

PRESIDIO SENTINEL

Volume 23, No. 06

Serving the Heart of San Diego

June | 2022

Three Dog Night Performs for Homeless Youth

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Making Progress with Our Elected Officials – One Meeting at a Time

By Patty Ducey-Brooks



This past month has been far busier than expected because of the following community issues: Presidio Park fires, the homeless/unsheltered, historic preservation, and concerned citizens who are worried about speculators and developers who aren't willing to be good neighbors. Obviously, these are trying times for many of us.

However, rather than sitting and waiting



Councilman Stephen Whitburn (left) and Ryan Darsey, District 3 community engagement director at the recent meeting.

for “the next shoe to drop,” some of us have been meeting to determine what steps we can take to change the course of action, or at least to impede the negative impacts on our neighborhoods.

The first meeting was held at the Serra Museum in Presidio Park to discuss the fires and the impact of the homeless on the Mission Hills and Old Town area. Those present included Mission Hills residents’ Nadine Corrigan, Frank Pavel, and me. Sheila Thomas, development director of the San Diego History Center, which includes the Serra Museum; and John Morrell, chair of the San Diego History Center, attended, as did Councilman Stephen Whitburn and Ryan Darsey, director of community engagement for District 3.

On a positive note, the conversation focused on sharing information and discussing the means to resolve critical problems regarding the dangerous and destructive behaviors of unsheltered individuals living in Presidio Park, including three fires that came close to the Serra Museum and residential property backing up to the park.

We shared our concerns about the significant increase in homeless living on the streets and in the parks and discussed the causes.

Whitburn and Darsey offered these responses:

- Low level offenders were released early during the pandemic.
- Proposition 47, passed by California voters several years ago, reclassified certain theft and drug possession offenses from felonies to misdemeanors.
- The Ninth Circuit Court of Appeals has held that cities may not arrest homeless individuals for sleeping outside if they do not have access



Burned trees and brush are within feet of the Serra Museum in Presidio Park.

to shelter.

To address the homeless/unsheltered, the city and elected officials have agreed to the following:

- Significant increase in encampment abatement
- Increase in type (variety) of shelters for homeless based on their mental, and drug based lifestyles
- An increase of congregate and non congregate hotels
- In 2020, the City of San Diego purchased

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Doors of Change Presents Concert of Hope Benefits Homeless Youth Stars Grammy-Nominated Three Dog Night

The Grammy Nominated Three Dog Night has offered San Diego a special Concert of Hope for Homeless Youth which is to take place from 7:30 p.m. to 10 p.m., Thursday, June 30 at Moonlight Amphitheatre, located at 1200 Vale Terrace in Vista, CA. Catherine Garcia (NBC) and Jeff Zevely (CBS) will join the festivities and are co-emcees for the evening.

There will also be a special appearance by 2021 Ms. Universe and attorney, Nikki Johnson-Huston, who was a homeless youth from age 12 to 16. A determined advocate for the homeless, Johnson-Huston is also an in demand inspirational speaker who shares her story with organizations around the country.

The concert will benefit Doors of Change, which has been transforming the lives of homeless youth one young person at a time since 2001. For more than 20 years, Doors of Change has helped place over 2,300 homeless youth in safe housing and off the streets. In 2013 the agency identified a significant gap in the services and resources available to “transitional-age-youth” (those between the ages of 16 and 25) and decided to re-brand as Doors of Change (formerly Photocharity) and deliver a unique service to address this critical need. Doors of Change works with youth ages 17 to 25 years old.



Three Dog Night as they appeared in their earlier performances.

Celebrating nearly five decades, Three Dog Night claims some of the most astonishing statistics in popular music. In the years 1969 through 1974, no other group achieved more top 10 hits, moved more records, or sold more concert tickets than Three Dog Night. Their hits wind through the fabric of pop culture today, whether on the radio where they are heard day in and day out, in TV commercials or in major motion pictures -- songs like “Mama Told Me (Not To Come),” “Joy to the World,” “Black and White,” “Shambala” and “One” serve to heighten our emotions and crystallize Three Dog Night’s continuing popularity. This Grammy-nominated band is not content resting on its legacy alone. Always working to expand its audience,

After 24 months of operating virtually, Doors of Change reopened in-person services in April of 2022. Due to the pandemic, Doors of Change’s award-winning Taking Music and Art to the Streets (TMATS) program had been closed to in-person visits to ensure the safety of staff, volunteers, and the youth we serve. During the pandemic, Doors of Change provided outreach, advocacy, and virtual case management, helping record numbers of homeless youth. In 2021, Doors of Change housed 161 youth, found mental health support for 118 youth, and provided countless other services in the greater San Diego community and in 12 other states.

According to Jeffrey Sitcov, president and founder of Doors of Change, trust is often a significant barrier for youth in need of services, Doors of Change selected music and art as a non-threatening way to engage young people living on the streets. By offering music and art instruction in a small group setting, youth are given the opportunity to explore their feelings and challenges through the arts, achieve a sense of mastery for the first time, develop social skills that are positive and constructive, and create a vision for the future that is filled with possibility.

For over 20 years Sitcov has been leading an amazing group of committed volunteers to help homeless youth ages 17 to 25 years old get off the streets of San Diego. Over this time the group has helped place over 2,300 homeless youth in long-term safe housing and developed an award-winning music and art program in Ocean Beach (“Taking Music & Art to the Streets”) that has benefited more than 8,300 homeless youth. Elton John, Billy Joel, The Rolling Stones, Carlos Santana, B.B. King, and many others have supported Doors of Change.

Sitcov has received awards locally and nationally, including the San Diego Channel 10 Leadership Award, Torrey Pines Bank Circle of Excellence Award, La Mesa Rotary “Peacemaker of the Year Award,” and the Jewish Family Services Volunteer of the Year Award.

To learn more, visit at <https://doorsofchange.org/>. To purchase tickets, visit <https://my.moonlightstage.com/events>.

Concert goers will need proof of vaccination or proof of testing within 48 hours is required and masks must be worn.

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Making Progress with Our Elected Officials – One Meeting at a Time

► Continued on page 1

By Patty Ducey-Brooks

two hotels, one in Mission Valley and one in Kearny Mesa, and converted them to 332 permanent supportive housing units.

- 400 additional beds are scheduled to be identified this summer, which includes a large tent shelter in Midway area, behind the County Health building – 3853 Rosecrans Street; and a smaller women’s shelter is scheduled to open downtown.

- Funding is expected to be finalized in June with the program beginning after July 1.

- Zero Bail ended this past month
- Officers with the Neighborhood Policing Division will offer shelter to individuals violating the encroachment and illegal lodging laws. They will be given multiple opportunities to accept shelter. However, if they continue to refuse shelter, officers can make an arrest.

- The current budget proposal includes funding for a new Conservatorship and Treatment Unit within the Office of the City Attorney. If included in the City Council’s final budget adopted on June 13, the Unit will be created in the second half of this year.

- San Diego opened a new 44-bed facility for homeless individuals with serious substance abuse and mental health challenges in the Midway area late last year.

Agreeing that Presidio Park has been neglected since the Founders Day Celebration in September 2019, the following was discussed:

- Increase of funds for brush



City trucks are on site at Presidio Park during the month-long effort to remove dead trees and brush, encampments, and clean and restore walking paths.

abatement – “We will Escalate it!” per Stephen Whitburn

- More funds for code enforcement
- Environmental Services staff will remove waste, abandoned property and items that are unsanitary or in disrepair. Staff are trained to handle with care items believed to be personal belongings. All items are sorted to identify those that are deemed in good, usable condition or of irreplaceable personal value, such as paperwork, photos, bibles, journals and medication. Those personal belongings are taken to a city storage facility with notice left in the area for how to retrieve it.

