

# PRESIDIO SENTINEL

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*Serving the Heart of San Diego*

October | 2023

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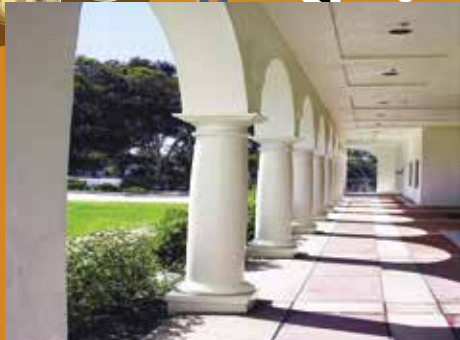
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# A Candidate for Mayor Who Clearly States, He is not a Politician

By Patty Ducey-Brooks



This past month I learned from someone I have worked with this past year on rallies, civic events, and homeless concerns that he has decided to run for mayor of San Diego. I was both surprised and impressed.

We all know the seriousness of this position, and the fact that the current mayor had been aspiring for that position most of his time as a politician, which is his entire adult life. I am referring to Mayor Todd Gloria.

Larry Turner, who resides in East Village with his wife and two young children, is also a Lieutenant Colonel and community relations officer with the San Diego Police Department. He has been serving the downtown district in that capacity, however, has been involved with almost every community in the city of San Diego, except for San Ysidro. Prior to this position he was a member of the SWAT team for the SDPD.

Turner retired from the Marines serving in many capacities, including as an intelligence officer. Obviously, Turner has served in roles in the military and police department that requires quick thinking, stamina, determination and strategic planning and leadership skills.

Those qualities and skills might serve us well at this time while we are dealing with some very serious issues at city hall and since the following has been shared by San Diegans throughout the city:

- Homeless population has gotten out of control over the last three years, leading to an increase in health and crime related issues.
- Sex trafficking in the school system and in the city are the highest in the country.
- Cost of living in the city has gotten worse over the last three years: housing, food, gasoline, utilities, and water.
- Affordable housing crisis continues to get worse.
- Quality of life for San Diegans has been jeopardized beyond expectations.
- Small businesses are struggling to survive due to costs and regulations that seem to be counter to creating an equitable business climate.

During a recent conversation with Turner, we discussed these points above. He stated that he has already assembled an intelligent and experienced group of business professionals who are ready to "hit the ground running" upon his appointment as mayor in 2024.

It's obvious from his passionate comments and "ready to move forward"

attitude that Turner believes that preparation and a strategically organized plan is necessary to overcome the challenges that we are dealing with in the city of San Diego.

He offered that his decision to run for office came about after numerous friends, associates, and business leaders from throughout the city asked for him to make this commitment.

"I feel it is my civic responsibility to run for mayor," offered Turner, and added "When I am done serving in this capacity, I plan to go back to being a member of the SDPD.

Obviously, that's the exception in today's world. Most people running for office make this a career, which unfortunately, may not be serving us well.

I think most of us agree that what is lacking among our elected officials is understanding what it's like out of the political arena. They have become so entrenched among the political culture that they are "out of touch" with their constituents. That's what I am experiencing and hear frequently from residents from throughout the city.

Without sharing the components of his plan for addressing the homeless, which are quite impressive and aggressive, I will state that he will focus on compassion and a common-sense approach that incorporates a lot of experience in dealing with this population daily. This is due to his role as community relations officer with the SDPD and as a resident of East Village, which is experiencing daily an increase in homelessness, drug activity and crime.

Going into the mayoral campaign as an independent, Turner offered, "I have no strings attached to me, I owe no one."

In today's political climate, this is also very encouraging. We know that those allegiances can do more to detract from doing what is right for all San Diegans.

Turner also plans to be out in the community daily when "he is mayor." Sitting behind a desk and directing others isn't how he functions. Again, what a refreshing change.

Though I can share more at this time, I plan to do so on a regular basis. As noted in the bullet points earlier, the majority of San Diegans feel that we are not functioning in a healthy political or business climate. It is time to consider how a leadership change at the mayor's office can be exactly what we need to regain our commitment to be America's finest city. With all of this in mind, Larry Turner has my full attention.

## Once a Viking, Always a Viking

“Once a Viking, always a Viking” is a common expression at St. Vincent de Paul School and, for Britni Coito, it certainly rings true. Having worked there from 2016 to 2021, she is back as principal.

“When the position at St. Vincent de Paul School opened, it gave me the needed push to take the next step,” said Coito, who already had experience as a vice principal. “I am returning to a place that has always held a special place in my heart, and I’m thrilled to be back with my Viking family.”

A San Diego native, Coito attended Catholic institutions from elementary through graduate school. She holds a bachelor’s in Psychology, a Master of Arts in Teaching in Elementary Education, and a teaching credential from the University of San Francisco. She is also certified for Mild to Moderate Special Education through the University of Notre Dame.

Coito began her teaching career in 2010 at St. Charles Borromeo Academy. After a year of teaching outside the diocesan school system, she began teaching at St. Vincent de Paul School in 2016, where she would eventually become vice principal of curriculum and instruction. After spending the past couple of years back at St. Charles Borromeo as vice principal, she has returned to St. Vincent de Paul.

“I firmly believe that faith and character education go hand in hand,” Coito said, reflecting on the impact of Catholic education. “I have personally experienced and witnessed how a strong foundation in faith can shape young minds, instilling values such as compassion, empathy, and integrity. And now, as an educator, I am blessed to be a part of that development at St. Vincent de Paul.

Coito continued to explain her mindset and philosophy of education. “I aim to empower my students to become knowledgeable individuals and compassionate leaders in our ever-changing world.”

Coito isn’t the only familiar face back at St. Vincent’s. The school is happy to welcome back Ashley de Santi, a former teacher and alumna of St. Vincent’s School; Burak Arnas, a former teacher; and Rosemary Watson, a long-time resident of Mission Hills and parishioner of St. Vincent’s Parish.

“Our teachers have spent countless hours preparing for the year ahead. They’re eager to inspire and challenge students to reach their full potential and develop the whole child,” Coito stated. “The energy and enthusiasm



**Britni Coito, pictured with students, is excited to be back at St. Vincent de Paul School.**

on campus are infectious. We hope to build strong relationships in our community and look forward to a year filled with endless possibilities and opportunities for growth. I can’t wait for what this year will bring to our school and greater community!”

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# Annual Día de Los Muertos Celebration Lights Up Old Town San Diego

Old Town San Diego presents its annual Día de Los Muertos celebration, a vibrant and culturally rich event that draws thousands of visitors each year. This year’s festivities promise to be more enchanting than ever before, with a lineup of exciting activities and traditions that will captivate visitors of all ages.

