

PRESIDIO SENTINEL

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Serving the Heart of San Diego

November | 2022

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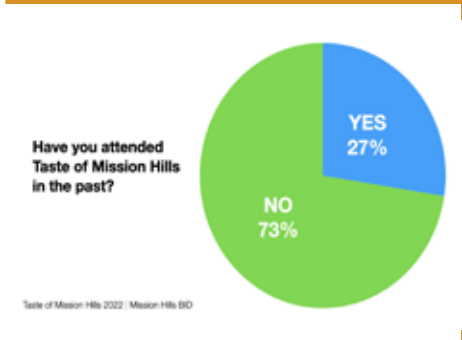
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City Officials Seem Committed to Destroy San Diego's Character

By Patty Ducey-Brooks



Over the last several months, I have had the opportunity to hear and read comments from hundreds of individuals and groups opposed to Measure C. Yet still our elected officials continue to state that it's good for San Diego and uses propaganda paid by investors and developers communicating that this is being done for families and residents of San Diego.

According to those opposed to Measure C, this is a Goliath versus David in San Diego's 2022 election. That's why a rally was held this past month near SeaWorld to communicate the reality of the impacts of Measure C, which allows for raising the 50-year coastal and inland communities' height limits and adding density far beyond its capacity.

On hand for the rally were Lisa Ross of the Sierra Club; Phil Halpern, retired federal prosecutor; Jim La Mattery, Raise the Balloon; John McNab, Save Our Access; Linda Lukacs, City Council District 2 Candidate; Tommy Hough, City Council District 6 Candidate; Mandy Havlik, Point Loma activist; Frank Gormlie and Geoff Page, Keep the Coast 30; and Margaret Virissimo, Peninsula Communities activist, as well as representatives of Save San Diego's Character, with over 5,000 members strong.

As a founder of Save San Diego's Character, which is opposed to Measure C, we share the concerns of those listed above because we have also seriously reviewed the impacts of what will take place if Measure C is approved. Basically, it gives investors and developers carte blanche to do as they please without any responsibility to the public at large and the environmental impacts.

To offer a valuable perspective, here's a statement by John Ziebarth, a Point Loma resident, architect, and planner, on Measure C:

"I have volunteered thousands of hours over 28 years to assist the City of San Diego in developing zoning and community plans that balances the needs of the community with the goals of development. I have been involved in over 200,000 square foot of

redevelopment in the Midway/ Sports Arena area and I believe that the height restriction in the Midway-Pacific Highway Community Planning area needs to be raised above 30' to promote revitalization of the area as envisioned in the community plan. But I can't support Measure C without a height cap that the public can trust. No loopholes. The City Council and the Mayor have an obligation to be open and transparent with the voting public about the environmental impacts that could be created with Measure C. It is not sufficient to simply say that the Council approved the PEIR (Program Environmental Impact Report) and SEIR (Supplemental Environmental Impact Report) without identifying for a lay person the significant unavoidable environmental impacts that the council has accepted. What are the additional unanalyzed environmental impacts that are associated with the proposed increased height and density if Measure C passes?

"At the council hearing on the SEIR in July where Councilmember Campbell said that we misunderstood and that the height for the Sports Arena Redevelopment would be 65' per the underlying zoning if Measure C passes.

"Based on my experience and knowledge of the zoning code and the City Council selection of Midway Rising's 84-100' proposed development, it was not a case of us misunderstanding, but of her misrepresenting.

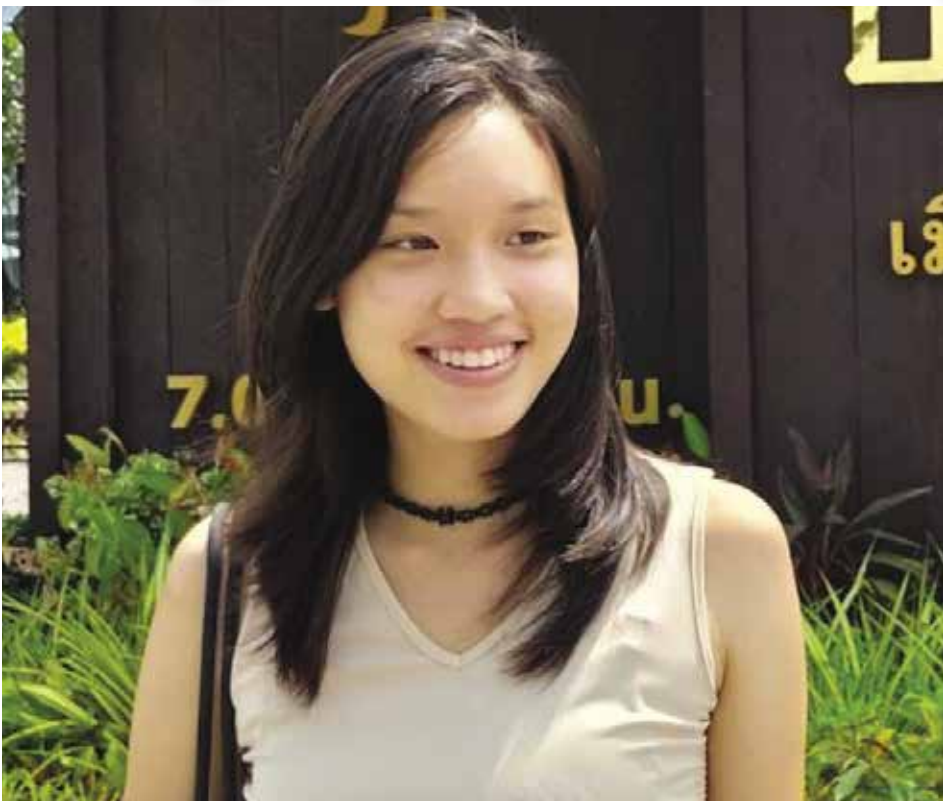
"In a response to my comments to the SEIR, the city acknowledged that the SEIR only analyzed the base zoning height of 65' and not the height of Midway Rising or the Complete Communities Housing Solution loophole. Unfortunately, the loophole created by the Complete Communities Housing Solution is citywide and Sports Arena is simply a starting point."

What Ziebarth has offered is extremely relevant. We are facing a total change in the overall makeup of San Diego if Measure C is approved. It will set precedence to be used to forever alter San Diego's skyline and density...and at what cost and benefit.

It's another Ash Street debacle.

PLEASE VOTE NO ON MEASURE C

San Diego Teen Among 2022 International Young Eco-Hero Award Winners



Jessica Ong is considered a very resourceful teenager who has taken action to improve the lives of others.

Jessica Ong, a 16-year-old from San Diego, California, is one of sixteen young environmental activists from across the globe to receive a 2022 International Young Eco-Hero Award, announced Action For Nature today. This award honors eco-conscious youth ages eight to 16 who are taking crucial steps to solve tough environmental problems.

Winners of the International Young Eco-Hero Award are selected by a

panel of independent judges, including experts in environmental science, biology, and education. Since 2003, Action For Nature has recognized more than 341 Eco-Heroes from over 31 countries and 26 U.S. states.

Jessica won third place in the 13 to 16-year-old category for her project, "Toys2Care."

The concept of throwing things away was foreign to Jessica Ong before she moved from Thailand to the United States. She was shocked to see the extreme amounts of waste produced in the United States, and when she found out that 80 percent of usable toys end up in landfills after only 6 months of use, she took action. In December 2020, Jessica founded Toys2Care, which helps to relocate toys from privileged communities to those in need. She has now helped 100,000 families living in San Diego who were unable to provide gifts for their children during birthdays and holidays, and she has significantly reduced waste.

"Young people like Jessica have shown that the next generation of leaders is here, and they are taking action across the globe now to address the climate crisis and solve local, national, and global environmental challenges," said Beryl Kay, president of Action For Nature, an international non-profit organization that encourages young people to nurture a love and respect for the Earth and to take personal action to improve the environment. "The projects that young people like Jessica have created are having real and important impacts on their communities, helping to solve global climate challenges, and are inspiring others – including adults – to do what they can to help."

"When I heard about children not getting toys, it did not make sense to me that children had to go without when so much was being thrown away," said Jessica Ong. "We have resources. We have kids who need it. We just needed something to connect them."

To read more about Jessica's work, visit toys2care.wixsite.com.