- Additional enforcement (day and night) will occur in the upcoming fiscal year beginning July 1.

As you can see, a lot of topics were covered with an agreement by all of us that we will continue to have dialogue and communicate in person on a regular basis.

For those of you who travel through Presidio Park, as I do on a daily basis, you will have seen lots of debris and dead brush being removed. This past week I saw crews of city staff and trucks removing more dead trees and cleaning walking trails. It feels good to know that change is possible, and that progress can occur.

To all of you who were involved in the initial media event this past month with KUSI at Presidio Park, thank you for your participation. It was the first critical step in showing our unified community voice, representing Mission Hills and Old Town.

For all of us who have been a part of the process, we are grateful for thoughtful and proactive efforts with a foreseeable outcome. We know that a few strong voices can be enough to make a difference, especially when we are doing it on behalf of our community, and with the same message. We’ll get it done!

Volunteers Remove Graffiti from Pacific Beach Local Company Donates Graffiti Remover Products

Pacific Beach Town Council held its 12th Annual Neighborhood Clean-Up Event that attracted adults and students who wanted to help remove graffiti from public and private property. Upward of 70 dedicated volunteers received training and supplies to remove 600 tags from stop signs, utility boxes, sidewalks, fences and other property the morning of Saturday, May 14, 2022. The initial training session occurred prior to the clean up and took place at Pacific Beach Presbyterian Church, located at 1675 Garnet Avenue (corner of Jewell and Garnet).

According to Susan Crowers, member of the Pacific Beach Town Council, “I’m so proud of how this team came together to make this event a huge success.”

Referring to the organizers, which include the Pacific Beach Town Council, Pacific Beach Presbyterian Church; sponsors, which included Motsenbocker’s Lift Off, a Division of Stoner, Inc.;

and teams of volunteers from the community, Crowers, and others expressed sincere appreciation for the collaborative efforts of all who contributed and participated.

According to Patty Ducey-Brooks, sales and marketing manager for Motsenbocker’s Lift Off, this is the 8th year that they have donated three products to the effort, including Motsenbocker’s Lift Off Spray Paint & Graffiti Remover, Motsenbocker’s Lift Off Pen, Ink & Marker Remover, and Motsenbocker’s Lift Off Tape, Label & Adhesive Remover.

Ducey-Brooks and Jim Menders, a Pacific Beach Town Council member, provided training and instructed volunteers on proper usage of the Lift Off products.

Motsenbocker’s Lift Off earned distinction for its graffiti removal product by receiving the Invention of the Year Award at the 23rd Annual National Inventor’s Expo and Conference at Walt Disney’s Epcot Center. It is the only water-



Patty Ducey-Brooks and Jim Menders teamed up to train upward of 70 people during the one-day, Neighborhood Clean-Up Event.

based, biodegradable paint and graffiti remover on the market. It is safe for the environment, safe for the user, and to any surface to which it is applied.

For information on Motsenbocker’s Lift Off, visit www.liftoffinc.com. For information about how to volunteer, visit www.PBTownCouncil.org.

PRESIDIO SENTINEL

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

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

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

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Three-month-old Giraffe Calf Thrives Following Unique Orthotic Leg Brace Treatment

A 3-month-old giraffe calf at the San Diego Zoo Safari Park has received a new lease on life, thanks to swift intervention by the conservation organization's wildlife health and wildlife care teams to correct abnormalities that threatened the calf's survival. The female youngster—named Msituni (pronounced see tune nee), which means "in the forest" in Swahili—received a pair of specialized giraffe-patterned orthotic braces that attached to her front legs to help correct a hyperextension of the carpi, bones that are equivalent to those in the human wrist. This disorder had caused the giraffe's front legs to bend improperly, and made it difficult for her to stand and walk. Wildlife care staff said Msituni's chances of survival would have been very low without the treatment provided by the San Diego Zoo Wildlife Alliance team in collaboration with orthotists from Hanger Clinic.

"We are so glad to have the resources and expertise to step in and provide this young calf the opportunity for a full life," said Matt Kinney, DVM, senior veterinarian at the San Diego Zoo Safari Park. "Without these lifesaving braces to provide support, the position of her legs would have become increasingly more painful and progressed to a point she would not have been able to overcome."

The custom orthotic braces were crafted by Hanger Clinic, a nationwide provider of outcomes-based orthotic and prosthetic (O&P) care. While the company focuses on O&P care for humans, members of the San Diego-based Hanger Clinic team consulted with wildlife care staff to develop a customized plan specific to Msituni and her case. Following initial device fittings, the team quickly fabricated the custom-molded carbon

graphite orthotic braces by using cast moldings of the calf's legs and fit Msituni with her new devices, complete with a giraffe pattern to provide a more natural look.

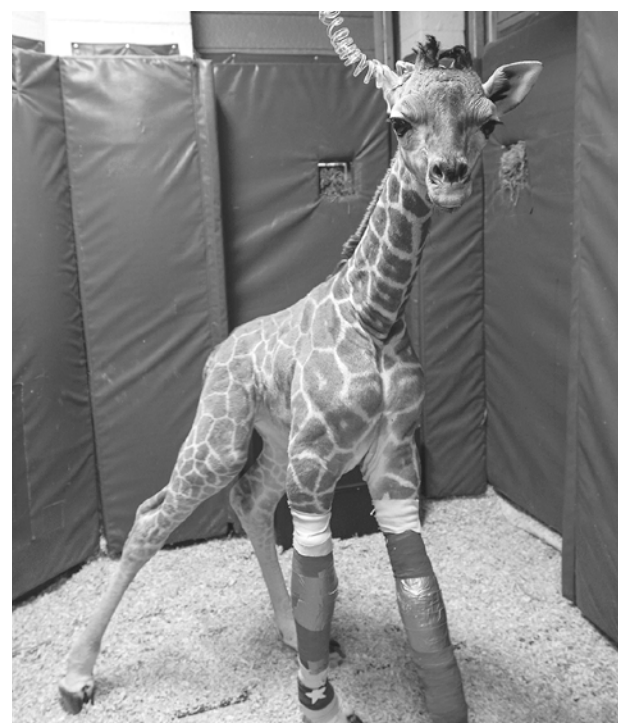
"I feel a tremendous sense of accomplishment," said Ara Mirzaian, certified orthotist at Hanger Clinic. "I've never worked with wildlife before—it's one of those things that is a once-in-a-lifetime opportunity, and you just have to savor the moment."

Apart from the irregularities in her front legs, Msituni suffered a variety of serious ailments following her birth. Wildlife health staff treated her using intravenous antibiotics for abnormalities in her blood and provided specialized hoof extenders to fix the irregular position of her back legs. Ultimately, the treatments were a success: Msituni is no longer receiving antibiotics, the braces have been removed, and her legs are now correctly positioned—which is leading to her attaining a healthy weight and height.

The calf has done so well, the wildlife care team introduced her to the rest of the giraffe herd in the Safari Park's 60-acre East Africa savanna habitat, including another adult female, named Yamikani (pronounced ya me caanee), and her female calf, Nuru (pronounced nu roo). Nuru was born four days after Msituni.

"This was an important step in Msituni's natural development," said Kristi Burtis, director of wildlife care at the San Diego Zoo Safari Park. "As her bond grows with the herd, she will be able to learn behaviors and skills important to the development of a young giraffe."

