been likened to Frances Mayes' "Under the Tuscan Sun" in its honest human portraitures and richness of natural detail.

\$200 OFF any personal training package IT'S MY YEAR TO Prioritize my health

Fitness Together Mission Hills 619.794.0014

4019 Goldfinch,San Diego, CA 92103 Fitnesstogether.com/missionhills

©2020 Fitness Together Franchise Corporation. All rights reserved. Each FitnessTogether* studio is independently owned and operated. Individual exercise results may vary

"In writing this book, I wanted to preserve a romantic recounting of a couple's adventurous and no fear-farming endeavor, full of laughter, family, friends and often most welcome solitude," Woods says. "I wanted to share in a compelling story the love of harvests, art, sunsets, music, laughter, heartbreak and most importantly tales of the guy who inspired it all, Jack, the master storyteller."

Woods captures the California lifestyle with the pitch-perfect story of Jack's lifelong fascination with the Golden State. The author, originally a Texas girl, agrees to move to California, equally smitten with the golden state after her first visit.

On the brink of retirement, the couple saw a lone realtor working on New Year's Day and, on a lark, turned the steering wheel of their car to his office. He only had to show them one property because they immediately fell in love with the artistic beauty of a place they christened The Orange Woods.

"I hope readers will understand that art is everywhere," says Woods. "And see a little more clearly how a love and appreciation of art, whether street art or fine art, can inspire like it did our time in the country, tell fascinating stories of other times and cultures, comfort in loss, and with just a glimpse remind one of extraordinary memories. It does all of that and more for me even more so now that my book is written."

The memoir examines an enduring love story not only between Marilyn and Jack, but the people and they land they surround themselves with. Magical and intoxicating, this memoir is not to be missed.

► Continued on page 11



Craniosacral Therapy, & Nutritional Wellness | Health Solutions for San Diegans Since 1994 Basic Health | 3330 Fourth Avenue in Hillcrest | Phone: 619.948.8590

Bankers Hill Author Explores Living Artfully Continued from page 10

Synopsis

On the brink of middle age, Marilyn and Jack did a one-eighty, leaving their world of big city radio and broadcasting to take on a new adventure

with the purchase of a Southern California farm. As they stumble and succeed over the two decades that follow, they experience losses, failures, and stunning successes as they craft a life among orange groves, lavender fields, and vineyards in San Diego County. When the devastating, unexpected death of her husband leaves Marilyn alone with a shattered dream, she must reclaim the inspiration and courage that led them to their country life in order to find a new way forward. This story is a portrait of the grief, joy, courage, and hope of a life lived boldly, and an ode to the solace that can be found in nature and art. It is a story that will inspire readers to embark on quiet adventures of their own.

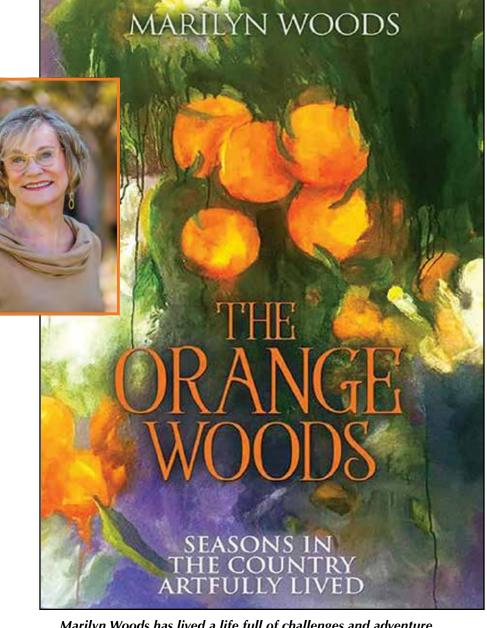
About the Author

Marilyn Woods is an artist, teacher, and matriarch of a family of fifteen. She holds degrees in journalism and psychology. Marilyn began her career as a broadcast journalist. After earning her BA in Journalism from Texas Technological University, she

and her husband became pioneers in radio syndication, which lead them to live in major cities around the country, including Los Angeles, New York, Washington, DC, and Dallas. Her life changed when the pair gave up big city life to purchase a small farm in Pauma Valley, California, population 980.