To learn more about this year's International Young Eco-Hero Award winners, visit www.actionfornature.org.

All Things "Holiday" at Diane Powers' Bazaar del Mundo

A lively and colorful entry to San Diego's Old Town community, Powers' Bazaar del Mundo Shops (4133 Taylor Street, San Diego, CA 92110; 619-296-3161) have been one of San Diego's favorite locally owned shopping destinations for decades, especially for holiday gifts! These vibrant shops overflow with treasures and fashions from around the globe – ideal for the interior design fanatic, fashionista or party host.

Step into Bazaar del Mundo's Guatemala Shop to catch a glimpse into the most vibrant of Guatemalan markets, as well as art and accessories from Central and South America. This shop also presents traditional Latin American crafts and textiles, with handmade and one-of-a-kind collectibles. In the Artes de Mexico Shop, you'll find the best Mexico has to offer without leaving San Diego – including a wide selection of regional folk art, ceramics, ornaments, traditional Mexican clothing and authentic Mata Ortiz pottery. Customers can also find colorful and festive decorations such as piñatas, paper flowers and sombreros for any "fiesta!" themed celebration.

For unique and colorful fashion pieces you can't find anywhere else, the Bazaar del Mundo Shops are filled with new finds including women's clothing, purses, belts, jewelry and more in the Ariana Shop. Or visit The Gallery to find exceptional pieces made by Native American and Southwestern artists, including decorated glass, wall art, and a large collection of authentic sterling silver jewelry featuring turquoise, corral, lapis and more.

When shopping at Bazaar del Mundo, you'll find a fabulous selection



Celebrate the holidays with her unique brand of festive flair.

of cookbooks dedicated to recipes for vegans, all things meat, vegetarians, breakfast foods and more. Alongside an array of cookbooks is an assortment of traditional Mexican spices, soup and bread mixes, sauces, salsas, preserves, jellies, dressings, and vinegars and everything you need for a stunning charcuterie board – all beautifully packaged and ready to be gifted.

Powers' award-winning restaurant Casa Guadalajara (located next to Bazaar del Mundo, 4105 Taylor Street, San Diego CA 92110; 619-295-111) is also getting into the spirit of the season with delicious dishes that infuse traditional holiday flavors into its authentic Mexican offerings.

The restaurant's iconic Turkey Mole Tamales are back. Celebrate the holiday season with two handmade tamales filled with turkey, raisins, chopped pecans and apples, all topped with a mole sauce and sesame seeds. This delicious holiday special is available through the New Year.

Visit these two iconic San Diego small businesses for a fiesta-worthy holiday experience.

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“Unsung Heroes: The Story of America’s Female Patriots”

From 5 p.m. to 7:30 pm., Wednesday, November 9, in anticipation of Veterans Day, San Diego nonprofit Foundation for Women Warriors (FFWW) is hosting a free screening of documentary “Unsung Heroes: The Story of America’s Female Patriots. From Academy Award Filmmaker and Executive Producer Ron Howard. This two-hour, two-part documentary highlights the heroic sacrifices of women that served in the American military. It is being offered virtually to anyone who wants to view the documentary. To confirm attendance, visit <https://foundationforwomenwarriors.org/event/unsung-heroes-nov-2022/>

Foundation for Women Warriors is honored to share the critical achievements of the trailblazing women who served in defense of our Nation. For far too long, women’s military service, their sacrifices and accomplishments have remained relatively untold. Foundation for Women Warriors’ mission is to serve women veterans and their children so that their next mission is clear and continues to impact the



world. FFWW is the only organization in California solely focused on serving women veterans and their families. Their programs enhance the personal and economic wellbeing of women veterans and address the growing needs of the increasing population of military women transitioning to civilian life.

64th Annual Las Posadas Takes Place at Heritage Park in Old Town San Diego



The event represents the several nights Mary and Joseph, accompanied by a flock of shepherds and angels, sought shelter at different inns in Bethlehem.

Join us for the 64th Annual Las Posadas event in Heritage County Park in Old Town San Diego which takes place at 7 p.m., Friday, December 9 at 2454 Heritage Park Row. Presented by the Old Town San Diego Chamber of Commerce, Old Town Trolley Tours, and the Mormon Battalion Historic Site, Las Posadas (“the inns” or “the lodgings”) is a centuries-old Mexican celebration. The event represents the several nights Mary and Joseph, accompanied by a flock of shepherds and angels, sought shelter at different inns in Bethlehem.

There will be six stations in Heritage County Park as we follow Joseph and Mary astride a donkey. Each station features a brief narration and call-and-response verses performed by volunteers from the Mormon Battalion Historic Site.

After the final station, guests are invited back to the Mormon Battalion Historic Site for refreshments. New this year, event organizers will be offering guests the opportunity to participate in a service project sorting and packaging donated items for the food bank at Old Town Community Church.

For more information, visit oldtownsandiego.org/lasposadas

Sinclair Stratton Book Release and Art Show

Benefiting **LionsTigers and Bears.** org

Sunday November 13, '22

The Studio Door Art Gallery 2-5PM
3867 Fourth Ave, San Diego, CA 92103

sinclairstratton.com

Animal Artist

Always Be Kind to Animals

A collection of animal watercolor paintings by artist Sinclair Stratton

It's Open Enrollment Time for Medicare

By Rick Brooks



Every year, those enrolled in Medicare can switch their insurance coverage. Whether you have Original Medicare with a Medicare Supplement ("Medigap")

and a prescription drug policy or Medicare Advantage, this is when you can review your policy and possibly make a change. This annual Open Enrollment period lasts from October 15 through December 7 each year.

First, a quick review of the basics:

- Original Medicare includes:
- Medicare Part A which is free and covers most hospital care.
- Medicare Part B which carries a monthly premium and covers most outpatient care.
- Medicare Part C, also called Medicare Advantage, provides similar coverage to Original Medicare, but does it with private insurance rather than the government provided coverage
- Medicare Part D is separate prescription drug coverage obtained from an insurance company for those using Original

Medicare.

• Medicare Supplement policies, or "Medigap" coverage, fill in some of the gaps in coverage or copays of Medicare Part B, and is often purchased by those on Original Medicare.

When it comes to open enrollment, you have the option to either sign up for brand new coverage or switch between your current coverage and a new provider. So, what are some of the questions you should ask yourself?

Do you travel split time between two homes? If you move around a lot within the United States, then Medicare Advantage may not work for you. The reason is that it is limited to specific provider networks that are commonly geographically restricted. If, for example, you spend time in Arizona and California, your provider networks may not cover both regions.

Is there a medical provider you prefer? If so, review your plan every year. Medicare Advantage plans occasionally change their provider networks, which may remove a preferred provider from your insurance coverage. By comparison, any provider who accepts Medicare is available to

those on original Medicare.

Do you keep using out-of-network providers? Medicare Advantage plans are often structured as HMOs or PPOs, so if you keep ending up with out-of-network specialists, you may want to consider switching to Original Medicare or changing your Medicare Advantage plan.

Will your drugs be covered next year? This is important for both Medicare Advantage AND Medicare Part D participants. Insurance companies regularly change the drugs they will cover, so you need to review your plan every year to make sure that it still covers a prescription medication that you use. If the plan formulary (the list of covered medicines) changes, you may need to change your plan to keep taking that medication.

Have you developed a serious illness? This represents the most significant challenge, especially for Medicare Advantage patients. When you originally enrolled in Medicare, either Advantage or Original, it was guaranteed issue – you could not be turned down for any reason. Unfortunately,

► Continued on page 8

2022 Shows Highest Mid-Year Violent Crime Rates in Ten Years

Violent crimes reported in the first half of 2022 saw an increase when compared to numbers over the last 10 years, according to a new SANDAG report by the Criminal Justice Research Division, Crime in the San Diego Region Mid-Year 2022 Statistics.

The new report found the number of reported homicides and robberies increased by four percent and 15 percent, respectively compared to 2021. The number of reported rapes and aggravated assaults decreased during the first six months of 2022, but aggravated assaults were the second highest number reported since 2012. Aggravated assaults represent about two-thirds of violent crime reported to law enforcement in any given year.