Science teams have estimated that fewer than 100,000 giraffes are left in their native habitats—a decrease of more than 40 percent over the last 20



A 3-month-old giraffe calf is shown progressing through her ortho treatment at the San Diego Zoo Safari Park

years. It is believed that the downward trend is due to habitat loss, habitat fragmentation and poaching in certain regions. San Diego Zoo Wildlife Alliance has partnered with numerous conservation organizations on large-scale conservation projects, in an effort to slow and eventually stop the continued decline of giraffe populations.

"The birth of every animal is a cherished event, and Msituni's survival in the face of so much adversity makes it all the more remarkable," said Kinney.

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Tobi

Tobi is a bouncing, playful, one-year old, Australian cattle dog/blue heeler who is looking for a family that will accompany him on lots of walks. Tobi can sometimes be nervous when put into new situations and is counting on his new family to help him build his confidence. Once he's comfortable, his goofy and fun-loving nature shines through. He is still learning how to play with people and would do best in a home with older children who can help teach him. If you don't think you can live without this freckled face, ask an adoption counselor about Tobi and adopt him today.

Tobi is residing at the San Diego Campus of the San Diego Humane Society, located at 5500 Gaines Street. For more information, call (619) 299-7012 or visit www.sdhumane.org.

This sweet and spicy boy is Spike, a four-year old, domestic short hair. He's a particular cat looking for a home that will worship and spoil him the way he deserves. Spike isn't a cuddly cat and takes a little while to warm up, but likes to hang out with his favorite people, eat treats, play, and listen to people read. While he may not be a lap cat, this guy loves to play. Bring out that wand toy and watch him go. Spike would likely do best in a calm and quiet household without children or dogs. His trainer can go over how to best set him up for success and give tips on how to ease his transition into the home.

Spike is residing at the San Diego Campus of the San Diego Humane Society, located at 5500 Gaines Street. For more information, call (619) 299-7012 or visit www.sdhumane.org.



Spike

SPCA

Complexity as Job Security

By Rick Brooks



We've all heard stories about the guy at work who makes his job seem far more complicated than it really is so that he becomes harder to fire or lay off. Complexity as job security is nothing new.

And Wall Street product manufacturers are wizards at this.

In the 1990s, as mutual funds were becoming more prevalent because their fees (though high) were lower than the cost of your typical brokerage account, Wall Street came up with Separately Managed Accounts (SMAs), also known as "Wrap Accounts" because one single fee wrapped around the whole account and covered everything. The allure of wrap accounts was that you could have the same guy who ran popular mutual funds manage your brokerage account. And by owning the individual stocks instead of the mutual fund, you could hand-pick your capital gains or harvest your losses, so in theory they could be more tax efficient.

In practice, they were just more expensive. Few people took advantage of the ability to pick through the portfolio to actively seek out the losses. Also, remember that to properly diversify your portfolio, you need to include different kinds of investments like large and small company stocks, international stocks, bonds, etc. With a wrap account, each kind of asset requires a separate brokerage account, so instead of one brokerage account with a few mutual funds, you would have several brokerage accounts each with dozens of stocks. Monthly statements and trade confirmations could be measured in pounds, not to mention annual corporate reports, proxy notices, and annual tax reports. Not only were your brokerage fees higher, but at the end of the year your CPA would have to wade through all that paper to prepare your taxes, so their fees were higher.

I should also note that every time I compared the long-term performance of these wrap accounts to the same strategies in mutual funds, the mutual funds did better.

Wall Street is at it again with a twist on this old framework called "Direct Indexing." Since many investors have ditched expensive managed mutual funds and brokerage accounts in favor of cheap index mutual funds and exchange traded (indexed) funds (ETFs), Wall

Street has come up with direct indexing, which is basically an old wrap account but this time tracking an index instead of managed by a fund manager.

The pitch?

Track an index but own the individual stocks so you can harvest the losses when they occur or possibly exclude industries you don't like (such as tobacco or oil).

The catch?

The fees are much higher than index mutual funds, so your performance will suffer.

Harvesting the losses isn't as efficient as it sounds. You can accidentally create wash sales and convert tax-favored qualified dividends into higher tax ordinary dividends if you aren't very careful.

There are a lot more securities in the account; 505 stocks to track the S&P 500, so even more work for your CPA and your mailman.

One account won't give you proper diversification so you may need several of these accounts.

Why do brokers like these accounts? They can charge higher fees for the more complicated product and the allure of greater tax efficiency. But it's really just about the fees. Of course, there is one huge bonus for the broker who sells you this concept. After you own one of these accounts for a few years, almost all of the stocks will have built-in capital gains, making them more expensive to sell and a LOT harder to change your investment strategy or switch to another advisor who doesn't use the same products.

In the long run, on average, index mutual funds outperform managed funds largely because their fees are lower. Because of their lower costs, index mutual funds and ETFs will likely outperform these accounts, too.

Simplicity is the ultimate sophistication

– Leonardo da Vinci

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.

Taste of Little Italy to Spotlight Neighborhood Culinary Gems

Culinary connoisseurs, start mentally preparing for your tastebuds to be wowed at this year's Taste of Little Italy. This year's annual event will be hosted on Tuesday, June 21 and Wednesday, June 22 from 4 p.m. to 8 p.m. each day. Culinary enthusiasts will enjoy tasty bites and sips from Little Italy's top culinary gems throughout both days, while strolling the neighborhood's 48 square blocks, and checking off their favorites on their Taste passport.

"Taste of Little Italy is always one of our favorite events," said Chris Gomez, district manager of the Little Italy Association. "We love being able to bring the community together to enjoy all of the delicious food and drinks our neighborhood has to offer. The event has become a foodie's dream and a great way for attendees to try out new spots, and meet our local business owners."

Upon arrival, attendees will check-in at their scheduled time in the Piazza della Famiglia where they will be given their Taste passport. Guests will then make their way to each restaurant stop, taking away their "tastes" to enjoy at their leisure. Tickets are priced at \$50 for advance purchase, plus a small



Guests of Taste of Little Italy show their Taste passport, which guides them to each restaurant stop.

service fee, and increase to \$55 one week before the event.

For more information on this year's Taste of Little Italy, visit www.tasteoflittleitalysd.com. Confirmed restaurants and information on how to purchase your tickets to be added

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Surprising Information about Bees

By Barb Strona



In April, the Garden Club met at Mission Hills Nursery to hear Candace Vanderhoff from SoloBee tell us the truth about bees. I assumed that most of our food is directly or indirectly dependent on the European honeybees' pollination. We learned from Vanderhoff that the European honeybee is threatening our native bee population by bullying them and taking their precious resources, the pollen they feed their young. Whoever heard of our gentle and colorful solitary native bees?

There are over 20,000 bee species in the world, "Seven species are honeybees," Vanderhoff explained, "while the rest of the other 20,000 are solitary, which means most bees live alone. The vast majority of bees are one single bee, living all alone, not in a hive or swarm." In the United States we have 4,000 species of solitary native bees; San Diego is home to 700 species of solitary native bees. Vanderhoff continued, "The entire state of Florida has 200 species. San Diego is a biodiversity hotspot; we are blessed with many different bees." The imported European honeybee is actually an invasive species, threatening the existence of our native bees.

Vanderhoff pointed out that "over 80 per cent of our plants require pollination; one in three bites of what we eat requires pollination." Honeybees travel about five miles to collect their pollen which they gather on their legs and deliver to the hive to make honey. Unlike the far-traveling honeybee, native bees collect pollen from about a 200-foot radius. This they collect by rolling in it; every bit of their furry bodies is covered. The pollen is dropped in their tunnels to feed their larvae. Ultimately, their short radius keeps them in local gardens, making the native bee one hundred times better than the honeybee at pollination.