There, she and her husband planted a Provence lavender field, built a bocce ball court and a labyrinth of white stones, installed a vineyard, built a boutique winery, and learned to be vintners and farmers. As though this wasn't enough to keep her busy, Marilyn also became a docent at The San Diego Museum of Art through their rigorous two-year training program. Her life changed again with the unforeseen loss of her husband, which prompted Marilyn to return to city life to live alone for the very first time. This led her to a new chapter in her life, in which she focuses on art and writing in her wise and street-smart, contemporary and emotional voice.

Her love of California, nature, family, art and a big black dog named Steamer, populate her humorous, sometimes heart wrenching, portraits of an extraordinary life. "The Orange Woods" is available wherever books are sold.



Marilyn Woods has lived a life full of challenges and adventure, which she shares in her book,"The Orange Woods."



Safely Give Your Time and Money to Charities This New Year

By Brent Wakefield, President and CEO, Meals on Wheels San Diego County

This new year, charitable giving and volunteering will look a lot different, thanks to COVID-19. The need for volunteers and donations is greater than ever as millions more people than usual struggle amid the pandemic's economic disruption.

Unfortunately, many who usually volunteer may be unsure about doing so this year, given the risk of contracting coronavirus, and the fact that their usual volunteering traditions through school, houses of worship or other organizations might be disrupted. On top of that, scammers will emerge as they usually do this time of year to take advantage of well-meaning San Diegans.

So, what's a giving person to do? Thankfully, you can still safely give your time and money to charities this holiday season, as long as you keep the following tips in mind when donating to a cause or nonprofit organization:

- Do your research! There are a variety of online resources that provide free access to comprehensive reports about nonprofit organizations. Start by looking at the California Attorney General's Registry of Charitable Trusts (www.oag.ca.gov/charities), the Better Business Bureau's Wise Giving Alliance (www.give.org), Guidestar (www.guidestar.com) and Charity Navigator (www.charitynavigator.org).
- Ask questions. Real charities are able to tell you how they use their donations, what portion of your contribution will go directly to their services, and provide you with a 990 tax form. If they cannot give you this information, don't give them your money.
- Donate food and other items—but only give what charities ask for. Many charities, including shelters and food banks, have lists on their website of the types of clothing items, food, household goods, and other things they need for the people they serve.

If you are looking for new ways to volunteer this new year, here are some ideas:

- Find out how an organization you're interested in is taking COVID-19 precautions. Are they enforcing social distancing, mask-wearing and other precautions for in-person volunteers? The charity's volunteer directors should be able to tell you what safety measures are in place.
- Volunteer from home. Many organizations need virtual volunteers to tutor children, give language lessons to adults, and reach out to people in need, among many other tasks. This is a great way to give your time if you don't feel comfortable leaving your home.
- Check in on your neighbors. You don't have to volunteer with a specific organization to give back to your community. Check in on your neighbors, especially if they're elderly, disabled or immunocompromised. Offer to run errands for them or pick up their groceries, or even just lend a listening ear if you know they are lonely.
- Volunteer as a delivery driver. If you want to take "checking on your neighbors" up a notch, volunteer with an organization like Meals on Wheels San Diego County as a delivery driver. Meals on Wheels



Brent Wakefield is the president and CEO of Meals on Wheels San Diego County, a nonprofit organization that supports the independence and well-being of seniors in need by delivering them nutritious meals.

provides more than just home-cooked, nutritious meals: volunteers provide services like light home repairs and pet food delivery—and they're often the only person a client sees all day. This makes all the difference for seniors who are living alone and socially isolated.

This year, I hope that San Diegans with a giving spirit will consider giving time and money to help seniors in need, who need our help more than ever amid the coronavirus pandemic. Meals on Wheels San Diego County has seen an increase of nearly 50 percent in the number of older adults receiving home-delivered meals and other services since social distancing restrictions took effect. We need volunteers to meet this demand and to provide a critical link to more assistance for isolated seniors cut off from their family, friends and support systems.