"While these mid-year crime statistics are still relatively low compared to historic highs, we are seeing some increases that the community should be aware of," said SANDAG Senior Director of Data Science Dr. Cynthia Burke. "We know that only about two in every five violent crimes and one in every three property crimes are reported to law enforcement. The cost of victimization is more than monetary, and it is important that we all work together as our



San Diego Police Department personnel are having to respond to a significant increase in crime in 2022.

communities face a number of different challenges coming out of the pandemic, which has affected us all in myriad ways".

A total of 26,448 property crimes were reported between January and June 2022, an average of 146 per day.

Other notable findings in the SANDAG report include:

- In homicide cases where motive could be determined, the most common motive was an argument (63 percent)
- Motor vehicle theft increased four percent, the second highest number since 2012
- Theft of motor vehicle parts was

up 12 percent compared to the first six months of 2021

• Burglaries increased by 10 percent in the first half of 2022, resulting from a 19 percent increase in non-residential burglaries and a two percent decrease in residential burglaries.

Since 1980, SANDAG has reported crime statistics for the San Diego region through a cooperative agreement with local law enforcement agencies. These data are used by local law enforcement, policymakers, and the community to track public safety and the effectiveness of crime prevention and response efforts over time.

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Patty Ducey-Brooks
Publisher

Phyllis Kamatoy-Zawacki
Creative/Art Director

Phyllis Kamatoy-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

Charlotte Tenney

Laura Walcher

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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**

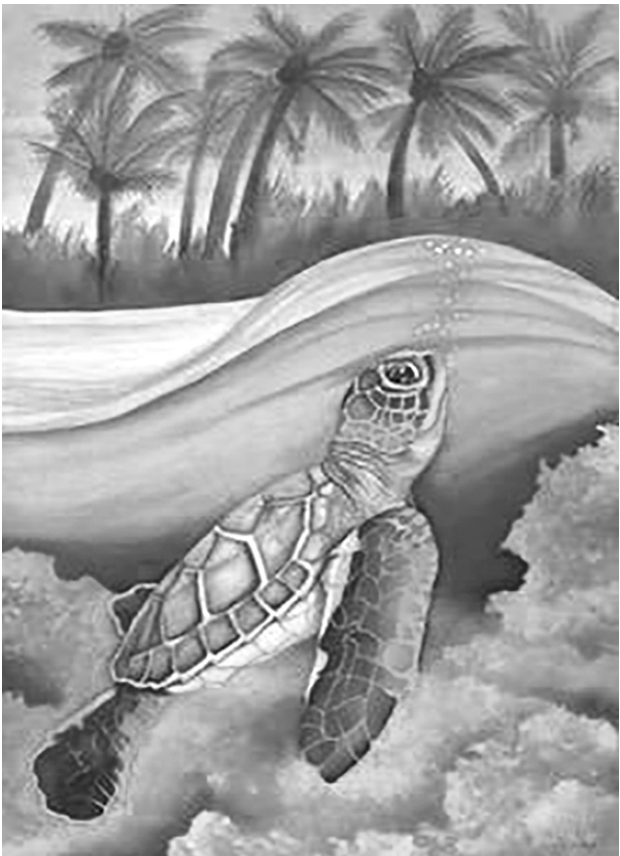
email: **ppsensinel@aol.com**

site: **presidiosentinel.com**

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Animal Artist Book Release Will Benefit Local Rescued Tigers And Bears

Local San Diego animal artist Sinclair Stratton best known for her colorful pet portraits is releasing her first book of animal paintings called “Always Be Kind to Animals” in an art show and fundraiser from 2 to 5 p.m., Sunday, November 13 at The Studio Door Gallery, 3867 Fourth Avenue, San Diego, CA 92103 benefiting local exotic animal rescue Lions, Tigers, and Bears (LTB) located in Alpine, California.



Jenn’s Turtle Bae by Sinclair Stratton.



Daughter #1 (elephant babe) by Sinclair Stratton.

This limited-edition book is a collection of her best wild beasts, domestic pets, and farm animals spanning over the past 20 years. Show will feature her new books for sale and signings, and will also offer original paintings, prints, tote bags, and greeting cards for sale. Representatives from LTB will be present to answer questions about their amazing non-profit rescue organization, including the founder, Bobbi Brink. An original watercolor portrait of a rescued grizzly bear, Albert, who lived and died at LTB will be available via silent auction at this event.

For more than two decades, San Diego artist Sinclair Stratton has been painting and celebrating animals, one individual at a time,


in her signature watercolor style. Painting pets and wildlife alike is what makes Sinclair’s the happiest in life and in her own words: “I paint exclusively in watercolor and am moved by how different color combinations invoke different emotional responses. My work is a journey in deeply saturated color, a celebration of animal life and the divine spark found in all living creatures.” www.sinclairstratton.com

Lions, Tigers and Bears is an exotic animal sanctuary and educational facility in San Diego County, CA for more than 18 years. “To animals born in captivity and fated to be ignored and abused, I’ve dedicated this organization.” - Bobbi Brink, Founder, www.lionstigersandbears.org.



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Bubba

This adorable guy is un-bubba-lievable! Bubba is a sweet, five-year-old American pit bull terrier mix who is very mellow and looking for his new best friend. Bubba has developed quite a fan club among the staff and volunteers at the San Diego Campus. He loves going on relaxing walks with his caregivers and LOVES his hot dogs treats. Bubba can get a little anxious and bored when left alone without something to do, so he would prefer not to be left on his own for long stretches. When he is alone, he will need lots of mental and physical enrichment to entertain him so that he doesn’t go looking for ways to entertain himself (e.g., chewing on things he shouldn’t). Bubba should also go to a home where he is the only fur baby so he can have the spotlight all to himself.

Bubba is residing at the San Diego Campus of the San Diego Humane Society, located at 5480 Gaines Street. For more information, visit sdhumane.org/adopt or call 619-299-7012.

Meet Carl, a two-year-old, Siberian husky mix. If you haven’t already fallen in love with this handsome husky’s beautiful blue eyes, you’re going to adore this spunky boy’s goofy personality. This poor pup was found locked in a hot car and needed some medical care, but nothing can dull this doggy’s charming smile. Carl needs a little time to warm up to new surroundings, so a patient and compassionate family is a must. Food and toys are Carl’s absolute favorite, but he isn’t the best at sharing. A home without other animals or children would be Carl’s ideal living situation.

Carl is available for adoption at the San Diego Humane Society’s Oceanside Campus, located at 2905 San Luis Rey Road. To learn more, visit sdhumane.org/ adopt or call 619-299-7012.



Carl

SPCA

THE Party in the Park Event Raises More than \$1 Million

The San Diego Automotive Museum raised more than \$1M at its annual THE Party in the Park event on October 8. Proceeds of the event will benefit vocational education programs for at-risk youth.

Held at the San Diego Automotive Museum, this year's event, themed "Vroom!" treated more than 500 guests and supporters to a fabulous reception, a sumptuous dinner, silent and live auction, followed by energetic entertainment and dancing featuring the famed Mark



Left to right are Dr. James Veltmeyer and Claire Reiss who attended the "Vroom!" event.



Pictured from left to right are Reena Horowitz, Stephanie Brown and Jeanne Jones who were cochairs of the event.

McGrath and the Sugar Ray band.

Since 1988, the mission of the San Diego Automotive Museum is to tell the story of the social and technological past, present, and future of motorized vehicles throughout its collections, exhibitions, and educational programs. For more information, visit www.sdautomuseum.org.