The centerpiece of the celebration is the traditional candlelit procession, will take place at 6:15 p.m., Thursday, November 2, 2023. This free event, which has become a cherished tradition in our community, will commence at sundown in front of the Immaculate Conception Church, situated at the intersection of San Diego Ave and Twiggs St. The procession will wind its way down San Diego Avenue to El Campo Santo, marking the beginning of this memorable evening.

Prepare to be amazed at the Weekend Mercado where you can shop for incredible art and crafts on Saturday, October 28, and Sunday, October 29, 2023. The market hours are Saturday from 10 a.m. to 5:30 p.m. and Sunday from 10 a.m. to 4:30 p.m. This two-day extravaganza will be held along San Diego Avenue and Harney Street, offering visitors a unique shopping experience.

Throughout the weekend, visitors are invited to explore historic museums, showcasing altares de muertos (altars of the dead) created by local artists in honor of influential Old Town citizens. Engage in hands-on activities and sign up for a sugar skull painting workshop (additional material fee applies).

In the Plaza de Armas, San Diego artists will create chalk art celebrating the diverse communities that have shaped Old Town throughout the centuries. Activities takes place from 11 a.m. to 9 p.m., Saturday, October 28, and 11 a.m. to 5 p.m., Sunday, October 29. Visitors are encouraged to honor their loved ones by contributing their names to the Community Altar located in the Plaza de Armas. This project is made possible through the State of California’s Arts in Parks program, a partnership between the California Department of Parks and Recreation and the California Arts Council.

The San Diego Public Library is delighted to present a free community



*Día de Los Muertos in Old Town San Diego is a vibrant and culturally rich event that draws thousands of visitors each year.*

screening of Disney Pixar’s beloved film “Coco” in the Plaza de Armas at 7 p.m., Saturday, October 28. Gather with friends and family for a heartwarming cinematic experience under the stars.

To minimize traffic congestion, attendees are encouraged to utilize public transit or rideshare services. The Old Town station is conveniently served by several MTS bus lines, as well as the Blue and Green trolley lines. Ample free parking is available throughout Old Town and the State Historic Park. Overflow parking can be found at the Caltrans lot located at Sunset Street and Taylor Street after 5 p.m. on Friday and all day Saturday and Sunday.

For further details and inquiries, please contact us at [info@oldtownsandiego.org](mailto:info@oldtownsandiego.org), by phone at (619) 228-9340 and via our website at [www.oldtownsandiego.org/dd](http://www.oldtownsandiego.org/dd).



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# Sharing Passwords Among Family Members

By Rick Brooks



When my father passed away a few years ago, my brother and I began to take a more active role in helping my mother. This included everything from helping her manage her cable and WiFi to banking to going with her to doctor appointments. At some point, every single one of these activities requires a password, so we needed to figure out the best way to store her passwords safely and securely, yet still enable the three of us to access them from different ends of the state.

This is hardly a new phenomenon, but as passwords are becoming more complex and multi-factor authentication is becoming more common, sharing passwords securely has become much more difficult.

One thing that security experts agree on is that passwords should never be written down. Why? Because they can be easily stolen. In our case, it wouldn't have worked anyway, since a written list is only good until the password changes, which some websites force you to do regularly.

Our first solution was a shared Google spreadsheet. This was somewhat secure, since Google accounts require you to set up a password to log in, but it wasn't great security. It was a step above having a written list, and anytime someone had to change a password, we could go into the spreadsheet and change it there. It also allowed us to write down

the answers to security questions, save PINS, etc., so it wasn't a bad solution.

But even that became somewhat unwieldy and still wasn't very secure. It also suffered from the main problem people have in creating their own passwords: they all tend to be the same (so you can remember them) or a variation of a theme (again, easy to remember). This is a terrible problem because once somebody knows one of your passwords, they will likely know them all.

Personally, I've been using a password manager for several years. It allows me to access my passwords on my computer or phone and creates wickedly complicated passwords that I don't ever need to remember – because they're in my password vault. I only have to remember one single password. All the rest are stored safely and encrypted. So, it's a very secure system for storing passwords, but what about sharing them?

Most password managers allow you to create password sets or vaults for different family members. So, my passwords are separate from my wife's and each of my kids, and then we have a set of shared family passwords. Using this, I was able to create a vault for my mother's passwords and invite my brother to join my 'family' so that he could also see her passwords. Admittedly, it works best with immediate family, but you can use password managers like this that are designed for companies and teams across family groups as well.

There are other ways to share passwords securely. Our Google

spreadsheet was a variation of using cloud storage services like Microsoft OneDrive, Apple iCloud, Dropbox and the like. With these cloud storage services, you can share documents (like spreadsheets) and have good control over who can access your documents as well. Online project management tools, again designed for businesses, are another option.

One thing you should never, ever do is share passwords via text messages or email. Both are too insecure and barely different than writing it down on a piece of paper. If you ABSOLUTELY must share a password this way, it's better to call the person you're sharing with, or split it up, like sending the userID by text message, part of the password by email and the rest by phone. At least this way, if one form is compromised (like your email getting hacked), the person doesn't have the whole password. You could also use a site like onetimesecret.com which creates a secure link that is only available once and then deleted forever.

No system is going to be perfect, but the more secure you can make your password sharing, the more secure your financial and health information will be.

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

## The War on Planning Groups

Imagine if all democratically elected officials had to "apply" to keep their jobs. And the candidates they defeated were invited to apply for those jobs. And the "winners" were chosen behind closed doors.

This is called "overturning elections," and it's exactly what is happening to San Diego's 53 community planning groups, including District 3's five groups: Downtown, Greater Golden Hill, Mission Valley, North Park, and Uptown.

For nearly 60 years, planning groups have exemplified the power of local democracy. Like my mother before me, I was elected to the North Park Planning Committee, and I know from direct experience that these all-volunteer groups work tirelessly to represent the will of their communities.

A few years ago, the City's power elite abruptly declared war on planning groups, complaining that group members just weren't the right sort of people. Every member

has now been asked for personal information that includes age, race, and income.

City Hall will use that information to either bestow official "recognition" on these elected groups OR withdraw it and replace them with hand-picked groups that NEVER WERE ELECTED!

This assault on local democracy was done at the direction of "strong mayor" Todd Gloria. And our City Council either helped lead the charge or stayed quiet on the sidelines.

"Complaints that planning groups 'kill off housing' have no basis in fact. These advisory groups have never had the power to curb growth. They can only make recommendations that convey the general will of their communities. City Hall can and routinely does ignore that input.

"The real problem here is that elected officials and their allies in the building industry are easily bruised. Even after a string of victories (proliferation of accessory dwelling units, passage of Senate Bills 9 and 10), they continue to fret. They want

total public acquiescence, and they will brook no opposition.