No matter how you choose to give your time and money this holiday season, know that you can make a difference as long as you're smart about your donations and stay safe while you volunteer.

Bill Toone and the Monarch Butterfly > Continued from page 7

By Barbara Strona



Milkweed is shown going to seed. Photo provided by Linn Splane.

built on the floor of their homes. "Stick by stick," Toone says, they are losing their source of heat and the butterflies' winter homes. Of the seven billion people on planet earth, about 3.2 billion use these fires on the floors of their homes, The smoke, carbon, and tars stick to the ceilings and to people's lungs. Not only is this an inefficient way to

create heat, it causes more than 4.3 million people, mostly women and children, to die from cooking indoors. This is more than the total deaths from breast cancer, malaria, drinking dirty water, and AIDS according to the World Health Organization.

As Toone and his wife, Sunni, became aware of this problem, their focus broadened. They wanted to help the entire planet including humans. After 35 years with the Zoo, they founded ECOLIFE, a conservation group to do this. They built a stove that uses half as much wood as the three stone floor model, and which has a chimney letting fire's pollutants escape the house. It is so successful that, having introduced it to Uganda, home of mountain gorillas, doctors prescribe ECOLIFE stoves to treat coughs, runny eyes, and noses. This is saving much of the rainforests in Uganda and the oyamel firs of Michoacán for the butterflies and villagers.

Toone ended his talk with advice for us on the West Coast. Butterflies want the most toxic milkweed; only buy milkweed that has caterpillars on it. Thus, you know it has not been sprayed and will not poison the monarch larva. Our butterflies migrate east to the edge of the Rockies. Because the butterflies are supposed to migrate in the fall, cut your milkweed to the ground and keep it cut until spring. This will help remind them to go east to overwinter.

On January 28, Nancy Carter will speak about the Lost and Found Gardens of Balboa Park. Go to our website, MissionHillsGardenClub. org and RSVP to get the information for attending the virtual meeting.

Car Donation Brightens Holidays for Local Police Officer

Working on the frontlines during the pandemic is stressful enough without having to worry about how to get to your job. For Patrick Lauifi, a police officer with the Sycuan Tribal Reservation, getting to work will now be less challenging as he received an early holiday present – a newly restored car from Caliber Collision and Allstate.

The vehicle donation is part of Caliber's "Restoring You" community initiative to provide reliable transportation to first responders, medical and healthcare providers who are on the frontlines of the pandemic, caring for our communities nationwide.

Lauifi was presented keys to a 2015 Toyota 4Runner. Caliber technicians who volunteered their time and expertise as part of a national program in which Caliber teams up with industry partners to repair and donate vehicles refurbished the car, provided by Allstate. Since 2012, Caliber and its industry partners have donated over 500 vehicles through National Auto Body Council's Recycled Ride® program.

Lauifi has already spent thousands of dollars repairing a 16-year-old car that still requires more work to be drivable. He shares the family's only operating vehicle with his wife and teenage son. Without a car of his own, Lauifi, who works up to 60-80 hours a week, has often had to walk 10 miles to catch a shuttle to get to work.



Patrick Lauifi, a police officer with the Sycuan Tribal Reservation, received a special holiday present.

National Blood Donor Month Highlights Need for Donations



Receive a special-edition T-shirt - the second in a 3-part commemorative collection for blood donors (while supplies last).

San Diego Blood Bank (SDBB), the local blood bank serving San Diego County, is celebrating National Blood Donor Month throughout January by inviting eligible individuals to donate blood and convalescent plasma in 2021 with the goal of creating a robust supply that can meet local hospital patient needs.

National Blood Donor Month has been observed in January since 1970 with the goal of increasing blood and platelet donations during winter – one of the most difficult times of year to collect enough blood products to meet patient needs.

San Diego Blood Bank is currently antibody testing each blood donation as part of their regular testing panel to qualify donations for COVID-19 convalescent plasma. As this is not a diagnostic test, it will not detect active COVID-19 infections or recent exposure.