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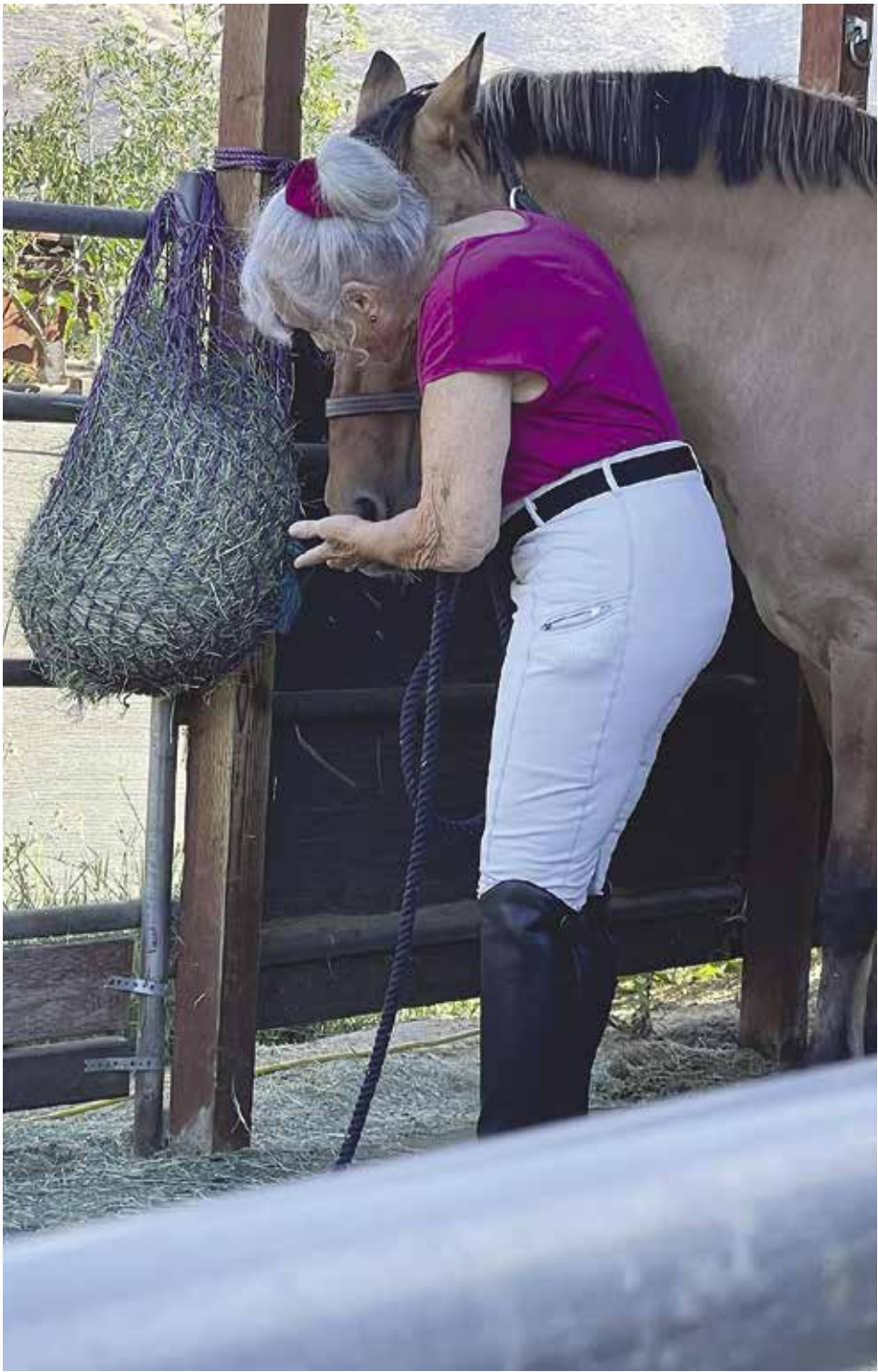
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The Hardships of Horse Riding

By Barb Strona



October was not my best month. It began with a stupid mistake on my part. I was practicing dressage on my friend, Dolly, the lesson horse. I knew something next door had disturbed her; she jumped a bit to the side. Normally when this happens, or if she gives a little buck to express displeasure with me, I just go with her and pretend she did nothing. No point in giving her attention or rewarding her. However, I was busy concentrating on what I wanted her to do, and I totally ignored what she was doing. Something startled her in the same area where she had reacted before. This time, however, she went one direction, and I went the other.



Dolly gets fed by Barb Strona.

I am known for being awkward as a Keystone Cop before I fall off a horse, but I actually fall quite gracefully. Not on October 4. I went splat! I landed on the right side of my back; the wind pretty much knocked out of me. Dolly was upset and walked over to see how I was. Thank goodness I could still get off the ground unaided. Well, I leaned on Dolly's leg a little. My trainer checked me out. Nothing hurt. We walked over to a mounting block. (After 80, it is difficult to get on or off a horse without a mounting block unless you are really in good shape which I am not.) I got back on. Dolly and I walked around the arena until my trainer, Linda, suggested we walk around the property for a while.

Dolly and I headed for the back gate of the arena which is always open. It was not. Sweet Dolly tried to push it open with her head. I explained I needed to unlock it, so she moved over to give me access. As I undid the hasp, Dolly politely pushed it open, and we went through. We walked around the grounds, greeted other horses and humans, and then went back to the mounting block so I could get off.

Wow! It hit me then. Dolly kindly put her face against my lower back and kind of pushed me back to the crossties so she could be untacked. Bless trainer Linda's heart. She arrived and said, "I'll take care of that," and took off Dolly's tack. I brushed her a bit, Linda took

her back to her stall, I collected my gear, and headed home. By the time I arrived, I could barely move.

I should point out that I am married to a saint. He really doesn't like horses; he hates dirt, dust, and sand (which goes with horses) as he wears contacts. He is a good rider, but he sees a horse as a convenience when there is no other mode of transportation. He favors sailboats and cars. Despite his fear that his aged wife will drop dead while riding (he says he has never seen me happier -- we've known each other since 1960), he supports my horse addiction.

We ended the morning in the emergency room. Luckily, we had reading material because once the staff had determined that I wasn't in any danger, we waited six hours to learn nothing was broken, but I was definitely badly bruised. My x-rays showed a healthy, arthritic body.

For two and a half weeks I have limped around the house. I managed to attend a major event at the Auto Museum, attend two plays at the Globe (I had to regret one at La Jolla Playhouse as there was way too much walking for me), go out to eat and do a tiny bit of shopping. Of course, I didn't drive when I took pain pills.

A week later, I was still miserable. I went back to the doctor who said I was just beaten up. Time would take care of it.

October has been especially hard on my garden and house plants. I managed to murder a flowering house plant. It just suddenly died. It was fine one day and dead the next. My hand-propagated bougainvillea are still alive (four of the thirty cuttings are now in the garden soil), and that is truly a miracle.

I am hoping that by Friday I can get on and off a horse. I have no problem sitting, lying down, or bending over. It is walking that hurts, and only on one side. Since I'm comfortable sitting and riding on a horse relaxes my back in the most amazing way, I am counting on a ride or more on my friend Dolly before she leaves for her new home in Massachusetts. Then I'll have to find a new lesson horse and trainer.

For future meetings of the Garden Club, please check the web site at missionhillsgardenclub.org.



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Continuing To Share Gratitude this November

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



Many, many thanks to the 31 restaurant owners, chefs, caterers, cheese mongers, brewers, baristas, pizza makers, bakers, and ice cream, gelato and

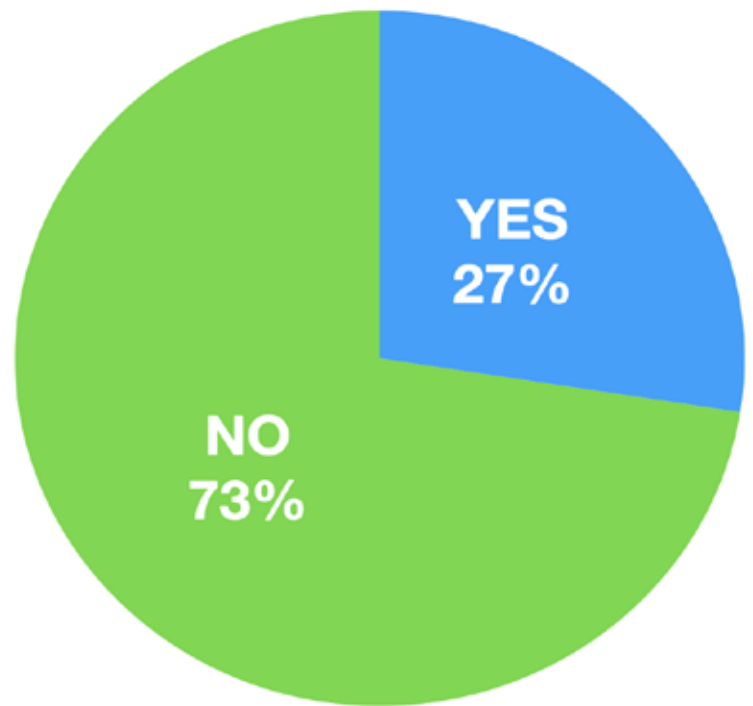
popsicle makers who participated on Wednesday, October 12 and made Taste Mission Hills yet again a successful showcase of what Mission Hills has to offer. Due to the incredible generosity of Title Sponsor US Bank Mission Hills, Trolley Sponsors John Ealy of Harley Gray Kitchen & Bar and Hailey and Merritte Powell of La Puerta Mission Hills, and to Good Neighbor Sponsors Lazy Acres and Cardellino, we were able to grow the event while maintaining affordable pricing and free trolley service for all ticket holders. And, to those who purchased all 600 tickets, I hope you fell in love with Mission Hills and will soon return to those businesses that so graciously provided samples to Taste ticket holders.

