

PRESIDIO SENTINEL

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Serving the Heart of San Diego

November | 2020

San Diego's Iconic Thanksgiving 5K Adjusts to a Virtual Approach

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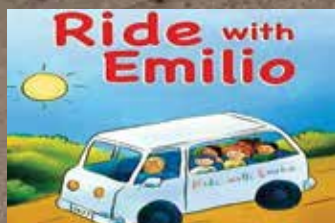


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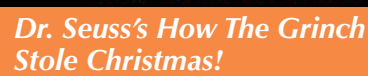
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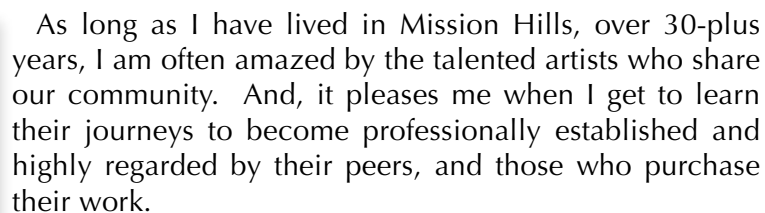
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Featured Events

By Patty Ducey-Brooks



Recently I was introduced to Jeffrey Siegel, who has lived in various houses in Mission Hills since 1989. His current home is also where he has his studio. Siegel shared with me that he got introduced to clay and ceramics when he was 16 years old. He took a course in high school and realized his passion for working with clay. He refers to it as experience.

Eventually, he moved to Los Angeles and became an instructor at the Clay House Studio and Gallery in Santa Monica. This was in his early 20s.

He admits that though he preferred being an artist full time, he elected to also have a day career in finance. Seigel recognizes that having this ability to “make a living” allowed him to truly enjoy the art of clay and ceramics. Being a “starving artist” has its setbacks and can affect the creative energy that he enjoys.

Siegel also shared with me that when he and his wife, Laura, moved to San Diego, he focused on his career and raising his three children.

It was after his children were grown that he elected to reconnect with his love for ceramic art. Over the last five years he has worked at the junior colleges, instructing on ceramic art. And, now, he is focused on creating ceramic art to share with others.

Siegel's finished products are a reflection of his connection with nature. His desired art form is working with white porcelain clay, and incorporating horsehair, which is applied in a raku firing process. He informed me that he has been able to "break through artistic barriers" by getting in to the kiln to add the horsehair. The clay maintains a heat level that allows him to integrate the horsehair, without breaking the mold.

According to Siegel, he starts with a bowl of clay. And, as he manipulates the clay, it “speaks to him,” guiding the creative process that occurs.

"It's like a river, and can take different paths," said Siegel.

We discussed the coloring process, what gives each piece the tones and



colors. He informed me of oxides – pure color – that he adds. Firing them in the kiln locks in the colors.

As he reflected on his work and the pieces that mean the most to him, he shared with me about a non-glazed clay design that went through a transformation. **► Continued on page 3**

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Dr. Seuss's How the Grinch Stole Christmas! On the Radio

This year, free on KPBS Radio 89.5 FM, on the KPBS website and app, and on smart speakers, enjoy "Dr. Seuss's How the Grinch Stole Christmas!"

Beginning with a Thanksgiving Day performance, an audio version of this holiday classic will air four different times this season on KPBS (see the full schedule below). And for Globe supporters, we're excited to offer even more access to this beloved show.

When you make a gift of any amount to The Old Globe, you will receive a special link to stream "Dr. Seuss's How the Grinch Stole Christmas!" On the Radio anytime during the entire month of December. So no matter when your family gathers, you'll be able to make some popcorn, pour some punch, and enjoy a trip to Whoville together.

Thursday, November 26 (Thanksgiving Day) at 12/noon PT

Saturday, December 5 at 12/noon PT

Sunday, December 20 at 12/noon PT

Thursday, December 24 (Christmas Eve) at 6 p.m. PT

Broadway veteran Edward Watts returns as The Grinch!, and Tommy Martinez as Young Max, John Treacy Egan as Old Max, and a great cast of San Diego favorites, and old and new Whos too!