"Stifling the messenger to block the message never works. Community residents who are feeling the strain of disastrous land-use policies will not be silenced. As North Park's three-year battle over the 30th Street bike lanes has shown, when politicians try to shut out constituents, our resolve strengthens, and our voices get louder."

I am running for the D3 Council seat to challenge City Hall's culture of autocracy. If elected, I will support our planning groups, provide the resources these volunteers badly need, and fight any efforts to overturn their elections.

Starting with the Sept. 28 Greater Golden Hill meeting, I will attend every D3 planning group meeting to thank the members and personally attest to the value of their work.

Kate Callen, North Park resident and community activist [www.katecallen.com](http://www.katecallen.com).

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## Three-month-old Red Panda Cub Named In time for International Red Panda Day

In time for International Red Panda Day, the 3-month-old red panda cub at the San Diego Zoo, received her new name. The endangered cub will now be called Pavitra (pronounced pah-vee-tra), which means “sacred” in Nepali. Pavitra was born June 9 to first-time parents Adira and Lucas, and she is the first red panda born at the Zoo since 2006.

Red pandas are listed as endangered on the International Union for Conservation of Nature Red List of Threatened Species, due to their dwindling global population. They face many threats, including habitat loss and degradation related to increased human encroachment and climate change. San Diego Zoo Wildlife Alliance collaborates with multiple partners to identify unprotected red panda habitats, train teams to monitor the health of the forest and provide awareness-building workshops in communities in Nepal where red pandas live.



San Diego Zoo guests may be able to catch a glimpse of Pavitra as she explores her outdoor Asian Passage habitat.

## Sumatran Tiger Cub Twins' Names Announced



The tiger cubs account for only 400 to 600 Sumatran tigers remaining on earth.

Two Sumatran tiger cubs, born at the San Diego Zoo Safari Park in July, have now been officially named. The female cub is Puteri (pronounced Poo-tear-e), which means “princess” in Malay; and the male cub is Hutan (pronounced Hoo-taan), which means “forest.” The cubs were born July 12 to first-time mother Diana and father Dumai and are the first of this critically endangered species to be born at the Safari Park’s Tull Family Tiger Trail habitat in seven years.

Sumatran tigers are listed as critically endangered on the International Union for Conservation of Nature Red List of Threatened Species. With only an estimated 400 to 600 Sumatran tigers remaining on earth, these births are significant in increasing the worldwide population of this tiger species and furthering the nonprofit San Diego Zoo Wildlife Alliance’s ongoing work to conserve them.

Diana and her cubs are expected to remain in their den for several more weeks. For information, visit [sandiegozoowildlifealliance.org/adopt/sumatran-tiger](http://sandiegozoowildlifealliance.org/adopt/sumatran-tiger).

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**Pongo is currently living in a foster home. To arrange an introduction at the San Diego Campus, located at 5480 Gaines Street in San Diego, please call (619) 299-7012.**

**Xerxes is a gorgeous white, twelve-year old kitty who is looking to live out his golden years being pampered like the king he is.** This mellow boy enjoys lounging in the sun and couch cuddles. And did we mention that he looks quite dapper in a bow tie? Xerxes may be a senior boy, but he still lives for adventure — going for a walk in his kitty stroller is one of his favorite activities. Since Xerxes is an older kitty, he will require some extra special care from his new humans and prefers to be the only animal in the home. Make this handsome fella your newest family member today.

**Xerxes is currently available for adoption and living in a foster home. To arrange an introduction at the El Cajon Campus, located at 1373 N. Marshall Avenue in El Cajon, please call at (619) 299-7012.**



Xerxes

## SPCA

# Fall News from the Mission Hills Garden Club

By Elaine Wilson, Mission Hills Garden Club president

Fall has arrived and it's time for planting. By the time you are reading this, the Mission Hills Garden Club will have conducted our first meeting of the year; Chuck McClung will have spoken on fall gardening tips. For your benefit, we have a great year planned for members and garden lovers, and we hope to see you at an upcoming event.

We surveyed the community this summer and determined that both weeknight and Saturday meetings were needed, so we will split our meetings between Thursday evenings from 6 p.m. to 8 p.m. at United Church of Christ and Saturday afternoons from 2 p.m. to 4 p.m. at Mission Hills Nursery. We also have five Coffees or Wines in the Garden planned this year to provide more social time as well as learning from our neighbors what makes their gardens grow.

Saturday, October 28 is our newly annual Pumpkin Planters event at Mission Hills Nursery and will also feature Marilyn Cornell teaching us on planting a winter garden. This program is prior to Halloween in the Hills, so you can attend both, and come away with a beautiful décor piece for your table or doorstep.

We also have a Saturday, November 1 special event field trip to Roger's Gardens planned, and space is limited, so if you want to join us sign up soon. Other field trips and special events will be planned during the year.

Who is doing all this planning, you may ask? We have an energized board of directors who are determined to make a positive impact in our



Mission Hills Garden Club members create Thanksgiving decorations using live pumpkins.

community. And lots of committees we invite you to join. Please see the listing on our website, MissionHillsGardenClub.org. Some of us board members have been involved in the club for several years, and some have recently joined the club and the board. I am delighted to serve as the club's president this year.

Our Annual Mission Hills Garden Walk is set for Saturday, May 11, so put it on your calendar now. Tickets will not be available for sale until this spring. Our Community Enhancement committee has been working this summer to restore the Falcon Street Pocket Park, and we plan to plant more pollinators once it is cooler. Please come take a look.

If you are not able to make the October meeting, please join us Thursday, November 16 for our annual pre-Thanksgiving Potluck. This year we will also have a floral demonstration, and a few lucky folks will leave with a beautiful arrangement. Our meetings will also include seed and plant exchanges, and raffles. If you are a business interested in partnering with us, please contact programs@missionhillsgardenclub.

Let us know what you love and what you don't. We want to make sure the Mission Hills Garden Club meets the needs of community members. You can reach me at President@missionhillsgardenclub.org. Hope to see you soon!



Community members joined in painting the mural on Reynard Way, thanks to coordination and donations from the Mission Hills Garden Club.