Native bees come in all shapes and colors and sizes. Some could fit on the head of a pin whereas others may be the size of a kumquat. These native bees use their stingers to lay eggs, rarely stinging as most cannot even penetrate human skin and are too tiny to hurt. Male bees do not have a stinger since they do not lay eggs. Since native bees are solitary, they have no need to defend a communal hive. Some of the most useful of our native bees are leafcutter bees, mason bees, and digger bees. Many of these solitary bees make their nests in tunnels in rotting trees, in stems, or in the ground; they like dark cavernous tunnels where they know their eggs will be safe.

Vanderhoff knew we needed bees, but learning how much more efficient our native bees are at pollination than the European honeybees are led to her creating bee houses. She wanted to make a beautiful nesting shelter so any backyard gardener could help their local native bees. Drilling deep holes in blocks of recycled wood mimics the abandoned beetle tunnel for which bees search in nature. These are the "tunnels" which the tunneling variety of bee will line with mud.

In spring, newly mated females may search for a wood tunnel; they may dig a new tunnel in the ground. Carpenter bees are the only bees that can carve their own tunnels; most bees search for a cavity. Over the next six to eight weeks, the female will lay about 35 eggs. If the tunnels are deep enough, she may fill three tunnels. Within each tunnel, the eggs containing future female bees are laid at the back of the tunnels; the males are at the front. To provide sustenance for the babies once they become larvae, the mama bee then forages for nectar and pollen which she will mix, making it into paste balls, and leaving them in the tunnels where newly hatched larvae can find them. Her final act is to seal the tunnels with mud. Once she has laid all her eggs, she dies.

The eggs develop through the same stages as other insects: egg, larva, pupa, adult. By August these eggs will be adults. They may hibernate, overwintering in the tunnels. Some eggs overwinter in the tunnel and pupate in spring.

Since the male bee's only function is to fertilize the female's eggs, male bees typically only live for a day. The females live six to eight weeks, although they may spend as much as a year in a suspended development called diapause.

Vanderhoff told us that creating a backyard native plant habitat is essential to helping San Diego's 700 species of native bees. Over millennia, native bees have evolved with native plants, creating the beautiful ecosystem from which we all benefit today. While people are eager to help honeybees, it is the native bees that are in steep decline and that pollinate many of our native plants which honeybees do NOT pollinate.

To create a habitat garden, you need to begin by adding native flowering plants. Native plants should attract native bees. Then make a bee's drinking pond with stones set in a dish of water. Do not use any pesticides, or chemical; only use organic fertilizers. To provide shelter, you might consider buying a bee house from Candace who worked with an entomologist to perfect her design. Vanderhoff offers classes where you can build your own bee house. Put it in a sunny spot no more than six feet above the ground. Then wait. Go to SoloBee.com for more information.



A SoloBee house with a new inhabitant. Photo courtesy of Jason Page.

If you haven't joined the Mission Hills Garden Club, join now, or renew your membership. You will collect all sorts of helpful ideas, you'll meet really nice people, and it is a chance to give to your community. Mission Hills Nursery gives a ten per cent discount to members. You don't need to be a gardener; being curious is enough. It costs \$35 for a single membership and \$50 for a family. The next Garden Club Meeting will be in September.



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June Activities in Mission Hills

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



I love the month of June. There is a wonderful sense of the whole summer ahead of us. School days give way to fun and relaxation. And, this year especially, we are in vacation mode – whether it be a staycation or a trip across the country.

Graduation season is upon us, Father's Day is on June 19, and the first official day of summer begins on June 21 - providing three great reasons to celebrate in Mission Hills. Congratulations to all our graduating students who are moving on to the next phase of their education – as well as to any new dads who are moving on to the next phase of their life. Congratulations aside, I would be remiss if I didn't make a plea that you consider supporting a Mission Hills business in your celebration plans.

Please join the Mission Hills BID's quarterly Mixer on June 15, from 5:30 to 7 p.m. at L'Atelier, 2655 Reynard Way. There will be lots of art, crafts, and refreshments for your enjoyment. Raffle prizes will be offered in "gift boxes" worth at least \$100 each. Try your luck for \$10 per ticket. Someone has to win – why not you?

Our Mixer host will be Valentine Vinnay, a French artist, muralist, faux finisher, custom fabric, artisan plaster, since 2000. For several years, Valentine's art has been offered at retail locations in Mission Hills. We are excited to have officially welcomed her and her business as an associate member of the Mission Hills BID during the May meeting of the board of directors.

If you live or work in Mission Hills, we invite you to meet and hear from Valentine at the June 15 Mixer. Please email MissionHillsBID@gmail.com to let us know you'll be attending.

And, if you live, work or spend time in Mission Hills I sure hope you enjoyed the banners that flew on Mission Hills' lampposts in March and April. These "hand painted by children" creations were from the BID's Colors on Canvas 2022 banner art contest. We extend our sincerest thanks to Kohta Zasier from Mayor Todd Gloria's office who was able to locate and deliver to us the four banners and installation hardware that went missing mid-contest "due to a 5G upgrade" by a mobile phone company. Thanks also to business owners, families and art fans who purchased more than fifty banners during the April 27 silent auction and in the days following. One featuring your favorite business may be among the twenty six banners still available for purchase. Please reach out to MissionHillsBID@gmail.com if you are interested or just curious.

As we are writing this article, Mission Hills businesses have been invited to take part in the Greater San Diego Scavenger Hunt which occurs on Saturday, June 18. This first citywide scavenger hunt is being



Kohta Zasier was able to locate and deliver the four banners and installation hardware.

organized by McFarlane Promotions. If you are a Scavenger Hunt fan, we invite you to check out our website and Instagram posts for updates on progress being made.

There are many different ways to learn more about the Mission Hills BID, its meetings and activities, including our website: MissionHillsBID.com, Facebook: @MissionHillsBID, Instagram: @MissionHillsSD and Twitter: @MissionHillsSD. If you love our Mission Hills business neighborhood and have ideas and time to help promote it, the Mission Hills BID needs you. Please contact us at MissionHillsBID@gmail.com.

More Than \$75K Raised at Third Annual Spotlight Benefit Event

The VAPA Foundation, whose mission is to enhance the quality of access to arts education in the San Diego Unified School District, raised more than \$75,000 at its Spotlight benefit event, Beyond Brilliance, on April 10, at The Conrad Prebys Performing Arts Center



The VAPA Foundation enhances the quality of and access to arts education in the San Diego Unified School District.

in La Jolla. This event raised \$75,691.92 for the VAPA foundation's arts education programs.

The event included a VIP reception with a cocktail and champagne toast at the JAI, a welcome reception, complete with cocktails, bountiful fare and pop-up performances in the courtyard, along with musical and theatrical performances by highly gifted SDUSD student artists.

"From the bottom of our hearts, we thank our generous sponsor's and supporters for making our event so successful," said event co-chair and president of the VAPA Foundation board of directors Doreen Schonbrun. "Because of the generosity of our community, hundreds of students will have their lives enhanced by the many art programs we offer. A special thanks to our premier sponsor UCSD Chancellor Pradeep Khosla who has helped us to soar in achieving goals."

The first of its kind event, co-chaired by Doreen Schonbrun and Phyllis Epstein, honored Pradeep Khosla, chancellor of the University of California San Diego and VAPA'S leading sponsor. Khosla was honored for his support and partnership on many levels, including providing services to teachers in curriculum and instruction, professional development, and community collaboration.