Taste is our annual fundraising event, and it provides an opportunity to showcase our businesses by delivering tasters to within steps of every participating venue. An interesting note from this year's Taste, based on the data from the online ticket sales, it appears the BID brought people into the community who were likely introduced to our businesses for the first time. Of this year's online ticket purchase attendees, 73 percent were first time tasters. And 71 percent of online purchasers were from outside of the 92103-zip code. Any guesses as to the age range of the largest category of tasters? Let your "inner-nerd" explore the analytics and see how they compare to your own experience. We couldn't decide which charts to include so we are including all of them at <https://missionhillsbid.com/10th-annual-taste-of-mission-hills-a-huge-success/>

The proceeds support the ongoing hard work of the Mission Hills Business Improvement District board and its executive director in the areas of promotions, design, economic development, parking, maintenance and more. Planning will soon be underway for Taste 2023. Please feel free to offer suggestions as to how we may improve next year's event by emailing us at MissionHillsBID@gmail.com.

With Taste behind us, we now invite you to join us for the Mission Hills BID's Annual Meeting and Mixer on Wednesday, November 2. Thanks to the generosity of Rina Porras, owner of Kettle & Stone, the event will take place at her shop beginning at 4 p.m. Please join us at 1619 West Lewis Street for an informative and fun afternoon. Mayor Todd Gloria will be joining us prior to 4:30 p.m. In addition to the normal business of the BID, the election of directors and officers to the Mission Hills Business Improvement District board of directors will take place. If you

Have you attended Taste of Mission Hills in the past?



Taste of Mission Hills 2022 | Mission Hills BID

paid a business license fee at a business address within the Mission Hills BID, you are eligible to vote. The Mixer will follow until 6 p.m. Due to the generosity of Mission Hills' retailers, raffle items will be bountiful and will be offered in gift boxes valued at \$125 each. A chance to win starts at \$10. Cash and credit will be accepted for the raffle.

Whether you are a Thanksgiving holiday host or guest, please remember the fine items available at our local retailers. From fresh and delicious to organic and unique, culinary items for a happy holiday weekend of meals are available right here in Mission Hills. If you need a rest from meal preparation, consider ordering deliciously prepared take-out or enjoy a meal at one of our local Mission Hills restaurants. If you are a guest, there is no better neighborhood of shops in which to find a special and unique hostess gift in every price range. And our small businesses continue to need your patronage.

Lastly, we are excited to further support our local small businesses by kicking off holiday shopping in Mission Hills with Small Business Saturday, on Saturday, November 26. This day celebrates small businesses and the positive impact they have on communities across our country. An average of two-thirds of every dollar (\$0.67) spent at a small business stays in that local community. Your commitment to shopping local for the holidays is an investment in bettering our Mission Hills neighborhood. The Mission Hills BID will help launch the holiday season with businesses picking-up Shop Small Saturday 2022 swag at US Bank Mission Hills and with local business specials promoted on social. Follow us on Instagram @missionhillssd for the latest updates and special offers.

My gratitude continues as I reflect on being part of a vibrant and diverse business and residential community and as I look forward to spending Thanksgiving with my family. In the grand scheme of life, we have much to be grateful for. Happy November everyone!

It's Open Enrollment Time for Medicare ▶ Continued from page 4

By Rick Brooks

if your diagnosis occurs later, participants often find their costs soar under Medicare Advantage plans due to copayments and out-of-pocket expenses. But switching back to Original Medicare – and the all-important Medigap policy – may not be an option later because the Medigap plans are only guaranteed in that initial enrollment. Underwriting may limit your ability to switch later in life.

As you review your health coverage during open enrollment, don't just assume that you'll continue with the same coverage. Check to be sure that your preferred providers and medications will still be available next year. Think about your travel plans and whether your existing coverage will be available where you are going to be. How

much have you spent this year on premiums and other out-of-pocket expenses, and will next year be similar?

These are just a few of the questions you should be considering as you select your Medicare (or really any health insurance) plan for next year.

This column is prepared by Rick Brooks, CFA®, CFP®. Brooks is director/investment management with Blankinship & Foster, LLC, a financial coach specializing in financial health for physicians and people in or 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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Volunteers to be Honored at the 26th Star Awards Ceremony

The San Diego Performing Arts League (SDPAL) is pleased to announce that over 40 volunteers from 28 local performing arts organizations have been selected to be honored this year at the 26th Star Awards on Monday, November 7, 2022. The event will take place at the Bahia Resort and Hotel in Mission Bay and will start with a sunset reception. On-stage entertainment will be provided by local San Diego performers and SDPAL board members, Jacole Kitchen, James Saba, Gina M. Jackson and Jay Henslee will present awards.

The Star Awards honors volunteers of San Diego County performing arts organizations and recognizes the indispensable role that volunteers play in the arts community. Each organization selects its own special volunteer to be recognized and these honored volunteers have donated countless hours to music, theatre, dance and other cultural institutions in San Diego County.

SDPAL will present the “Pioneer Award” to Jennie Hamilton of Community Actors Theatre for her decades of promoting local voices and operating one of the first Black theatres in San Diego. Local arts philanthropists and community members, Jay and Julie Sarno will be honored with the “Standing Ovation Award” for their dedication to the San Diego arts community.

“Jay and Julie have impacted nearly every arts organization in San Diego through their time, talent and treasure and we are thrilled to honor their 35-year history of service,” says Jay Henslee, SDPA board president.

He added, “Jennie Hamilton is another distinguished member of the San Diego arts community, and we are humbled to honor her decades



Local arts philanthropists and community members, Jay and Julie Sarno, will be honored with the Standing Ovation Award. Photo by Darin Fong.

of work to celebrate voices of color in the Oak Park community.” Attendees are performers, crew and staff from local area venues and are a true who’s who of the local arts scene. Tickets are \$50 and \$125 VIP or tables of 10 can be purchased for \$400 through www.sdartstix.com or by calling 619-234-2787.

Local Business to Give Away \$5,000 to Community Toward Thanksgiving Meals this November



CashCo has given away 2,000 turkeys to San Diego families through its annual Turkey Giveaway.

CashCo Pawn Shop, dedicated to serving the financial needs of the community through pawning, buying and selling, appraising and consignment, will give away \$5,000 in gift cards to the local community this November to help provide Thanksgiving meals. Over the past 20 years, CashCo has given away 2,000 turkeys to San Diego families through its annual Turkey Giveaway.

This year, in an effort to be inclusive of all cultures and to give community members the option to purchase their preferred Thanksgiving meal, 200 gift cards will be given away, each valued at \$25 and redeemable at any Target store. 200 winners will be selected at random on Nov. 21 and Nov. 22.

“CashCo was built with a foundation to support our local community, and this tradition has been a part of the CashCo family for the past 20 Thanksgivings,” said Moris Adato, president of CashCo Pawn Shop. “The holidays can be a great source of joy for many and also a financial stresser. If we can take even a little bit of that stress away, it can help so many families.”

Community members are invited to visit CashCo Pawn City Heights, 4502 University Avenue, unit103, San Diego, CA 92105. No purchase is necessary.

For more information, visit any of CashCo Pawn’s two store locations.

Talented Musicians Perform at Local Establishments During November

Enter the Blue Sky (ETBS) is a trio of dedicated women instrumentalists and vocalists in support of passionate storytelling at its best. Profoundly reflective, their sound is a blend of poetry, and original and unique melodies that make room for reminiscing and musing.

Supported by warm inflections and textures, the sincerity of the lyrics and the band’s delivery is nuanced and powerful at the same time. ETBS is led by award-winning vocalist and songwriter Sandé Lollis, also on guitar; and joined by Karen Childress-Evans on viola, and Tina Dee on backing vocals.