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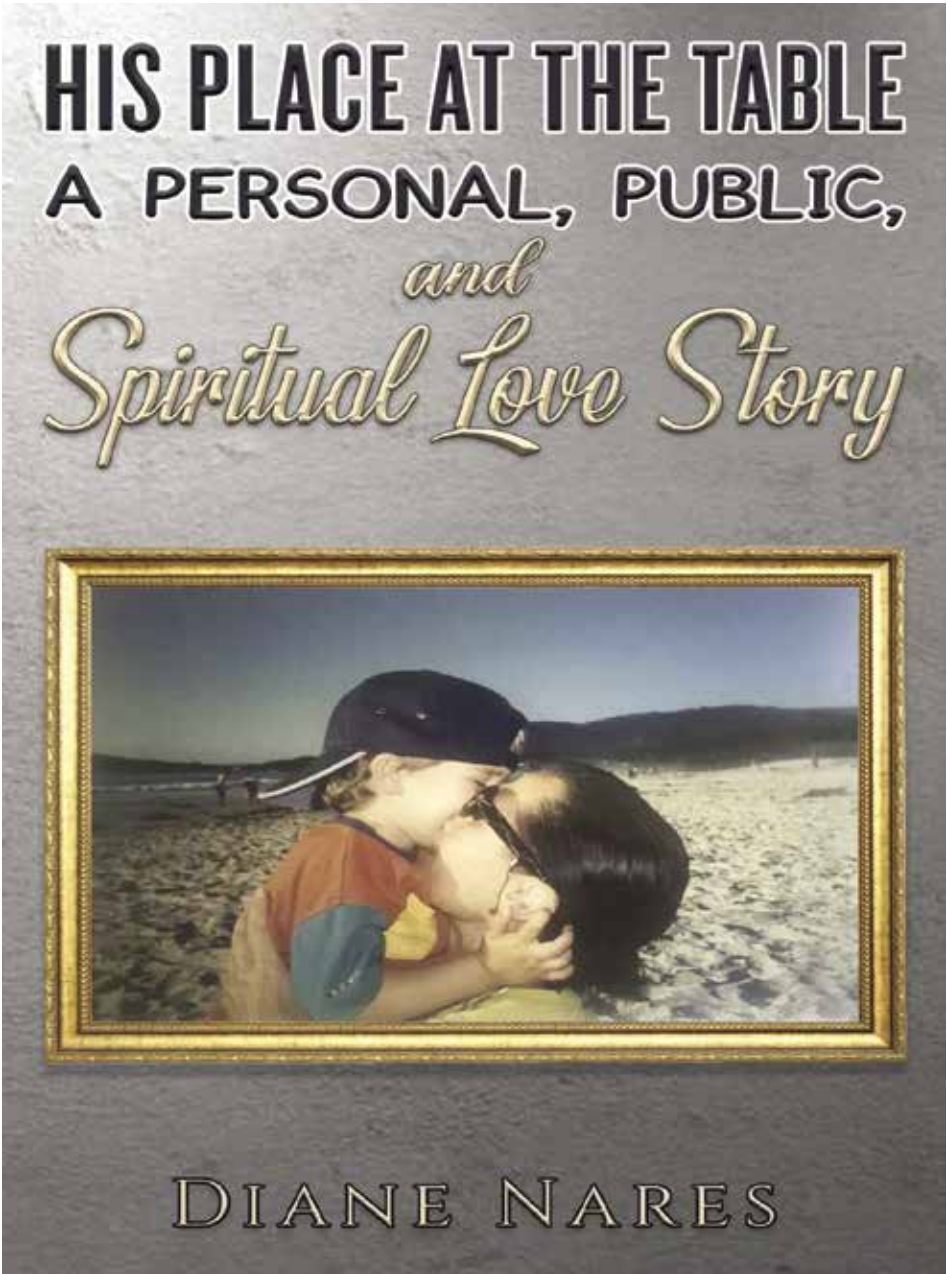
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**“His Place at the Table,”  
a memoir by ENF’s Co-Founder, Diane Nares.**



Diane Nares’ memoir is a powerful tribute to her son and an inspiring journey that led to the creation of the Emilio Nares Foundation (ENF). It’s a story of love, resilience, and unwavering commitment to making a positive impact in the lives of children battling cancer.

“His Place at the Table” is about my son Emilio, his cancer diagnosis at three years old, and the rollercoaster ride my husband Richard and I traveled in the attempt to save Emilio’s life. In an instant, upon hearing the profoundly painful words, “your child has cancer,” we took a rapid plunge into the depths of Dante’s inferno, with absolutely no idea how we would ever get through this nightmare.

My book recounts the highs and lows with uncommon honesty. Although my unrelenting optimism and fortitude were challenged beyond limits, I show the reader that love can be a lifeline. I go back in time and speak to my later-in-life opportunity to find meaningful love, marriage, and motherhood. Richard and I were unwavering in our commitment to one another, as grief took us into uncharted territories.

Ultimately, through our spiritual strength and the expansion of our “family” by establishing the Emilio Nares Foundation, we found ways to heal and transform our lives. Emilio’s Legacy continues, as the little boy who inspired a movement.

Diane Nares is the co-founder of the Emilio Nares Foundation, a non-profit charity which provides transportation and other vital support to families who are navigating through their child’s journey with cancer. Nares expresses her passion for life in a wide range of pursuits, from comforting parents who have lost their child, to participating in family bereavement groups, to hosting ENF’s annual food & beverage fundraiser. Born in Los Angeles, Diane Nares is a “self-proclaimed” later-in-life wife and mother to her only child, Emilio. Emilio lost his life to leukemia shortly before his sixth birthday. In addition to being a respected speaker, Nares enjoys traveling internationally, swimming, yoga, cooking, and hiking with her husband, Richard.

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# Kate Callen Announces Candidacy for San Diego City Council District 3

Kate Callen, a long-time North Park community activist and former journalist, has announced her candidacy for the San Diego City Council.

“I’m running to give District 3 residents and small business owners a seat at the table where City Hall decides the fate of their neighborhoods,” Callen pledged. “The diverse voices of our district’s communities all deserve to be heard and respected, and that will be my focus.”

“I also will challenge the city’s fiscal management and budget priorities. If the Mayor and the City Council can spend millions on bike lanes and squander tens of millions on 101 Ash Street, they can find the money to maintain Balboa Park, fix broken sidewalks, clear trash from our streets and canyons, and invest in the infrastructure we need to accommodate rampant growth.”

“I will call for sensible limits on multi-unit ADUs with no on-site parking that are engulfing our neighborhoods. Too many are enriching outside investors, and virtually none provide low-income housing for low-wage earners.”

“I will immediately push to create housing for homeless families with children – NO child should sleep in parks or in cars – and I will work to build the public-private partnerships that can deliver the truly affordable housing San Diego’s workers desperately need.”

Callen’s writing career has included stints as United Press International’s San Diego bureau chief and speechwriter for four University of California CEOs. She co-founded the SoNo Neighborhood Alliance and served on the North Park Planning Committee. She is an alumna of the University of Pennsylvania and Columbia University.

A Democrat, Callen resides in North Park.



Kate Callen of North Park is a co-founder of the SoNo Neighborhood Alliance, a 501C3 founded in 2016 that strives to give residents and small business owners a seat at the table where decisions are made that impact neighborhoods.

For more information, please visit [www.katecallen.com](http://www.katecallen.com).