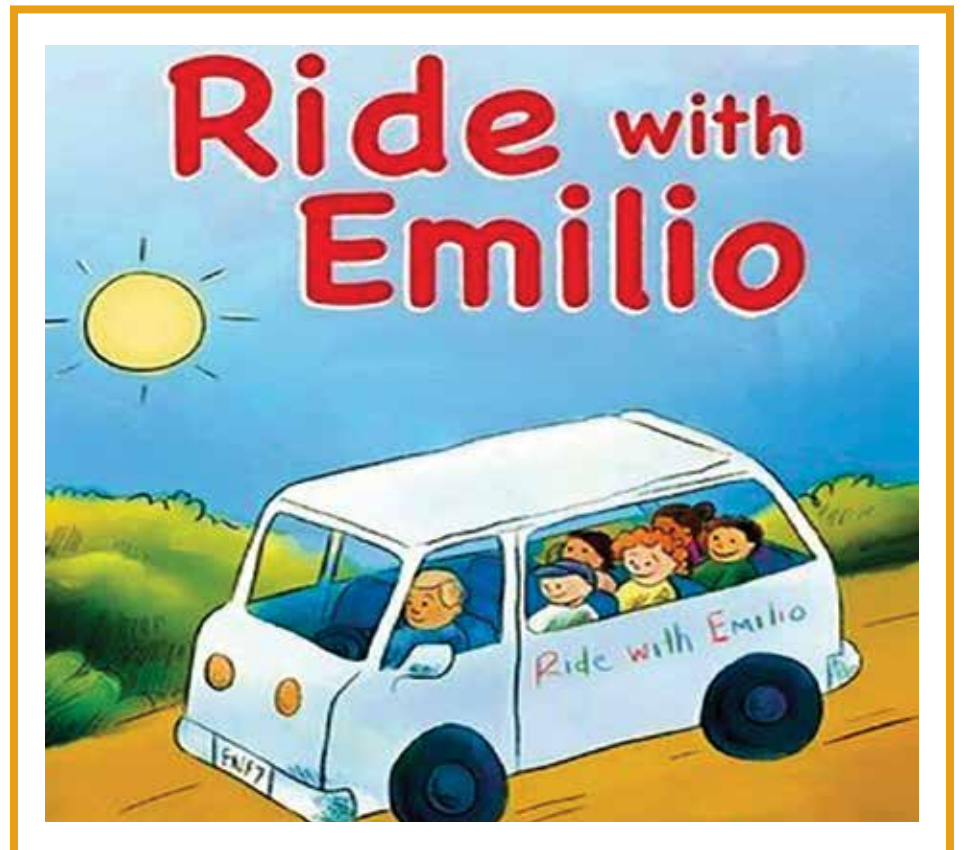
"Dr. Seuss's How the Grinch Stole Christmas!" On the Radio is supported in part by Terry Atkinson and Kathy Taylor, The Binford Family, Ann Davies, George C. Guerra, United, Pamela Wagner and Hans Tegebo, and The Wickline Family. Grinch Free Student Matinee programs are supported by Dee Anne and Michael Canepa and Random House Children's Books. An anonymous donor is supporting Edward Watts in the role of The Grinch.



Broadway veteran Edward Watts returns as The Grinch!

Ride With Emilio Children's Book

Congratulations to Richard Nares, Founder of Emilio Nares Foundation (ENF), for the launch of his children's book "Ride with Emilio," highlighting and celebrating his son, Emilio's, life. Richard Nares is the author and illustrator who shares his personal experience with Emilio, and his ability to inspire others (including his mom and dad) to make a difference in the world for children who are diagnosed with cancer. It's a story about love, loss and giving back.