The purpose of the VAPA Foundation is to enhance the quality of and access to arts education in the San Diego Unified School District through its numerous programs, including the VAPA Enhancement Program, honor concerts, recognitions, collaborations and targeting needs. For more information, visit <https://vapafoundation.org/>.

Olympic-Style US Police & Fire Championships Returns to San Diego

The California Police Athletic Federation (CPAF), a non-profit organization committed to promoting sport and physical fitness among first responders, is thrilled to announce this year's US Police & Fire Championships presented by Bio-One, takes place Saturday, June 11 through Sunday, June 19 at various venues. The games will feature athletes competing in over 40 sports across 30 venues in the greater San Diego County, including golf, baseball, cornhole, dodgeball, tennis, swimming, CrossFit®, and more.

"After holding a modified event last year, we are thrilled to be returning to San Diego for our 55th season of the games," says Larry Collins, president of the California Police Athletic Federation. "The mission of the California Police Athletic Federation is to unite public safety athletes and provide them with the ultimate in an Olympic-style athletic experience. The focus is to encourage health and wellness among all public safety personnel and create lifelong memories for the athletes, their families, and the communities they serve."

The US Police & Fire Championships are an Olympic-style competition for first responders and public safety personnel across the United States. This annual event draws thousands of athletes representing law enforcement, firefighters, emergency medical technicians, custom and correctional officers, as well as full-time employees (active and retired) of any eligible agency or organization in the capacity of 9-1-1 dispatchers, detention-custodial officers, crime scene investigators, or lifeguards. These games provide a welcome connection between public safety personnel from varied backgrounds and cultures and offer the opportunity to develop camaraderie and celebrate the human spirit at its very best.

In addition to the return of over 40-plus crowd-pleasing sporting events, this year's games will also add Disc Golf to the lineup and multi-day tournaments of Cornhole, Brazilian Jiu Jitsu, and CrossFit. The CPAF is also proud to announce the picturesque golf venues of Torrey Pines, Maderas Golf Club and The Crossings at Carlsbad. The games will also be adding brand-new technology to two of its sporting events. The Golf tournament will be using Golf Genius, a cloud-based software that features Live Mobile Scoring allowing



First responders and public safety personnel will compete in track & field during the Federation games.

golfers to log their scores via the Golf Genius app on their smart-phone for instant calculation of results and live leaderboards. Brazilian Jiu Jitsu will be using Smoothcomp, the world's best tournament software for combat sports.

The US Police & Fire Championships are one of three events that the California Police Athletic Federation presents, in addition to the bi-annual World Police & Fire Games and the brand-new First Responders Relay, which debuted last year. To learn more about the California Police Athletic Federation and its games, please visit www.cpag.org

San Diego Superior Court at the Whaley House

From 1868 to 1871, the Whaley House in Old Town San Diego served as the courthouse and seat of San Diego. The County of San Diego rented the courthouse for \$65 per month until the highly contested move to "new town" in downtown San Diego.

On Tuesday, May 17, 2022, Presiding Judge Richard S. Whitney held court during the entire day at the Whaley House to recognize Thomas Whaley and the Whaley family, as well as the judges of the era that traveled by horseback from Los Angeles to San Diego.

As a working courthouse for the day, all general orders of the presiding department of the San Diego Superior Court and all local and state rules of court apply to the Whaley House.

The Whaley House, located at 2476 San Diego Avenue, besides being an historic site, is highly regarding for its educational benefits and is visited daily by residents and guests of San Diego.



Presiding Judge Richard S. Whitney held court during the entire day at the Whaley House in Old Town San Diego.



RSVP

Retired Senior Patrol
Volunteers Wanted

The San Diego Police Department's Western Division is seeking additional members for its Retired Senior Patrol Volunteer (RSVP) Team to serve the communities of Mission Hills, Hillcrest, Point Loma, Linda Vista, Ocean Beach, Old Town, Midway, Morena, Harbor-Airport, Liberty Station, and Roseville.

By your participation, you join an important Team to assist with the following:

- Neighborhood safety and crime prevention programs
- Provide additional visibility in your neighborhoods.
- Assist officers with diverting traffic at accidents, crimes, and fire scenes
- Assist with disaster preparedness and homeland security efforts
- Visit elderly residents (as part of the "You Are Not Alone" program)
- Participate in community events
- Home security checks for residents on vacation as requested.

Volunteers must be at least 50 years of age, in good health, semi or fully retired, and possess a valid California driver's license. There are flexible schedules with a minimum of 3 days per month service.

To learn more, please call
RSVP Western Office at 619-692-4945
Leave a message to include your name and telephone number or email: bzamost@pd.sandiego.gov

San Diego Theatre Presents “The Stinky Cheese Man and Other Fairly Stupid Tales”

San Diego Junior Theatre, the nation’s longest-running youth theatre program, presents “The Stinky Cheese Man and Other Fairly Stupid Tales,” which will run from Friday, July 1 through Sunday, July 17 at the historic Casa del Prado Theatre, at the corner of Old Globe Way and Village Place.

Though the characters may be familiar, each of your favorite storybook fables is uproariously derailed in John Glore’s adaptation of Jon Scieszka and Lane Smith’s quintessential children’s book of fractured fairy tales. Everything from Chicken Little to The Gingerbread Man gets a complete makeover.

Fun music and witty narration accompany the likes of ineloquent giants, sassy barnyard animals, colossal cow pies and enough stinky cheese to go around.

“The Stinky Cheese Man” will be directed by first-time Junior Theatre director, Hunter Brown. Hunter is a long-time teaching artist, performer and director. Previous credits include “She Kills Monsters” (Theatre Downtown, Alabama), “The Secret Garden” (Wildsong Productions) and “Weirdo” (or Make Nice) for NewVillageArts’s Final Draft New Play Festival. This summer, Hunter also will be directing “You’re A Good Man,” “Charlie Brown at Trinity Theatre Company and Junior Theatre’s Conservatory Acting Intensive production of Puffs, and follows that up in the fall with “Big Fish” for Coronado Playhouse.

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

For tickets and more information, visit www.juniortheatre.com or call the box office at 619-239-8355.



A cast member from a previous production wears an appropriate costume for “The Stinky Cheese Man.”

North Coast Repertory Theatre Presents Tuesday Night Comics

Tuesday Night Comics is arguably the funniest night of comedy in San Diego. Mark Christopher Lawrence taps into his extensive list of talented comedian friends and shares the North Coast Rep stage with them. The show, to be held at 7:30 p.m., Tuesday, June 28, is comprised of talent from all over the country with late-night television credits as well as credits from Comedy Central, HBO, and Showtime.

The line-up includes Mark Christopher Lawrence; Tony Calabrese, headliner; James Hancock, feature performer; Brendan Jay, opening act; and Ash Foster, musical act.

Christopher Lawrence is an international headliner who has worked with Robin Williams, Jerry Seinfeld, Sinbad, Rodney Dangerfield, and Jeff Foxworthy, as well as having headlined clubs and colleges all over the USA and Canada. Mark’s most recent television credits include his series regular role as Big Mike on the NBC series “Chuck.”

A native San Diegan, Tony Calabrese has been performing comedy since 1995, specializing in corporate events and as a master of ceremonies and auctioneer for charity benefits. He talks about life, marriage, kids, grandkids, and the trials and tribulations of not staying in top physical condition. Calabrese won the “Ultimate Laff-Down” at Flappers Comedy Club and is a two-time



Mark Christopher Lawrence taps into his extensive list of talented comedian friends and shares the North Coast Rep stage with them.

finalist in the World Series of Comedy in Las Vegas.