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## San Diego Junior Theatre Presents “The Sound of Music”

Once again, “The Sound of Music” will enchant Junior Theatre audiences with its timeless story and captivating melodies. “The Sound of Music” will run Fridays at 7 p.m. and Saturday and Sundays at 2 p.m. from October 27 to November 12, 2023. JT’s popular Pajama Night is Friday, November 3.

Set in Austria on the eve of World War II, we follow the journey of Maria, a spirited young woman with a passion for music, who is sent as a governess to the seven von Trapp children. Through her challenges with this broken family, Maria discovers the transformative power of love and music in the face of adversity.

Directed by new Producing Artistic Director (and JT alum), Joey Price, families are guaranteed to enjoy this epic story that brings to life the timeless tale of love, courage and the power of music. “The Sound of Music” is one of the most beloved musicals of all time, with songs familiar to everyone such as, “Climb Every Mountain,” “A Few of My Favorite Things,” “Sixteen Going on Seventeen” and more.

Joining Price on the creative team is first-time Junior Theatre Music Director, Ben Read, and frequent JT Choreographer, Ricardo Valenzuela, who most recently choreographed last season’s sold out smash, “Roald Dahl’s Matilda!”

Junior Theatre continues to provide an ASL-interpreted performance for each production. The ASL-interpreted performance for “The Sound of Music” will be Saturday, November



**“The Sound of Music” will enchant Junior Theatre audiences with its timeless story and captivating melodies.**

11 at 2pm. For optimal seating, members of the Deaf community can reach out directly to the box office at [boxoffice@juniortheatre.com](mailto:boxoffice@juniortheatre.com).

Junior Theatre strongly encourages all eligible patrons to be fully vaccinated and boosted against COVID-19. Masks are recommended but not required. Patrons are asked to check <https://juniortheatre.com/covid-19-safety/> for full details and any policy updates prior to

attending a performance.

All Junior Theatre productions are performed in Balboa Park’s historic Casa del Prado Theatre, 1600 Village Place, at the corner of Old Globe Way and Village Place. Tickets are \$18 - \$20. Discounts are available for groups of 15 or more. For tickets and more information, visit [www.juniortheatre.com](http://www.juniortheatre.com) or call the box office at 619-239-8355.

## City Ballet of San Diego announces programming for Season 31

The critically acclaimed City Ballet of San Diego, under the direction of Steven and Elizabeth Wistrich, both former Boston Ballet and Stuttgart Ballet dancers, offers innovative programming of classical, contemporary and story ballets for Season 31. “While Spreckels Theatre, our beloved home theater, undergoes renovations, we have broadened our reach with performances in both San Diego and North County,” said Steven Wistrich.

In July, the company continued its On the Move series with “On the Move: Without Bounds” showcasing all new works by resident choreographers Elizabeth Wistrich and Geoffrey Gonzalez, plus City Ballet

Dance Artist Brian Heil’s first ballet set on the company. Ballet patrons attending the performances enjoyed a unique ballet experience under the stars at the beautiful new Epstein Family Amphitheater on the UCSD campus.

The Fall program in November, titled “Balanchine Extravaganza,” includes ballet masterworks from the 20th century by George Balanchine. As the father of American ballet, George Balanchine opened the eyes and ears of audiences to the marriage of music and dance. He famously said, “see the music, hear the dance.” The program celebrates that marriage of music and dance with three of Mr. B’s finest works at the Balboa Theatre,



**The Fall program in November, titled “Balanchine Extravaganza,” includes ballet masterworks from the 20th century by George Balanchine.**

downtown San Diego, with his milestone “Serenade” – the first he created in America, the cheerful, but challenging “Donizetti Variations” and “The Four Temperaments” showing his lean angular style fused with classical steps.

The performances take place at 8 p.m., Saturday, November 4 and at 2 p.m., Sunday, November 5 at the Balboa Theatre, located at 868 Fourth Avenue in downtown San Diego.

In December, “The Nutcracker,” which received the Tommy Award for the “Best Nutcracker” in San Diego, offers five performances at the California Center for the Arts, Escondido accompanied by The City Ballet Orchestra with John Nettles conducting. A beloved classic, “The Nutcracker” retells the Victorian-era story of the adventures of Clara, the Nutcracker Prince, Herr Drosselmeyer and the Sugar Plum Fairy through a magical theatrical experience to Pyotr Tchaikovsky’s famous score.

In March, City Ballet has assembled a program exclusively of firsts. Geoffrey Gonzalez premieres his new ballet, “An American in Paris.” Elizabeth Wistrich premieres her new ballet, “Boléro – The Awakening.” And City Ballet adds their first Christopher Wheeldon ballet to their repertoire, “Morphoses.” Performances will be presented at both the Balboa Theatre and California Center for the Arts, Escondido.

Closing the season in May at the California Center for the Arts, Escondido is resident choreographer Geoffery Gonzalez’s “Carmina Burana” performed to Carl Orff’s powerful score, played by the City Ballet Orchestra, plus the 80 plus voices of the Pacific Coast Chorale and the Escondido Center Chorale.

For tickets and more information, call the City Ballet’s Box Office at (858) 272-8663, or visit [www.cityballet.org](http://www.cityballet.org).