(Left to right) Tina Dee, backing vocal; Sandé Lollis, lead vocal and guitar; Karen Childress-Evans, viola and backing vocal. Photo courtesy of Ghia Larkins.

They are scheduled to perform at these two local establishments during November:

Songbirds of Shelter Island · Sandé solo gig
6 p.m. to 9 p.m., Tuesday, November 15
2241 Shelter Island Drive, San Diego, 92106

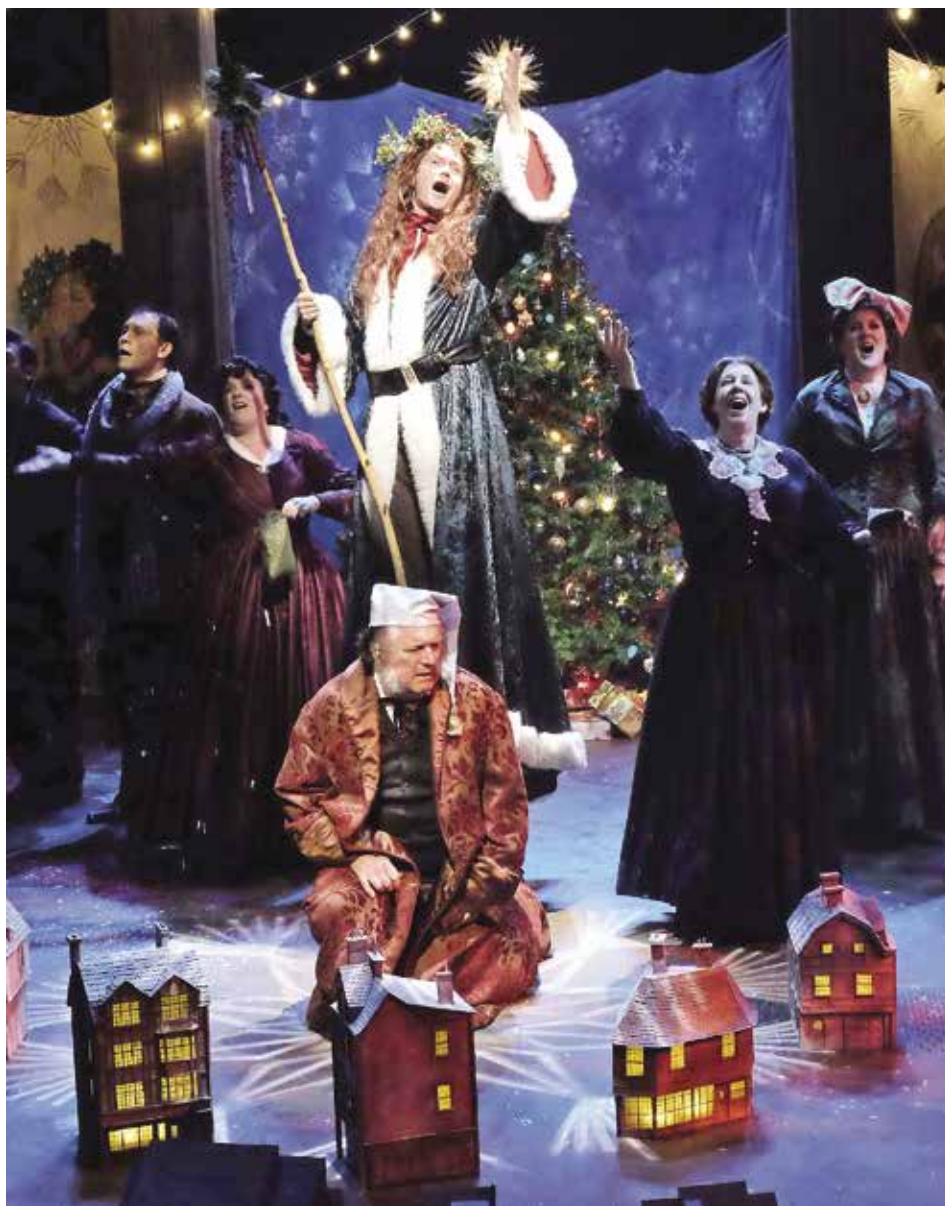
Nate’s Garden Grill
9 a.m. to 11 a.m., Sunday, November 20
3120 Euclid Avenue, San Diego, 92105

Cygnnet Theatre

“A Christmas Carol” returns to Cygnnet Theatre for its eighth season of cheer. It has become a true holiday favorite, with San Diegans making Scrooge, the Spirits, and the Cratchit family part of their holiday tradition. This year the show features the same warm story of hope and redemption, along with new cast members including a new Scrooge! Cygnnet’s own Sean Murray, who has directed the holiday musical for the past eight seasons, will step into the role for 2022. The family-friendly musical runs from Tuesday, November 22 through Saturday, December 24 at Cygnnet Theatre, located at 4040 Twiggs Street in San Diego Old Town Historic State Park in Old Town.

Written by Charles Dickens and adapted by Sean Murray, with an original score by Billy Thompson, “A Christmas Carol” is Charles Dickens’ timeless tale of hope and redemption. This production is a re-imagined take on the original holiday classic featuring lively music, unique puppets and live sound effects.

Murray reflects, “Why do I keep coming back to this story? I have always found myself discovering new points, new observations, new insights in it upon every encounter with Mr. Scrooge and his night of reckoning. I’m fascinated by his astonishing face-off with his own past and how that might shape all his future deeds. Or the



“A Christmas Carol” is re-imagined with lively music, unique puppets and live sound effects.

majestic sweep of the present and the rich, complicated world of interconnected people we all are. And of course, the imagery

of a future world without oneself in it, and the notion of how one’s deeds in life will foreshadow one’s legacy. It all never ceases to

amaze me how much there is in this beloved story.”

Cygnnet Theatre will once again be transformed into a Victorian Christmas card thanks to the creativity of Set Designer Andrew Hull. Colby Freel is lighting designer and sound designer is Matt Lescault Wood. Costumes are by Jeanne Reith, and Peter Herman will provide wigs and makeup. Choreography is by Katie Banville. Original puppets designed by Michael McKeon. Musical director is Patrick Marion.

Joining Sean Murray on stage are David McBean, Patrick McBride, Eileen Bowman, Megan Carmitchel, Jasmine January, and Allen Lucky Weaver. Except for Murray, all actors play multiple roles.

For audience members who cannot attend an in-person performance, Cygnnet will stream its filmed one-man adaptation of “A Christmas Carol” directed by and starring Sean Murray. Tickets are \$28 per household and will be available for streaming November 22 - December 31.

Tickets for “A Christmas Carol” are on sale now and may be purchased in person at the box office located at 4040 Twiggs Street in San Diego Old Town Historic State Park, by calling 619-337-1525 or by visiting www.cygnnettheatre.com. Children 5 - 12 years old receive half-off tickets with each paid adult.

The Old Globe

The Old Globe announced the full cast and creative team for its 25th annual production of “Dr. Seuss’s How the Grinch Stole Christmas!” Globe Resident Artist James Vásquez (“Hair”) directs San Diego’s yuletide favorite musical once again with Andrew Polec reprising his role as The Grinch. The production will run from Wednesday, November 9 to Saturday, December 31, 2022, with the opening on Sunday, November 13 on the Donald and Darlene Shiley Stage in the Old Globe Theatre, part of the Globe’s Conrad Prebys Theatre Center in San Diego’s Balboa Park (1363 Old Globe Way). Tickets are now on sale at www.TheOldGlobe.org.

Dr. Seuss’s How the Grinch

Stole Christmas! is a wonderful, whimsical musical based upon the classic Dr. Seuss book. Back for its 25th incredible year, the family favorite features the songs “Santa for a Day,” “You’re a Mean One, Mr. Grinch,” and “Welcome, Christmas (Fah Who Doraze),” the delightful carol from the popular animated version of “How the Grinch Stole Christmas!” Celebrate the holidays as the Old Globe Theatre is once again transformed into the snow-covered Who-ville, right down to the last can of Who-hash.

“All of us at the Globe are proud to celebrate the 25th year of a show that has become central to the holidays in San Diego,” said Erna Finci Viterbi Artistic Director



Sophia Adajar as Cindy-Lou Who and Andrew Polec as The Grinch in Dr. Seuss’s How the Grinch Stole Christmas!, 2021. Photo by Rich Soublett II.