James Hancock is an actor, comedian and host living in San Diego. He’s been awarded multiple residencies in NYC, names one of Philly’s 10 funniest people and won South Jerseys funniest person contest. Derived from his multicultural upbringing and unique experiences, he uses comedy to show people of all backgrounds and ethnicities that no matter what color you are, we all laugh the same.

Brendan Jay joined the Navy and is currently stationed in San Diego, CA where he features as a stand-up comedian, celebrity impressionist and voice actor. He’s performed all over Southern California, Las Vegas and Florida. Jay brings that Jim Carrey energy to the stage acting out spot on impressions of celebrities combined with playful observations on dating and military life.

Ash Foster grew up performing all around San Diego. You can find her singing with multiple projects such as The Mondaze, The Gray Kats, as well as performing solo. She also hosts several events with House Concert Series and Make Music Day.

North Coast Repertory Theatre is located at 987 Lomas Santa Fe Drive, Solana Beach, CA 92075. Tickets are \$39. Call 858-481-1055 or visit www.northcoastrep.org to purchase seats.

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60th Annual Benefit Show Raises \$80,000 for Local Philanthropies

After a two year hold, Mothers and Daughters Club Assisting Philanthropies (MADCAPS) 60th benefit show "Back to School Days at MADCAPS High" raised \$80,000 for the philanthropies we serve. The annual musical extravaganza and signature fundraising event returned with two shows in March 2022 aligning with local Covid-19 regulations. MADCAPS will give the funds raised from local sponsorship, ticket sales and personal donations to more than 15 local philanthropies.

Organizations receiving MADCAPS donations include Habitat for Humanity, San Diego River Park Foundation, Saint Paul's Senior Services, Serving Seniors, San Diego Humane Society, Adaptive Sports and Recreation Association, Therapeutic Recreation Services, Autism Tree Project Foundation, YMCA, La Jolla Family House, Rady Children's Hospital, Father Joe's Villages, Jacobs and Cushman San Diego Food Bank, Father Joe's Villages Therapeutic Childcare Program, and the Mean Green Team of Point Loma Association.

"We are so proud that we were able to pull off such a great benefit show and raise so much for the philanthropies we serve even under Covid restrictions," said Judy Parker, MADCAPS' board president. "The amount of time, energy and dedication our members put into MADCAPS is evident from what we accomplished this year."

MADCAPS thanks our generous sponsors Ed and Kathy Brown, Title Sponsors and show sponsors the Aylsworth & Brennan Families, the MADCAPS Class of 2022, Chef's Life, The Slakoff Family,



The class of 2022 performed live during the MADCAPS' benefit show.

Tommi and Bob Adelizzi, and The Connolly Family. The underwriting of major production costs, proceeds from ticket and sponsorship sales, and the donated time and energy of the girls and their families and friends, make it possible to give to these local San Diego nonprofits.

Since its inception, MADCAPS has raised more than \$1,350,000 for local charities and performed thousands of hours of volunteer service to nonprofit organizations throughout the San Diego community. During the pandemic, in 2021, the members volunteered more than 7,000 hours of community service, shifting to outdoor volunteer work, helping homebound neighbors, or making cards and artwork for seniors or care packages for the homeless.

MADCAPS was established in 1960 when a group of 27 mothers came together with the common goal of creating a philanthropic organization alongside their daughters. On September 17, 1960, MADCAPS made its debut at a tea for 50 charter members and their daughters. The organization is comprised of over 200 mothers and their daughters in 7th - 12th grade who reside in the neighborhoods of Point Loma, Ocean Beach, Mission Hills and Hillcrest. In addition to the over 8,000 hours of community service volunteered by the girls each year, MADCAPS presents an annual high-energy music and dance benefit show to raise additional funds for these local charities.

For more information about MADCAPS visit www.sdmadcaps.org.

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USD Announces First Graduating Class of Master's Degree in Applied Data Science



The academic institution celebrated the first graduating class of the online Master of Science in Applied Data Sciences (MS-ADS) program with a total of 22 students from across the country donning their caps and gowns.

In 2020, University of San Diego (USD) launched its fully online Master of Science in Applied Data Sciences (MS-ADS) program. The academic institution celebrated the first graduating class of the program on Saturday, May 28 at Torero Stadium with a total of 22 students from across the country donning their caps and gowns. Given the program is 100 percent virtual, many had never met before, as one would in a traditional classroom, making it even more of a special graduation day for this inaugural class.

USD's Master of Science in Applied Data Science is ranked among the top 10 universities to apply for a master's in data science degree by Analytics Insight. The program also ranks 33rd on the most affordable

online master's in data science programs by The Best Colleges Online. Another home run for the program's successful launch was their early focus on community outreach through a free virtual workshop series offered in partnership with the San Diego Tech Hub.

In the era of big data, the field of data science is driving innovation by uncovering valuable insights and information hidden in the vast volumes of data being generated and stored every second. The rankings come out with perfect timing, with the "great resignation" still going on with no end in sight. The narrative continues to back up what has been repeatedly reported. This is the perfect time for exploring new careers or advancing careers. Data science and artificial intelligence relevant careers are not only lucrative but extremely booming. This degree is designed by data science 0 experienced practitioners from different industries in close collaboration with key industry stakeholders to offer a cutting-edge curriculum taught by active industry experts.

"This program is an invaluable opportunity for career advancement in a dynamic and in-demand field," said Dean Chell Roberts of the Shiley-Marcos School of Engineering. "We are very excited to celebrate our first graduating class. A tremendous group of students who will go out and make lasting impacts in today's evolving workforce and technologically advanced society." "I'm very proud of our first graduating cohort. They will be invaluable assets to future or even current employers," said Dr. Ebrahim Tarshizi, the program director.

ZDNet reports data from LinkedIn shows a three-year hiring growth of 37 percent for data scientist jobs, and the U.S. Bureau of Labor Statistics reports median salaries for data scientists of \$126,830.

The new Applied Data Science master's degree offered through USD's Shiley-Marcos School of Engineering develops a student's foundational knowledge and real-world technical data science skills, preparing and positioning them to thrive in this highly in-demand field. With a class format that is 100 percent online, the program targets working professionals who want to earn their MS-ADS while balancing the demands of work and family life. It takes approximately 20 months to complete and is now accepting applications for their next semester now. The application deadline is August 1, 2022 More information about the program and applying can be found at <https://onlinedegrees.sandiego.edu/masters-applied-data-science/>.

A Kensington Landmark Is Receiving A Major Renovation

This past May 2022, Franklin Elementary STEAM Magnet School students, alumni, community members, and San Diego Unified School District representatives grabbed shovels to pose in front of a makeshift dirt mound, as part of the district's traditional groundbreaking celebration.

The event marked the start of the school's highly anticipated Whole Site Modernization project, which will bring a state-of-the-art two-story classroom building, renovations and modernizations to all classrooms, and campus wide enhancements to the nearly century old site.

"Franklin has served generations of students in the Kensington and City Heights communities for 93 years and counting," said Dr. Lamont Jackson, superintendent of San Diego Unified. "We're excited to bring Franklin students new facilities and technology that will enhance their educational experience, while creating new memories that will carry onto the next generation."

"You walk onto our campus and you can see and feel the history," said Melissa Roy-Wood, Franklin Principal. "But you also see aging buildings and a need for expanded play areas. So we are beyond ecstatic about this makeover."

The new classroom facility will include collaborative workspaces, a staff lounge and a student food services kitchen, which is part of an expanded student dining area that will be complete with a shade canopy. Outdoor improvements include renovated kindergarten and upper-grade playgrounds with shaded play structures, a learning garden with a shade canopy, and a bioretention basin with landscaping.