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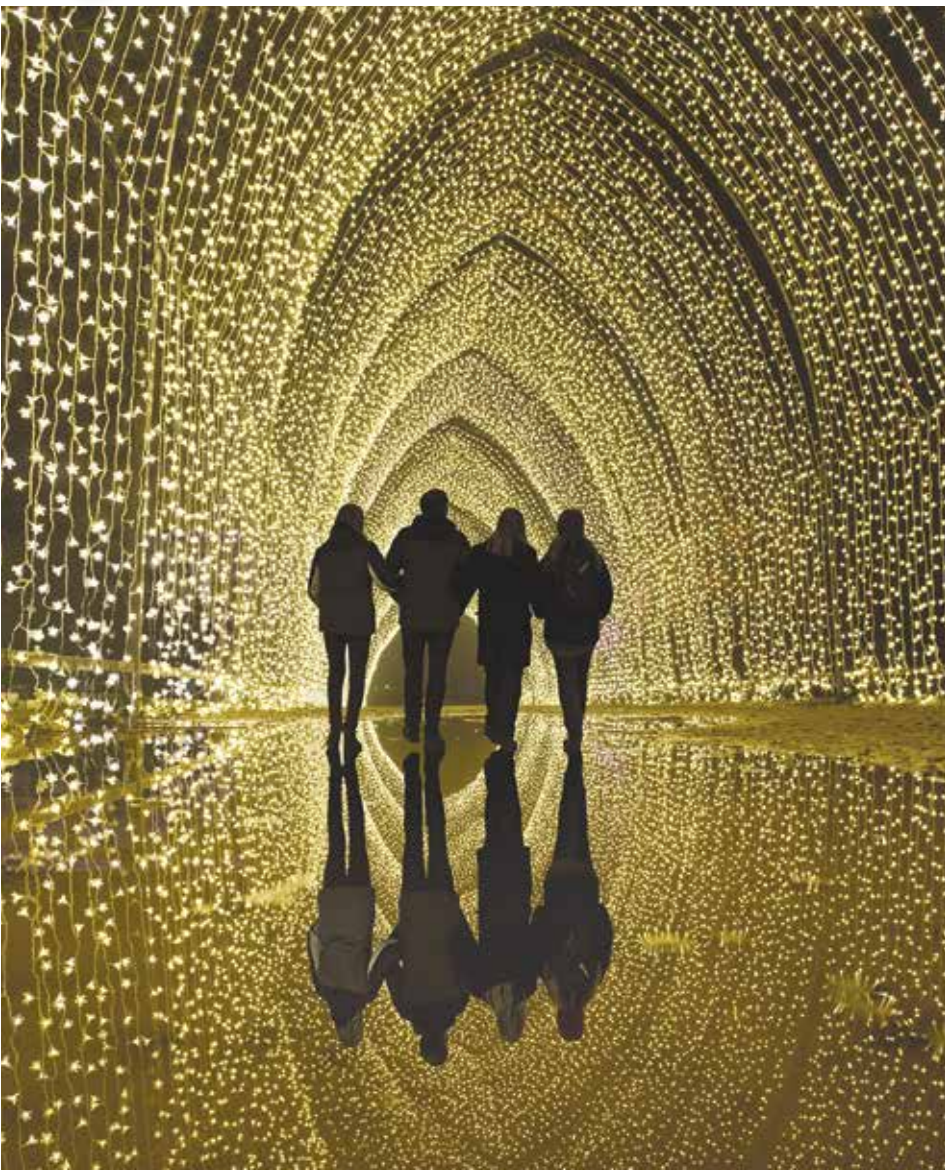
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# Internationally Acclaimed Lightscape Returns to San Diego Botanic Garden

From Friday, November 17 through Monday, January 1, Lightscape will illuminate evenings at the San Diego Botanic Garden with brand-new artistic installations throughout a spectacular one-mile winding walking trail. The enchanting, after-dark, illuminated trail has been reimagined and will span one mile and feature spectacular sights with brand-new eye-catching artistic installations from international artists that come alive at night with color, imagination, and sound.

“We are thrilled to announce the return of Lightscape at San Diego Botanic Garden for the 2023 holiday season,” said SDBG President and CEO, Ari Novy, PhD. “This years’ experience will feature a brand-new lineup of immersive light installations. We look forward to once again transforming the Garden into an enchanting, festive, after-dark spectacle where family and friends can celebrate and make memories.”

The holiday light trails have been dazzling the world’s biggest cities over the last ten years including its debut in San Diego



*A spectacular tunnel of lights offers visitors with a one-of-a-kind, immersive experience.*

last year, along with sold-out runs in London, Chicago, Melbourne, and New York. Set along a beautifully illuminated walking trail custom-designed for San Diego, Lightscape ticket holders will walk a one-mile-long path with tunnels of light, lanterns, illuminated California poppies, and other artistic installations, while enjoying seasonal treats and drinks along the trail. Reimagined for the 2023 holiday season, this one-of-a-kind, immersive experience will guide visitors through a festive world of colorful wonder, allowing them to see the Garden in a whole new light.

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.

Tickets for Lightscape at the San Diego Botanic Garden will go on sale in September. To be one of the first to find out when tickets go on sale, sign up for San Diego Botanic Garden’s newsletter.

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## Mama's Kitchen Calls for Volunteer Support

Every day, thousands of critically ill San Diegans rely on the free meal delivery service provided by Mama's Kitchen. For over three decades, the nonprofit organization has made nutritious, medically tailored meals, packaged and delivered with care to homes by Mama's Kitchen volunteers year-round.

As the largest nonprofit provider of home-delivered meals in San Diego and the sole provider of medically tailored meals, Mama's Kitchen is issuing an urgent community-wide call for volunteers ahead of the busy holiday season. Currently, the organization needs volunteer help in three main areas: meal delivery, kitchen/staging, and phone/office support. The urgent need for volunteers is a result of a continuing surge in demand for medically tailored meals for individuals experiencing a health complication that leaves them homebound.

Mama's Kitchen CEO Alberto Cortés urges community members to consider volunteering, saying, "No amount of volunteer support is too small—even picking up a single meal delivery shift once a month, which takes less than three hours, can have a tremendous impact."

While the Hunger Coalition reports that San Diego's hunger rates have receded to pre-pandemic rates, Mama's Kitchen continues to see sky-rocketing need from the critically ill population. The long-term impacts of the pandemic have resulted in rising rates of chronic illness, and Mama's Kitchen now receives close to 400 new referrals each month. As the nonprofit closed out its 2022-2023 fiscal year in June, Mama's Kitchen was shocked to find that they delivered a record-breaking 816,920 medically tailored meals, which is a 22 percent increase over the prior year.

"We continue to see more critically ill community members enrolling in our Medically Tailored Meal Service," says Cortés. "Along with that comes the need for increased volunteer support, especially for delivery drivers, to ensure each client has access to this crucial lifeline. We currently need 200 additional volunteers to meet the community needs we anticipate for



**Mama's Kitchen needs volunteer help in three main areas: meal delivery, kitchen/staging, and phone/office support.**

the rest of this year and into 2024."

Responsibilities of meal delivery volunteers include picking up meals and delivering them to clients' homes. Volunteer work in the kitchen/staging category can include plating food, prepping the kitchen, organizing and sorting food items, assembling meal delivery bags, loading delivery vehicles, and more. Volunteers working in phone/office support help with general office tasks at the Mama's Kitchen office (located in the Fairmount Park neighborhood of San Diego), such as filing, organizing, or answering phones. Volunteer opportunities are available Monday through Friday between 8 AM and 6 PM.

Research has shown that volunteering offers meaningful health benefits, especially for older adults. "Volunteering to do a meal delivery for two routes at a time has been the most

memorable experience for us," says Monica, Mama's Kitchen volunteer delivery driver. "My husband and I were happy to deliver in the City Heights and North Park neighborhoods, where we lived when we were growing up."

For community members interested in volunteering with Mama's Kitchen, the first step is to complete a volunteer application. Next, prospective volunteers attend a 30-minute volunteer orientation session (virtual or in-person), where they learn more about Mama's Kitchen and the volunteer opportunities available. Mama's Kitchen requires a background check for delivery driver volunteer positions and conducts reference checks for all non-delivery volunteer positions.

Individuals and families are encouraged to apply. Youth volunteers ages 13+ must be accompanied by a parent or guardian.