Additionally, anyone who donates at a San Diego Blood Bank donation location or mobile drive throughout the month of January will receive a special-edition T-shirt - the second in a 3-part commemorative collection for blood donors (while supplies last).

"On top of local demand for blood and convalescent plasma, we are also being called upon to help supply national surge centers with plasma as there is a huge spike in usage across the country," said Dr. David Wellis, San Diego Blood Bank CEO. "We need our community to come together and donate and there's no better time than National Blood Donor Month."

To be eligible to donate blood you must be at least 17 years old, weigh at least 114 pounds and be in general good health.

Appointments are required and available by visiting sandiegobloodbank.org or by calling (619) 400-8251.





Episcopal Community Services Names Interim CEO

Episcopal Community Services (ECS) has named Robert Jones as Interim CEO. The current CEO, Leslie Keller, will be retiring after 13 years in early January 2021. Jones brings with him more than 30 years of experience in human resources, executive coaching, recruiting, and training.

Throughout his career, Jones has held senior-level human resources positions with large and small companies. His experience ranges from Fortune 100 companies to startups in various industries, including food manufacturing, restaurants, and biotechnology. Jones served as Director of Human Resources for ECS from 2012 until his retirement in 2017.

"I am thrilled and honored to be able to continue serving ECS and its dedicated staff of people," said Jones. "Leslie Keller and her team have built a great organization with dedicated, committed people. I'm proud to help the Agency and Leslie with this transition."

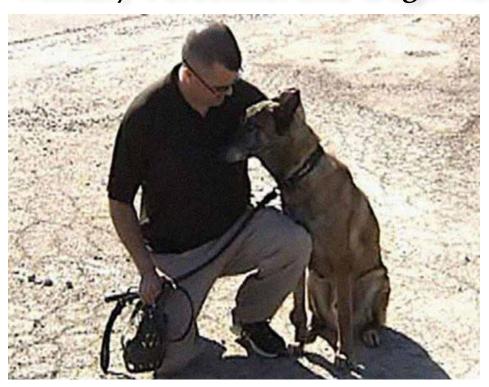
Keller noted, "I am delighted that Bob Jones will be on hand to guide ECS through the transition following my retirement. During the years I worked with Bob, I always valued his wisdom and experience. He is very familiar with the operations of the agency and will provide steady, professional leadership with his well-known equanimity and humor."

Jones received both a BA in Education and a Masters of Personnel Administration from Ball State University in Muncie, Indiana. He has served as a board member of San Diego Junior Achievement and has supported youth in a variety of ways throughout his career. Jones served on the board of the San Diego Rescue Mission for seven years; the last two as board president. He is an avid golfer and a closet bluegrass guitar picker. Jones and his wife, Susan, reside in Indian Wells, California.



Bob Jones has an extensive career in Fortune 100 companies and startups in various industries, including food manufacturing, restaurants, and biotechnology

Military Personnel and Dogs Need Our Support



Military personnel and their canine counterparts appreciate care packages from the United States.

Move America Forward (MAF) is constantly involved in providing care packages (food and supplies) to military troops serving in Iraq and Afghanistan. These care packages bring great joy and comfort to military personnel who are a world apart.

Recently MAF received a request from a K9 unit in Iraq who are dealing with intense heat and supply shortages that directly affect their K9 battle buddies. Black on supplies means packages that arrive at base are missing certain critically needed items. They need KONG toys, dog shampoo and healthy dog treats.

MAF personnel have learned from communications with the unit leader that they have at least a dozen specialized troops on the front lines who need support. Military K9 handlers and dogs are highly trained in specialized combat roles and are instrumental in sniffing out IEDs, bomb-making materials, patrolling, and standing guard. It's as dangerous for these K9s as it is for the soldiers, especially in the harsh environment of Afghanistan. IED's threaten the troops as well as the local Afghan civilians. Every bomb found by a K9 warrior means innocent lives are saved.