Campus wide safety will be improved with a student services suite and a monitored single point of entry, modern public address/intercom system, security cameras, intrusion and fire alarm systems, and secure perimeter fencing.

"We have worked hard to bring this project to fruition, with careful planning and design meetings with the school and community," said Kevin Beiser, Board of Education Trustee for District B. "Now, it's time to watch as our visions are brought to life. Our students and the Kensington community deserve it."

"We are honored and very excited to be a part of the modernization of Franklin Elementary School," said Safdie Taal of Safdie Rabines Architects. "It has been inspiring to work with such an active and involved community to create a new vision for the campus."



Franklin Elementary 5th grade student, Lily Thomson (left), is shown speaking during the presentation that included Superintendent Dr. Lamont Jackson (middle) and Principal Melissa Roy-Wood (right).

Construction is anticipated to complete in late 2024. The district is working with the school and community to integrate historical elements into the modernization.

Funding is made available through Propositions S & Z, and Measure YY, which are local school bond measures approved by San Diego voters to improve San Diego Unified schools. Read more about the project at <http://fpcprojects.sandi.net>.

A Leader in Me school, Franklin Elementary STEAM Magnet School offers courses in STEAM, arts, and music enrichment, while also offering extended day programs, such as the YMCA Character Builders, and SAY San Diego's PrimeTime.

As a future "Garden-to-Cafe" school, Franklin students will be able to plant and harvest a variety of vegetables and serve them at their school site. Read more about Franklin at its website: <http://franklin.sandiegounified.org>.

Dizzy's Brings Top Talent to Its Stage During Summer 2022

Dizzy's restful ambiance counters the hustle of downtown San Diego with an atmosphere as friendly to the audience as it is to the performer.

Dizzy's is located at the Musician's Association of San Diego building, which is conveniently located right next to the I-5 at 1717 Morena Boulevard. Its back building is Arias Hall - a clubhouse where professional musicians meet, and aspiring talents get their first taste of what it takes to make music a profession.

The performance schedule for June and July brings a variety of styles and talents to the stage for San Diegans to enjoy:

- 8 p.m., Friday, June 10: In honor of Beatle/songwriter Paul McCartney's 80th Birthday, there will be a special performance by guitar virtuoso Fred Benedetti, with vocalist Regina Moomjean, multi-instrumentalist/bassist Jeff Pekarek, and percussionist James Cost is \$20, cash only.

- 8 p.m., Saturday, June 11: Jazz pianist Mikan Zlatkovich performs with his trio, which features Matt DiBiase on vibraphone, and Richard Sellers on drums. Cost is \$20, cash only.

- 8 p.m., Friday June 24: Guitar treasure Peter Sprague and his ensemble spotlight the music of Pat Metheny with Duncan Moore on drums; Justin Grinnell on bass; John Opferkuch on piano; Leonard Patton and Rebecca Jade, vocals; and Randy Phillips, lyrics. Cost is \$25, cash only.

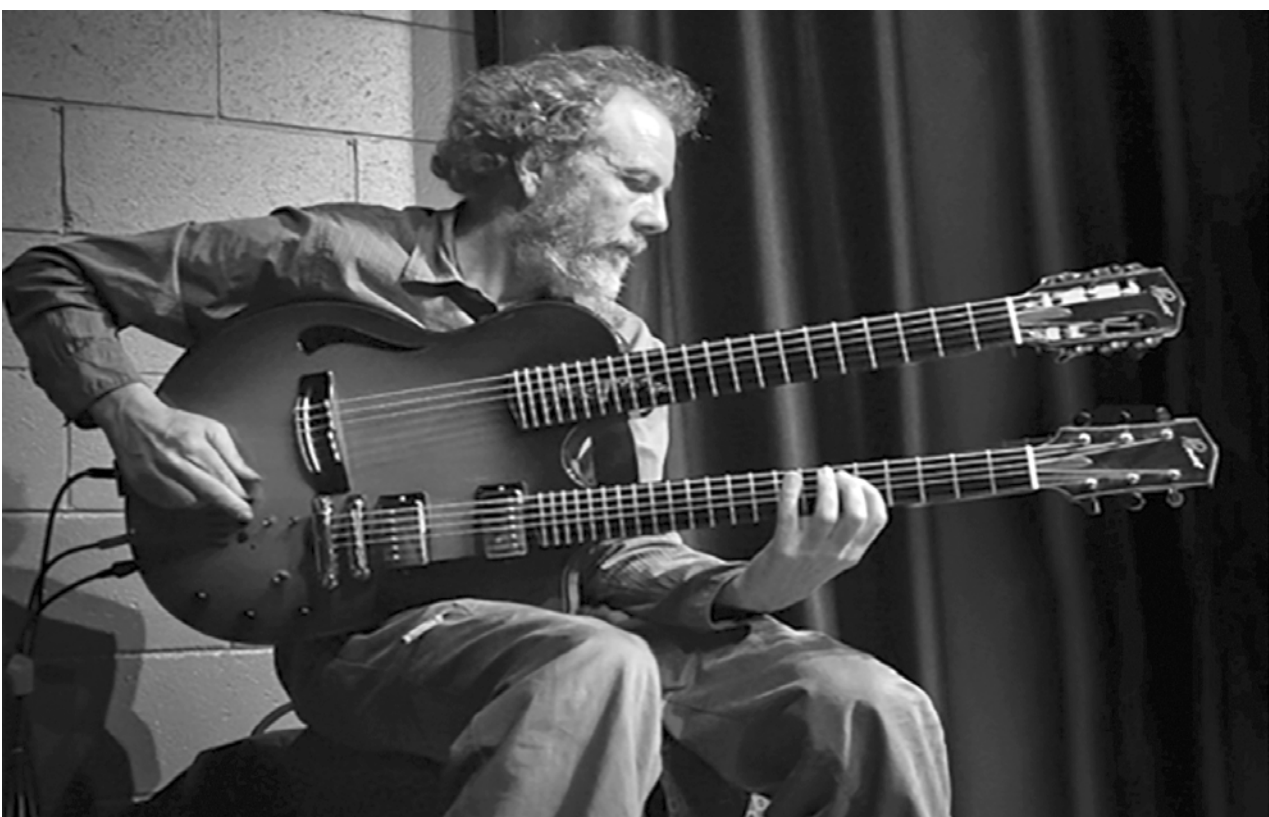
- 8 p.m., Tuesday, July 5: The Brad Steinwehe Sonic Colossus Jazz Orchestra presents a new album, "On A Clear Day," which features Brad Steinwehe, Christopher Hollyday, Keith Bishop, Chuck Phillips, Roger Wright, Kevin Esposito, Bob Payne, Greg Beck, Jon Papenbrook, Doug Meeuwsen, Irving Flores, Mike Holguin, plus a special surprise guest. Cost is \$20, cash only.

- 8 p.m., Thursday, July 7: Latin Grammy nominated New York City-based trumpeter Kalí Rodríguez-Peña and his quartet perform. Cost is \$20, cash only.

- 8 p.m., Sunday, July 24: Creative pianist/composer Thomas Meyer and his ensemble present "Songs from the Sea," featuring Samantha Hafey, vocals; and rapper Riston Diggs; with Rob Thorsen on bass; Julien Cantelm on drums; Nick Caldwell on tenor



Jazz pianist Mikan Zlatkovich performs with his trio on Saturday, June 11, which features Matt DiBiase on vibraphone, and Richard Sellers on drums.



Guitar treasure Peter Sprague and his ensemble spotlight the music of Pat Metheny on Friday, June 24.

saxophone; and more. Cost is \$20, cash only.