**For questions about volunteer opportunities, visit [www.mamaskitchen.org/volunteer/opportunities/](http://www.mamaskitchen.org/volunteer/opportunities/) or contact Mama's Kitchen Director of Volunteer Engagement Philip Chao at [philip@mamaskitchen.org](mailto:philip@mamaskitchen.org) or 619-233-6262.**

## ARC of San Diego Recognizes a Local Volunteer and Loyal Supporter



**Gerald Hansen receives Cherrie Seveck Lifetime Achievement Award from Anthony DeSalis, president & CEO of The Arc of San Diego.**

Gerald Hansen, a Point Loma resident, received the Cherrie Seveck Lifetime Achievement Award from The Arc of San Diego, one of the county's largest non-profits serving people with disabilities, at their Annual Meeting in June 2023. He was recognized for his remarkable commitment to supporting The Arc of San Diego's mission to support and empower individuals with disabilities to achieve their life goals.

Hansen has been a dedicated volunteer and loyal supporter of The Arc of San Diego for more than 23 years. He served as a member of The Arc of San Diego's Board of Directors from 2000-2014 and currently chairs the fundraising committee. In 2013, Gerald received the Frank B. Lalor Award and in 2018, he received the President's Volunteer Service Award for his outstanding commitment to supporting and empowering individuals with disabilities and their families. In 2019, Hansen was presented with the Arc San Diego Foundation's Circle of Light Silver Award for his generous

contributions to The Arc of San Diego.

"Cherrie Seveck was a remarkable leader who helped found The Arc of San Diego. She was our first executive director. From the 1940s until her death at the age of 93 in 2009, Cherrie tirelessly advocated for children and adults with disabilities. She was inspirational, compassionate and helped The Arc of San Diego grow from a grassroots organization into one of the county's largest nonprofits. Gerald Hansen exemplifies the spirit of Cherrie Seveck and we are proud to recognize Gerald's outstanding dedication with the Cherrie Seveck Lifetime Achievement Award," Anthony DeSalis, president & CEO of The Arc of San Diego.

The Arc of San Diego, a private, not-for-profit organization, is one of the largest, most comprehensive service provider for people with disabilities in San Diego County, serving over 2,000 children and adults with disabilities such as autism, cerebral palsy, and Down syndrome each year.

**For more information on The Arc of San Diego, please visit [www.arc-sd.com](http://www.arc-sd.com).**

## New Installations at the Station Mural Highlighting San Diego's Maritime History

NTC Foundation just announced the selection and installation of the newest Installations at the Station art piece between Barracks 14 and 15 in Arts District Liberty Station. Installations at the Station, overseen by the Art in Public Places Committee (AiPP), has brought thought-provoking and stimulating artworks to the community, featuring works from local artists in the San Diego-Baja region. San Diego-based Mexican American artist, Scarlett Baily, was recently selected by AiPP for her installation titled "Home," and began hand-painting the 2,535 square-foot mural depicting the vibrant history of San Diego on Monday, September 18.

"We're so excited to have selected Scarlett Baily's piece as the newest project for Installations at the Station," said Lisa Johnson, President and CEO of the NTC Foundation. "Scarlett's vision to connect the community to San Diego's rich history goes farther than painting a picture of the skyline – it's visual storytelling. Combining different characteristics of the San Diego region with Liberty Station's maritime roots, this installation captures everything Arts District is about."

Baily's mural, titled "Home," intricately weaves the history of the Naval Training Center with indigenous maritime culture on a vast 2,535 square-foot canvas. Evoking the essence of belonging, the artwork celebrates San Diego's

heritage through coastal flora, fauna, and a vivid bouquet of native flowers. The installation transports viewers to lush marshes, where the tradition of crafting the Kumeyaay Tule Boat is honored and vintage naval knots acknowledge the city's maritime roots. The mural's narrative unfolds from California gulls on Sunset Cliffs to a profound underwater scene, depicting a gray whale's ancestral journey. An oversized Osprey in the garden encapsulates the wonder of feeling at home in the presence of shared creatures. Symbolizing diverse inhabitants, "Hapai," Kumeyaay for "the people's water," reflects Point Loma's legacy.

Offered Scarlett Baily, "My work explores themes of belonging, rescuing origin stories, traditions, and tales, yet I still needed to ask these same questions about the peninsula. What was the place like generations before Liberty Station? I began researching indigenous maritime culture and had the incredible opportunity to connect with Dr. Stanley Rodriguez, a Kumeyaay professor, and veteran who completed boot camp at the NTC in the 80s. Dr. Rodriguez preserves Kumeyaay maritime traditions, teaching communities how to construct 'Ha Kwaio' or tule boats. I am so excited to share this 10,000-plus year-old tradition that continues to thrive with the visitors of Liberty Station."

The community is invited to watch Baily



**Scarlett Baily creates murals that are larger than life. This is one of her works in a black and white perspective.**

in action from 9 a.m. to 1 p.m. on Saturday, October 14, and from 9 a.m. to 4 p.m. on Friday, October 13. The community painting days are open to all ages and guests are encouraged to dress in clothing they don't mind getting paint on. The work will be located on the archways between Barracks 14 and 15.

## Academy of Our Lady of Peace to Host Fourth Annual Hackathon



**Our Lady of Peace invites girls in sixth through twelfth grade from all San Diego County Schools to perform in the Hackathon.**

The Academy of Our Lady of Peace will host the 4th annual Hackathon from 8 a.m. to 3 p.m., Saturday, October 14. The hackathon is open to girls from all San Diego County Schools through sixth to twelfth grade.

A hackathon is a meeting of the minds to challenge current notions, problem-solve, create, and collaborate. OLP's Engineering Projects in Community Service Club (EPICS), the hosts of the annual Hackathon, focus on how STEM can solve global issues using science, technology, engineering, and math. Students identify specific problems in the world and formulate systematic and realistic solutions to them through researching, analyzing data, and communicating with a group of workers. This is a friendly competition, and the teams will be presenting their solutions to a panel of judges. Teams in first, second, and third place will receive prizes.

This year, the Hackathon is in partnership with the San Diego Zoo Wildlife Alliance, and the

theme is Animal Endangerment. The disruption of our natural world has caused countless species of animals to join the endangered species list. During the Hackathon, participants will work in teams to find solutions and sustainable ways to combat this loss of habitats using their critical analysis, creativity, collaboration, decision-making, and applications of STEM in entrepreneurship.

Research data shows that women continue to be underrepresented in the STEM fields. OLP is committed to providing a rich STEM program experience for students. At the Hackathon, students not only gain insight in various areas of STEM, business, and world affairs but can also hone critical thinking and communication skills. The event allows students to connect and work with other young women who come from diverse backgrounds and interests. It also gives them the chance to better educate people and bring awareness to issues.

Here, young women can practice skills without worrying about a poor grade or failure.