Barry Edelstein. “Over a quarter century, “The Grinch,” and the genius of Dr. Seuss, have impacted the people of our region in countless ways. The show continues to spread joy and deep feeling as it reminds us that community and belonging are

beautiful and meaningful. We are pleased to welcome back to our stage the extremely gifted Andrew Polec, who heads a talented company including new faces and returning favorites. The 25th year of this magical and transporting

► **Continued on page 12**

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Internationally Acclaimed Lightscape Coming to San Diego Botanic Garden For 2022 Holiday Season

Lightscape will transform the 37-acre San Diego Botanic Garden from 5 p.m. to 8:30 p.m., Friday, November 18 through Sunday, January 1, except for Christmas Day. The enchanting, after-dark, illuminated trail will span one mile and feature spectacular sights with eye-catching artistic installations from international artists that come alive at night with color, imagination, and sound.

“We are ecstatic to announce that Lightscape is making its San Diego debut at San Diego Botanic Garden in Encinitas

during the 2022 holiday season,” said San Diego Botanic Garden President and CEO, Ari Novy, PhD. “Visitors to the Garden will experience this internationally-renowned holiday light show, unlike anything San Diego venues have offered before. Following sold-out shows in cities around the world, we look forward to transforming the Garden into an enchanting, festive, after-dark spectacular where family and friends celebrate and make memories. We are thrilled to launch what we know will become a San Diego holiday tradition.”

Lightscape has been dazzling the world’s biggest cities over the last ten years including sold-out runs in London, Chicago, Melbourne and New York. This year, Lightscape plans to equally establish itself as a celebrated holiday tradition in San Diego.

Set along a beautifully illuminated walking trail custom-designed for San Diego, Lightscape ticketholders will walk a one-mile-long path with suspended strands and tunnels of light, a fire garden, lantern trees and artistic installations, while toasting marshmallows over a fire and drinking hot chocolate and other seasonal drinks along



Fire garden is one of the design elements of the Lightscape presentation at San Diego Botanic Garden.



Lily designs will bring color and light to San Diego Botanic Garden.

the trail.

This one-of-a-kind, immersive experience at the garden will guide visitors through a festive world of wonder with over one million twinkling lights in various attractions from the Cathedral of Light to the Star Tunnel and the Fire Garden.

San Diego Botanic Garden is producing Lightscape in association with Sony Music, which amazes millions of people year after year with similar

shows in multiple locations across the world, including the U.K. and Australia. Additionally, Lightscape is creatively produced by Culture Creative and promoted in partnership with WAD Entertainment.

Tickets start at \$29 for adults, \$18 for children ages 3-12, and free for ages 2 and under. Entry times are every 15 minutes, and tickets are available for purchase online by visiting www.sdbgarden.org/lightscape.

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Measure C Exclude the Midway-Pacific Highway Community Plan Area from the 30-Foot Height Limit on Buildings in the Coastal Zone

Sierra Club believes that urban infill projects should be supported when they follow smart planning principles, consider environmental impacts, provide needed public facilities, including parks and open space, and provide a healthful living environment. **Removing the Coastal Height Limit in the Midway- Pacific Highway Community Plan area, as proposed in Measure C, fails to meet all those criteria.**

Measure C, and the massive, proposed development project that the ballot measure intends to allow, does not include a full Environmental Impact analysis that the California Environmental Quality Act (CEQA) demands.

The Midway-Pacific Highway community has a park deficit of 60%. People need parks and the city's plan for

the Midway community is woefully short on parks.

Midway can be redeveloped without repealing the 30-foot height limit. A good example is Liberty Station that offers many housing units less than 30 ft in height.

While development is currently only planned for the 48.5 acres of the Sports Arena site, the height limit would be eliminated in the entire Midway - Pacific Highway Community Plan area which is comprised of 1,324 acres. There is no demonstrated need to lift the height limit in the entire Community Plan area which is 27 times as much land as the Sports Arena site.

Measure C is being used as a sleight of hand to raise the height limit for future development with no environmental analysis.

Vote NO on Measure C

Midway Rising and Other Developers Donate, Then Get Dirty Deals

La Prensa broke the story in September that Mayor Gloria took two \$50,000 campaign checks from a New York pot farmer to run for mayor. Then Gloria selected Midway Rising company, owned by those two developers, as the Sports Arena mega developer. Since, La Prensa has updated the story to indicate another \$480,000 was given to a pro-Gloria for mayor Political Action Committee. La Prensa has indicated that there is more scandal to come.

There is a long corrupt history of San Diego public land being handed to major city hall donors.

In May of 1999, the contract to develop the Naval Training Center (NTC) was handed to developer Corky McMillin. Earlier, then-Mayor Susan Golding's hand-picked selection committee unanimously recommended Lennar to get the deal.

When it went to council, District 2 councilman Byron Wear asked for a two-week delay to further study the deals. Council then switched their vote for McMillin, their largest campaign contributor. Afterwards, nearly everything promised to the general public, including half of the public NTC art, culture, and nonprofit space, in return for McMillin getting the property for \$8 was removed from the deal.

Save Our NTC wanted to know why the developer bait and switch. A lawsuit was filed under City Charter Section 225. 225 says the public has the right to know who the city does business with.

McMillin gave the court an organizational chart showing project developers were a corporation named Merced Partners and a slew

of McMillin NTC Delaware LLCs. The judge allowed McMillin to conceal the real identities of his financial backers and who was cut in on the profits.

When citizens passed Section 225, developers responded by hiding their identities. Before 225, they incorporated as California Limited Liability Corporations (LLCs) when engaging in contracts with the city. Afterwards, there was a rush to Delaware to incorporate their LLCs there.

The difference is that Delaware LLCs creates a firewall where true ownership of the corporation, and any financial payoffs, can be hidden.

With the Midway-Sports Arena area development, the same game plan returned. In 2020, the city voted on developer selection for the Sports Arena site. Toll Brothers provided the superior deal. Yet Brookfield got the deal. They had set up a Delaware LLC. A look at their financing indicated that the money was coming from Dubai.

When Save Our Access' lawsuit voided the 2020 vote to lift the 30' height limit a new developer needed to be determined. This was important as the developer selected for the development of the Sports Arena site was expected to fund the yes on Measure C campaign to lift the 30' coastal height limit for the entire district.

Yet this time there was no real developer selection process. Mayor Gloria ordained Midway Rising as the developer. The mayor had his

► *Continued on page 13*

The Old Globe

► *Continued from page 10*

show will be better than ever."

"The Grinch" features a book and lyrics by Timothy Mason and music by Mel Marvin. The original production of "Dr. Seuss's How the Grinch Stole Christmas!" was conceived and directed by Jack O'Brien, with additional lyrics by Theodor S. Geisel, additional music by Albert Hague, and original choreography by John DeLuca.

Principal cast members for "Dr. Seuss's How the Grinch Stole Christmas!" include Andrew Polec as The Grinch; Tyrone Davis, Jr. as Young Max; John Treacy Egan as Old Max; and, alternating in the role of Cindy-Lou Who, Issa Ally (Red Team) and Harper Quinn Hill (Pink Team).

Rounding out the cast of "The Grinch" are Kevin Solis as Papa Who,

Ariella Kvashny as Mama Who, Larry Raben as Grandpa Who, and Bets Malone as Grandma Who; alternating in the role of Annie Who are Julia Davidson (Red Team) and Leila Manuel (Pink Team); alternating in the role of Betty-Lou Who are Chloe Oh (Pink Team) and Pearl Salonga (Red Team); alternating in the role of Boo Who are and Ari Gimbel (Red Team) and Faizi Mahalingham (Pink Team); alternating in the role of Danny Who are Ryan Hafner (Pink Team) and Landon Tweet (Red Team); and alternating in the role of Teen Who are Joelle Dana Advento (Pink Team) and Ali Nelson (Red Team).

Tickets are available online at www.TheOldGlobe.org, by phone at (619) 23-GLOBE (234-5623), or in person at The Old Globe's Box Office in Balboa Park.

“Anxious Nation” Released at the Coronado Island Festival

Supermodel turned super mogul Kathy Ireland, Academy Award winning documentary filmmaker Vanessa Roth and 21-time New York Times bestselling author Laura Morton presented the world premiere of their documentary, “Anxious Nation,” which took place this past month at the Coronado Island Film Festival.