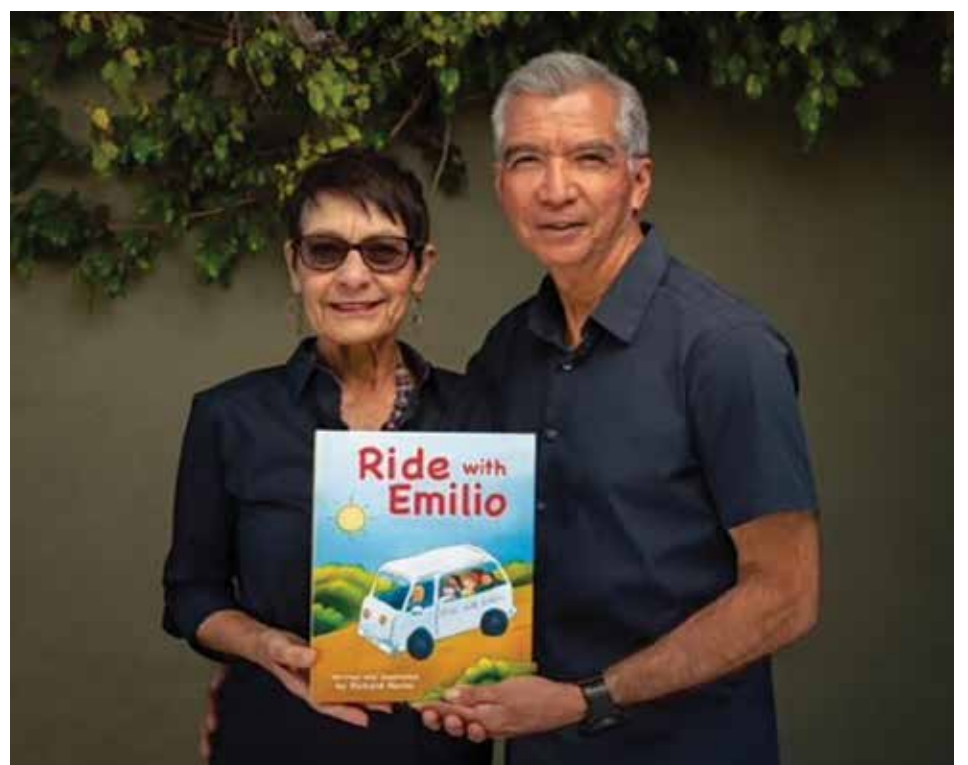
Get your very own copy today via Amazon.com. Search for: Ride with Emilio. Cost is \$14.95 for paperback, and \$19.95 for a hard copy.

For more information: www.ridewithemilio.com.

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Diane and Richard Nares share the inspirational book about their son, written and illustrated by Richard Nares.