Here's a list of what the troops get when you sponsor a K9 care package: KONG chew toy, gourmet coffee, premium beef jerky, Girl Scout cookies, Oreo cookies, trail mix bags, Blue Diamond almonds and other mixed nuts, baby wipes, granola/protein bars, gum and mints, sunflower seeds, hot chocolate/cider, deodorant, toothpaste, toothbrushes, foot cream/powder, SPF ChapStick, SPF sunscreen, boot socks, magazines and books, playing cards, phone calling cards, hygiene packs, M&M's, Snickers, Skittles and other assorted treats, 5-hour ENERGY shots, headphones, eye drops, Tylenol/Advil, handwritten messages from school children and other supporters.

Move America Forward is a 501 (c) (3) charity. All contributions are tax deductible. For more information, call (916) 441-6197, or visit moveamericaforward.org.

33rd Annual Volunteer Awards Celebration Honors Meals on Wheels

For more than three decades, the North County Philanthropy Council (NCPC) has come together as a community of volunteers, philanthropists, business leaders, and nonprofit professionals to share their time, talent, and treasure at the annual Volunteer Awards Luncheon. Although 2020 looks much different than they had planned, the organizers were pleased to continue this annual tradition of honoring and recognizing Volunteers of the Year at their virtual Volunteer Awards Celebration this past year.

From working with community members in need and protecting the environment to providing support for seniors, volunteers prove that each have gifts to share, especially during these times. Together, they have magnified the spirit of philanthropy to make positive change for so many in the community.

During the first-ever virtual broadcast, 94 volunteers were recognized. Peggy Strand, a Point Loma resident and Meals on Wheels San Diego board chair, received the North County Philanthropy Council (NCPC) Volunteer of the Year Award.



Peggy Strand of Point Loma is honored at the 33rd Annual Volunteer Awards Celebration.

Karl Strauss and Modern Times Team Up for Beer

Karl Strauss Brewing Company is kicking off 2021 with the latest in their acclaimed collaboration series, an innovative IPA brewed with their friends at Modern Times Beer in San Diego. Mosaic Oasis will debut statewide on draft and in 16 ounce-four cans on January 14.

Times Modern is widely recognized as one the top IPA producers in the country and when the teams came together to work on a recipe, they were



Karl Strauss and Modern Times are joining efforts to create a new IPA.

with their experimentation through the inclusion of the newly released Talus hop varietal. Talus hops impart big aromas of pink grapefruit, dried roses, pine resin, tropical fruit, and sage, which makes it the perfect complement to the Mosaic hop's classic tropical and citrus notes. The result? A dark and citrusy San Diego-style IPA with a colorful mosaic of intoxicatingly fruity aromas.

inspired to push the envelope

"I was nerding out, I'm such a fan of Modern Times. When Tim suggested using Talus hops to add some pine-like flavors to complement the citrus notes from the Mosaic hops, I thought that's a great idea! That is really cool. You don't see those two flavor profiles combined often. It's what's fun about working with other breweries, the visions that they have and the experiences they bring," says Karl Strauss Brewmaster Paul Segura.

Modern Times was equally as excited to brew the beer, adding, "This is one of those standing on the shoulders of giants moments, being able to collaborate and make something unique with Karl Strauss," said Tim Kamolz, Modern Times director of Brewing Operations.

Collaboration long in the making, it is the perfect way to kick off a year that will see four unique beer releases from Karl Strauss, brewed with some of the most well-known and beloved breweries in the nation.

For more information about this indie beer collaboration, visit www.karlstrauss.com or call the brewery at (858) 273-2739.

Service Section

A.W.W.LLC

Professional Cleaning Service

Commercial & Residential Cleaning

Specializing in: Strip Wax, Tile, Vinyl,

Carpet & High Speed Buffering Free Estimates

We will match any price!