- 8 p.m., Friday, July 29: The JazzKatz Orchestra with special guest Whitney Shay. Cost is \$20, cash only.

For now, the Musician's Union is requiring all audience members to wear masks - regardless of vaccination status. For more information, visit dizzysjazz.com.



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Make a Splash this Summer at the Bahia Resort and Catamaran Resort

This summer, possibly for Father's Day, escape to the sparkling shores of Mission Bay, San Diego's 4,600-acre aquatic playground, featuring endless recreational activities and two spectacular resorts, the Bahia Resort Hotel and Catamaran Resort Hotel and Spa, that were made for memorable family-friendly getaways.

From sun rise to sun down, there's always something entertaining to do at the Catamaran Resort, where it's "island time, all the time," and the Bahia Resort featuring the very best of the beach. There are a variety of things to do at both resorts this summer.

Island Vibes

Say "Aloha!" to the Catamaran Resort, San Diego's original Polynesian-inspired hotel, featuring a popular bayside luau that's fun for the whole family and several island-themed activities amidst its tropical setting. Sunset Luau on Mission Bay, Friday, June 24 through Friday, September 2, feature a delicious all-you-can-eat Hawaiian buffet, authentic island music, hula dancing, fiery torch performers, and even a volcano that erupts confetti. Guests also receive a lei and Mai Tai. New this year is Premium VIP seating close to the stage.

The poolside Keiki Klub (Kids Club), happening daily from 1 p.m. to 3 p.m., features complimentary Hawaiian-inspired arts and crafts. Guests of all ages can be transported to the islands with complimentary Hula Lessons and fresh flower Lei Making (cost \$20), which take place bayside on Tuesdays and Fridays from 3-5 p.m.

Continuing the island vibe, guests can enjoy a real-life, outdoor enchanted tiki room during daily Bird Shows at 3 p.m. (except on Sundays and Wednesdays), featuring



The Bahia features bay side settings that are picturesque and relaxing.

Chadwick the cockatoo and his five feathered friends, including colorful talkative parrots – all Insta-worthy photo ops.

Movie Magic

Taking advantage of San Diego's pleasantly warm summer weather, both the Bahia and Catamaran resorts stage complimentary outdoor, family-friendly movie nights. Movies on the Bay take place at the Catamaran on Mondays, beginning at dusk (Monday, June 20 to Monday, September 5), with complimentary popcorn and a stunning backdrop of Mission Bay. Surrounded by swaying palm trees and tropical gardens, Movies at Palm Terrace take place at the Bahia on Saturdays at 8 p.m. (now through Saturday, September 3).

Sizzling Nightlife

When the sun sets, the fun continues well into the night at the Bahia and Catamaran resorts. A sweet way to end the day, both properties offer S'mores on the Bay with complimentary s'mores kits and hot cocoa on Wednesdays at the Catamaran and Thursdays and Sundays at the Bahia, from 7 p.m. to 8:30 p.m.

Plan now for a San Diego getaway or summer vacation at the Bahia Resort or Catamaran Resort. Get the scoop on all of the exciting summer activities, plus special offers and promotions – including an extended stay discount of up to 25 percent off when you book three or more nights by visiting www.bahiahotel.com and www.catamaranresort.com.

Meals on Wheels San Diego County Hosts Galaxy Gala

Meal on Wheels San Diego County is over the moon excited for its "Reach for the Stars" Galaxy Gala taking place from 5:30 p.m. to 10 p.m., Saturday, June 11 at the Sheraton Hotel & Marina at 1380 Harbor Island Drive in the Pavilion Ballroom. For the first time in three years, the nonprofit will be bringing together hundreds of community members in-person to celebrate and raise critical funds to continue delivering meals to local seniors in need.

Attendees will enjoy a fun-filled evening beginning with a cocktail reception, a silent auction, and the highly anticipated Chef Appetizer Showcase. Each chef will prepare

and present an appetizer, and attendees will vote on their favorite by applause. The showcase will feature tasty bites from the following restaurants, as well as the Meals on Wheels San Diego County kitchen staff:

- Chef Drew Deckman, Deckman's
- Joe Busalacchi & Chef Nino Zizzo, Barbusa,
- Chef Rob Ruiz, The Kitchen
- Plus more...

Following the showcase will be a delectable sit-down dinner and live auction to help raise funds for Meals on Wheels San Diego County's mission. This year, the nonprofit aims to raise \$300,000, which will help fund 75,000 meals for local seniors. The evening will close with dancing to live music from local funk, soul and R&B band, Lust for Life.

In addition, the gala will honor The Gary and Mary West Foundation for all the work they have done for our senior community. The Gary and Mary West Foundation have been supporters of Meals on Wheels San Diego County and other senior causes and works to enable seniors to successfully age in place with access to support services that preserve and protect their dignity, quality of life and independence. The



A previous gala had colorful and entertaining performers to add to the event's festivities.

Gary and Mary West Foundation is a title sponsor of the Galaxy Gala.

"After three years of social distancing, we are excited to finally bring together our community of supporters to celebrate our seniors with a night full of fun, flare and fundraising for a cause," says Brent Wakefield, president and CEO, Meals on Wheels San Diego County. "We are thankful for the incredible support we received from our community that led us through the pandemic and look forward to an out-of-this-world

evening honoring our seniors, volunteers, staff and sponsors."

Can't make it in-person? You can still participate in the online silent auction for the chance to win many fabulous prizes, including spa packages, wine, as well as tickets and certificates to the best attractions San Diego has to offer, and other opportunities. The live auction at the event will also include trips to Valle de Guadalupe, Costa Rica, and many more. Tickets to and more information on the Galaxy Gala can be found at sandiegomealsonwheels.org.

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Local Church Has Close-out Sale of Discounted Jewelry, Framed Art and Boutique Items

For nearly 50 years, a local church has held an annual rummage sale with proceeds going to several non-profit agencies who support persons in need.

Because the church is being remodeled, there will be no more Rummage Sales, but there is a large inventory of jewelry for men and women, boutique items and framed art that must be sold all at discounted prices of 50 to 75 percent.

All proceeds will again go to organizations that provide help for persons in need, including Ukrainians. The sale takes place from 9 a.m. to 5 p.m., Friday, June 24; and 9 a.m. to 1 p.m., Saturday, June 25 at the University Christian Church, located at 3900 Cleveland Avenue, opposite the DMV and Hillcrest Post Office.

Different forms of jewelry are included in the close-out sale.



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The Sisters of Perpetual Indulgence - An Open Mic for Pride Month

Celebrate Pride Month by learning about the Sisters of Perpetual Indulgence and participating in a Pride-themed open mic that will take place at 6:30 p.m., Monday, June 20 at the Mission Hills-Hillcrest/Knox Branch Library Community Room. The library is located at 215 W. Washington Street.

The Sisters of Perpetual Indulgence was founded 43 years ago in San Francisco. The Asylum of the Tortured Heart, Inc., San Diego Sisters of Perpetual Indulgence was founded in 2005. The organization performs public service by educating the community on safety and health issues through outreach, promoting awareness through street theater, guiding spiritual enlightenment, abolishing bigotry and hatred, and working to end stereotypes. The Asylum supports, works with, and raises funds for other charitable nonprofit organizations.

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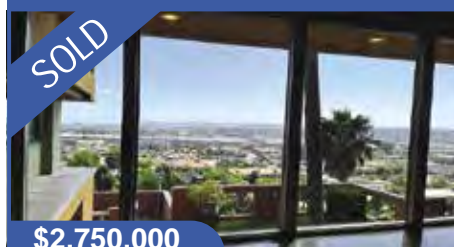


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