What sets this film apart? This film is not celebrity focused by design. While there are a lot of films focusing on celebrities and



The author of 21 New York Times bestselling books, Co-director Laura Morton made her feature directing debut with “Anxious Nation.”

their journey with mental health, the real heroes in this fight are the families facing these challenges every day with no resources, access or financial support to meet their needs. This film is about everyday kids and families dealing with anxiety – kids and families from different socio-economic representations.

Vanessa Roth has garnered over 60 awards including the Academy Award, the Television Academy Emmy Award, and awards at Sundance and festivals worldwide. Vanessa didn’t want to make this film, as it hit too close to home for her. Roth has children who suffer from mental health problems. After Covid, it became apparent to her that not being a part of this film was no longer an option.

Co-director Laura Morton, the author of 21 New York Times bestselling books, made her feature directing debut with “Anxious Nation.” Her daughter Sevey is the inspiration behind the film. Sevey has suffered from anxiety since she was a baby, with Laura feeling defeated as a parent and not understanding why her daughter wasn’t getting any better. This led her to wonder, if she was struggling, how were other families dealing and coping with the mental health of their children. As she says, “Anxiety does not discriminate. It impacts the lives of everyone regardless of race, religion, social status, or political affiliation.”

Kathy Ireland felt “Anxious Nation” was so important that she and her production company have partnered with the film to help raise awareness of the film and its message.

This film features some of the best experts in this field, including:



Vanessa Roth has garnered over 60 awards including the Academy Award, the Television Academy Emmy Award, and awards at Sundance and festivals worldwide.

- Dr. Shefali - Oprah’s All Things Parenting, Super Soul Sunday
- Tim Storey - Super Soul Sunday
- Harold Koplewicz – Founder of the Child Mind Institute
- Lynn Lyons- speaker, author of “The Anxiety Audit”
- Jeff Zeig - Erickson Institute, Founder of Evolution of Psychotherapy Conference

To learn more, visit www.anxiousnation.com

Midway Rising and Other Developers Donate, Then Get Dirty Deals

► Continued from page 12

staff replace the regular City staff that compares project applicants.

At council, all but one member approved Midway Rising, a Delaware LLC. This despite news that Mayor Gloria had received an alarming \$100,000 campaign contribution from Midway Rising.

Since that vote, campaign workers for the District 2 council person who has cheered on this giveaway, Jennifer Campbell, state they have ‘unlimited’ funds to campaign. The floodgates to sell the public on abolishing the coast 30’ height limit, and to reelect Campbell, are now wide open.

Clearly city hall and our elected representatives are working for developers, not voters. City hall is trying to give Midway District developers over 700 acres of public land and public rights worth up

to \$3 billion in profits. In exchange, elected officials are showered with political contributions, positive media spin, marginalization of any opposition candidate and unrivaled support for advancement to state or federal offices.

Reusing our rare and priceless public land for a bay-to-bay sports and recreation park would not only give San Diegans a new world class amenity, but it would also deprive a corrupt system of a planned development rife with a historic level of graft and corruption.

It will be up to all of us to ensure the right choice is made.
John McNab
Save San Diego’s Access



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Warner-Carrillo Stagecoach Rides Offer a Return to History

As the only stage ride in the country like it, the Warner-Carrillo stage rides again! From noon to 4 p.m., Sunday, November 13, a one-of-a-kind celebration of the Old West: stagecoach rides will take place at the 1850's Warner-Carrillo Ranch House Museum in Warner Springs.

Built in 1857 by Vicenta Carrillo, a prominent Californio woman rancher, the museum sits beside the Southern Emigrant Trail, one of the most famous and earliest trails and stage routes in American history—the Butterfield Overland Stage. The historic setting is part of a huge expanse of natural open space, an area virtually unchanged from the mid-19th century and the great Western migration.

Visitors on November 13 may board SOHO's reproduction Concord stage, pulled by two dashing Belgian draft horses. While the rides - will last only minutes, a typical Butterfield Overland Stage Route took 24 days and nights. From 1858 to 1861, the longest stage route in the world ran from St. Louis to San Francisco and stopped here. According to the historic Tips to Stagecoach Passengers, it was "no pleasure ride." San Diego-bound passengers transferred here to a local stage line.

The only such stage ride event in the country, visitors can experience the early California-era history that brought thousands to this place at one time.

Everyone is welcome to take photographs and enjoy the amusements provided by Judy Taylor, singer, songwriter, Wild West trick roper, and



The stagecoach photo is courtesy of Patrice Malloy.

gun spinning and bull whip entertainer, and the Hole in the Wall Gang, a non-profit group dedicated to preserving the outlaw legends of the Old West and who have been known to sometimes rob the stage en route. Musicians will play western tunes as well as jazz, so a jam session may well break out. While waiting for the stage, you can also take in the newly enriched interpretive displays in the ranch house. Ranch house tours and complimentary refreshments for all guests.

The passenger fare on the Concord stage is \$25 for SOHO members, \$35 for non-members. Tickets are limited and must be purchased in advance on the stage coach ride event on SOHO's website: SOHOSandiego.org.

To simply enjoy the celebration and ranch house museum tour without a stage ride, admission can be paid the day of the event and is \$5 for adults, \$4 for seniors, and \$3 for children under 12. Kids five and under are free.

Located on San Felipe Road (San Diego County Route S2) a half mile east of the State Route 79 junction. Warner-Carrillo Ranch House is owned and restored by Vista Irrigation District (VID), and operated by Save Our Heritage Organisation, which is devoted to preservation and education, and which played an integral role in saving the site.



The ranch house museum photo is courtesy of Kate Shockley Rochester.

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

Playwrights Project invites you to join them at 7 p.m., Saturday, November 12 for Lights Up! Playwrights Take the Stage in-person at the Weingart Performance Annex at the City Heights Library in San Diego. They will announce the winners and finalists of the

2022 California Young Playwrights Contest.

Meet the winners and enjoy snippets of the plays to be produced for the 38th season of Plays by Young Writers Festival.

RSVP online at: <https://www.brownpapertickets.com/event/5595485>.



2021 California Young Playwrights Contest winner, Jacqueline Vellandi, writer of "Reverie," was professionally produced for last year's Plays by Young Writers Festival. Photo is by Daren Scott.

Take The Hassle Out of Thanksgiving Meals

Juggling holiday cooking while also securing a turkey amidst a national turkey shortage is sure to be a hassle, so here are some Thanksgiving dinner options to eliminate the stress.

Join friends and family to give thanks steps from the sand at the Shores Restaurant in La Jolla. Guests can fill their plates with tasteful options from a buffet menu, such as brown sugar roasted butternut squash soup, linguini pasta with clams and mussels, crab mac and cheese, and parmesan crusted sea bass



The Shores Restaurant in La Jolla will offer tasteful options from a buffet menu, such as brown sugar roasted butternut squash soup, linguini pasta with clams and mussels, crab mac and cheese, and parmesan crusted sea bass.

The dining experience will also feature a carving station with slow roasted farm prime rib and stuffed brined turkey as well as a charcuterie station. There will also be options for the kids to enjoy, such as mac and cheese and chicken nuggets, along with a delightful spread of treats.

The dinner buffet will be open from noon to 7 p.m. and priced at \$72 per person and \$36 for children aged 6-12. For more information and to make reservations for Thanksgiving Day dining, please visit <https://www.theshoresrestaurant.com/events/la-jolla/thanksgiving>.

At the iconic Marine Room in La Jolla Shores, not only are guests invited to spare the trouble of holiday cooking, but also to enjoy a lavish Thanksgiving four-course prix fixe menu with captivating views of the Pacific Ocean. Dinner will begin with Amuse Bouche as a starter followed by a choice of one appetizer, such as coconut harissa kabocha soup or seared ahi salad. For the main course, guests can choose from the following: herb brushed turkey, braised wagyu beef cheek, Pacifico seabass, Goerges Bay scallops, or filet mignon. Lobster tail and tableside caviar services are also available to add on at an additional price. The dining experience will end with the sweet choice of matcha panacotta or spiced apple pie for dessert.

Thanksgiving dinner service will run from noon to 7 p.m. and is set at \$150 per person. For more information and to make reservations, please visit <https://www.marineroom.com/events/la-jolla/thanksgiving-dinner-1>.

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