760-500-9784



2270 JUAN STREET SAN DIEGO, CA.92103-1150

(619) 297-7114



SHUTTERS SOLAR SHADES CELL SHADES WOVEN SHADES

FREE ESTIMATE 858.271.6252 **BudgetBlinds.com**

Contractors License #913327 BBB Accredited Business A+

& resouces to create your patio, balcony and roof garden Mission Hills Nursery Serving San Diego since 1910 (619) 295-2808 1528 Ft. Stockton Drive in Mission Hills www.missionhillsnursery.com

LANDSCAPING DESIGN

We have the talent

Put Your Name In Front of 35,000 **Potential Customers!**

Real Estate

La Jolla



8441 Whale Watch Way

5 bedroom, 6.5 bath. Over a 1/2 acre of unobstructed ocean views from the top of La Jolla Shores and over 8,000 square feet! One of the best views in town!

Mission Hills



4267 Trias Street

4 bedroom, 3.5 bath meticulously maintained. Some ocean and bay views on a quiet street. See more details at www.SDHomePro.com.

Mission Hills



1625 Plumosa Way

OFF Market Sale. Mills Act, private estate. See more details at www. SDHomePro.com.

Downtown-San Diego



\$5,199.000

100 Harbor Dr. Unit 3803

38th Floor Penthouse at the Harbor Club. 4,170 square feet. 3 bedrooms, 5 baths and 5 parking spaces. See more details at www.SDHomePro.com



SCHNEEWEISS PROPERTIES Jonathan Schneeweiss, J.D., LL.M, Broker/President BRE # 01378508 • 619-279-3333

2017, 2018 & 2020

Top 5% in sales by volume for San Diego County



KRIS GOMEZ BROKER/OWNER (858) 442-5742 DRE #01241572

SCOTT == & QUINN =

Real Estate

1111 Fort Stockton Drive San Diego, CA 92103

> www.SQRE.com (619) 296-9511



BRIAN YAW BROKER ASSOCIATE (619) 962-4663 DRE #01302442



CELESTE WILLIAMS REALTOR* (619) 405-7575 DRE #00897028



KEVIN CASTRO REALTOR* (619) 818-1734 DRE #01803821



JAMES HARDY REALTOR* (619) 204-9511 DRE #01076819



JIM SCOTT BROKER ASSOCIATE (619) 920-9511 DRE #00830226



JEFF PLESSER REALTOR* (619) 261-5670 DRE #02096049



REALTOR* (619) 519-3251 DRE #01504924



REALTOR* (619) 818-5566 DRE #00583530



VICTOR ZUNIGA REALTOR* (619) 851-1078 DRE #01874007



2750 4th Avenue New 2 - 4 BR luxury units, 1608 - 3402 est. sf Offered at \$1,435,000 - \$3,530,000 James Hardy



230 W Laurel #304 3 BR/2 BA, 2053 sf per Assessor \$830,000 Lisa Mortensen



230 W Laurel #1004 3 BR/2.5 BA, 3045 sf per Assessor \$2,000,000 Lisa Mortensen



2057-2059 Felspar Street 2 Units, 1 BR and 2BR, 2125 sf per Assessor Offered at \$849,000 Jim Scott



4080 Front Street #307 2 BR/2 BA, 1099 sf per Assessor Offered at \$590,000 Brian Yaw



1430 Fort Stockton Drive 2 BR/1 BA, 1168 sf per Assessor \$995,000 / Represented Buyer Brian Yaw



3911 Harney Street 1800 sf per Assessor, Commercial Zoned Offered at \$1,100,000 James Hardy



1804 McKee #B10
2+ BR/2 BA, 1382 sf per Assessor
Offered at \$640,000
Krista Lombardi



1504 Reed Avenue Three units, steps to Sail Bay Offered at \$1,890,000 Brian Yaw



3812 Park Boulevard #204 1 BR/2 BA, 1130 sf per Assessor Offered at \$490,000 Brian Yaw



4572 Kansas Street #4
3 BR/2.5 BA, 1069 sf per Assessor
\$575,000 / Represented Buyer
Pascale Mercier/Scripps Ranch Office



1270 Cleveland Street #A232 2 BR/2 BA, 949 sf per Assessor Offered at \$539,000 Pascale Mercier/Scripps Ranch Office

Locally owned and operated. Proudly serving Mission Hills since 1982.