To learn more about the event and register, visit <https://www.aolp.org/calendar/2023-10-14-00-00/olp-hackathon>.



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## Fiesta De Reyes Expands Day of the Dead Wonderland to Old Town San Diego State Historic Park

Following on last year's success, Fiesta de Reyes in Old Town San Diego State Historic Park is planning a Dia de los Muertos, or Day of the Dead, celebration like no other in San Diego – a free, family-friendly immersive experience designed to bring the spirit of this traditional annual Mexican and South American celebration to life for San Diegans of all ages. Dubbed Dia de los Muertos – La Experiencia, the event is slated to run from Sunday, October 1 through Thursday, November 2. Dia de los



*Enjoy color and vibrant displays while visiting Fiesta de Reyes in Old Town San Diego State Historic Park.*

Muertos is traditionally celebrated on November 1st and 2nd each year.

Throughout the month of October, the Fiesta de Reyes courtyard at the north end of the state park will be filled with fanciful, humorous, and visually stimulating décor, offered as tributes to many of San Diego's early citizens. Many life-sized Catrina skeleton dolls in fancy dress, and many larger-than-life size, hold court at Fiesta de Reyes throughout the event. More displays are being added this year with many being at child height and partially hidden, waiting to be discovered. This year, there will be more than 60 unique Dia de los Muertos displays in Fiesta de Reyes, thousands of marigolds – a traditional flower associated with Dia de los Muertos – will garner the courtyard, and live entertainment on the Fiesta de Reyes stage. Staff will dress in festive attire associated with Day of the Dead and merchants will host both traditional and more contemporary Dia de los Muertos altars throughout the plaza. Both Casa de Reyes Restaurant and Barra Barra Saloon will feature special menu selections throughout the run of the event.

"Last year's event was very successful and thousands of visitors were exposed to this very special celebration that is such a defining part of the history and culture of San Diego. We wanted to continue to honor that by expanding this year," said Ryan Ross, director of Fiesta de Reyes. "We want folks to experience the spirit of this important aspect of our history by walking into a different world when they come through our gates."



*Extravagant face painting will be offered at Fiesta de Reyes in Old Town San Diego State Historic Park.*

Fiesta de Reyes is open from 11 a.m. until 9 p.m. each day with extended hours on Fridays and Saturdays. Free parking is available throughout Old Town with extra parking available across Taylor Street in the CalTrans parking lot all day on weekend days and after 5 p.m. on weekdays.

For information and a complete schedule of events, visit [www.fiestadereyes.com/ddlm](http://www.fiestadereyes.com/ddlm) or [dayofthedeaddsd.com](http://dayofthedeaddsd.com).

## Mission Hills' Artists Return for the Holiday Season

After a three-year hiatus, due to Covid, the Mission Hills Art Show and Sale will return from 10 a.m. to 4 p.m., Saturday, November 4 at the Mission Hills United Church of Christ for a wonderful Show and Sale.

This will be an exciting exhibit of all kinds of art from jewelry to paintings, to quilts, to clothing, to many other kinds of creative skills. It's perfect for the holidays with lots of potential gifts.

If you are an artist and would like to join, call Ginny Ollis at 619-295-3904 to register (cost is only \$25/artist to cover the space rental). Free coffee and lunch for artists will be provided.



## Fall is in the air at Arts District Liberty Station



*It's almost time to put on your ice skates and enjoy the festivities at Rady Children's Ice Rink in Arts District Liberty Station.*

Though the temperature is dropping slightly, the excitement for some fun experiences in the arts and culture district isn't!

It's never too early to start thinking about the holidays. Welcome the festive season with the return of the Rady Children's Ice Rink in Arts District Liberty Station beginning Thursday, November 16, and closing Sunday, January 7. Rady Children's Hospital Auxiliary in partnership with the NTC Foundation invites friends and family to join in the winter tradition of ice skating at one of San Diego's most picturesque location. Net proceeds from the rink will benefit the Thriving After Cancer program in the Rady Children's Hospital's Peckham Center for Cancer and Blood Disorders. Tickets can be purchased on-site or online and include skate and helmet rental.

Arts District Liberty Station is San Diego's largest Arts & Cultural District located in historic buildings at the former Naval Training Center in the Liberty Station neighborhood, near Downtown on San Diego Bay. With 100 park-like acres, the Arts District is home to over 100 museums and galleries, artist studios, dance companies, fine dining, creative retail and other organizations that showcase San Diego's creative community and provide innovative experiences for the public. [www.artsdistrictlibrystation.com](http://www.artsdistrictlibrystation.com).

# The East Village Association Presents the First Annual ‘East Village SALUTES!’ Event to Honor Veterans

To celebrate the brave men and women who have served our nation, the East Village Association is thrilled to announce the inaugural East Village SALUTES! Event from 12:30 p.m. to 4:30 p.m., Sunday, November 12. East Village SALUTES! promises a day of festivities, gratitude, and community spirit. The event will take place at the entrance plaza of the Park 12 Luxury Apartments (100 Park Plaza, San Diego), across from Petco Park.

Taking place on Veteran’s Day weekend, East Village SALUTES! is dedicated to honoring Veterans and underscoring the remarkable contributions they continue to make within our downtown community. The event will not only pay homage to our heroes but will also highlight the thriving Veteran-owned businesses in the area. Attendees can look forward to a street festival-style atmosphere with activities for all ages.

“We are proud to introduce



Visitors and residents of East Village are invited to the free event to honor veterans.

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the first annual East Village SALUTES! event,” said Ethan Olsen, assistant district manager of the East Village Association. “This celebration showcases the community’s deep appreciation for Veterans. It’s a chance for us to unite as a community and extend our gratitude to those who have selflessly served our country. We invite everyone to join us for a day filled with music, activities, and heartfelt camaraderie.”

The free event will feature a variety of attractions, including Veteran-owned business vendor booths, live musical performances, and family-friendly activities that promise fun for all ages. The renowned San Diego Marine Band’s Jazz Ensemble will be a highlight you won’t want to miss.

For more information about East Village SALUTES! visit <https://eastvillagesandiego.com/events/east-village-salutes>

## Real Estate

Downtown

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\$1,599,000.

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- 1. There will be two categories: One for adult carvings and one for kids 12 & under
- 2. On or before Oct 31st, please take a photo of your carved pumpkin, along with age category & email it to [Info@SanDiegoCastles.com](mailto:Info@SanDiegoCastles.com)
- 3. All pumpkin pictures will be posted to the Scott & Quinn Instagram & Facebook pages - voting will run through November 3rd and will be chosen by amount of "Likes" on the post.

**ADULT PRIZES**  
1st prize: \$75 gift card  
2nd prize: \$50 gift card



**KIDS 12 & UNDER PRIZES**  
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2nd prize: \$25 gift card



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