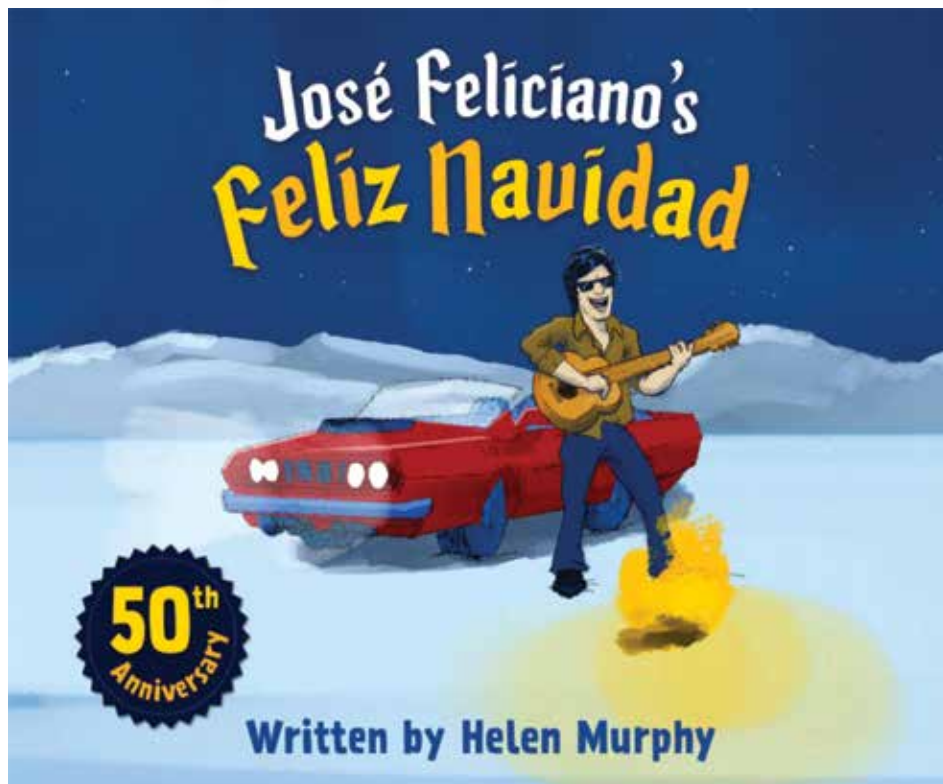
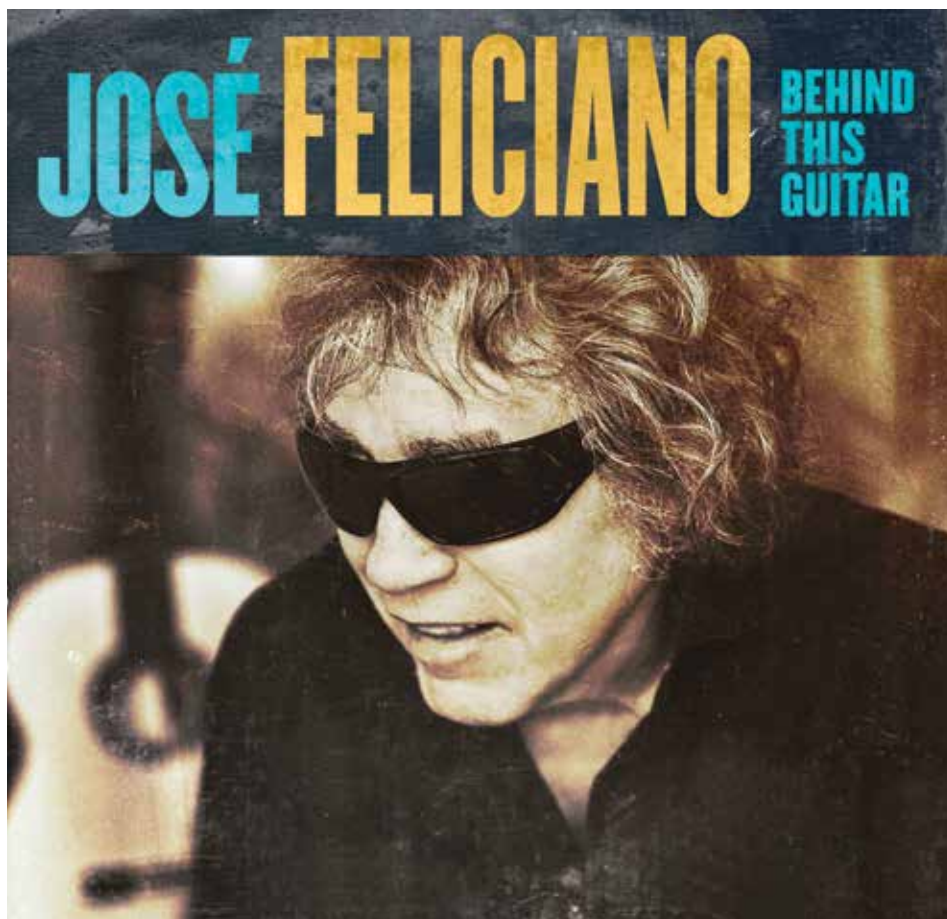
José Feliciano Celebrates 50th Anniversary Of “Feliz Navidad”

Celebrating his 75th birthday today global icon José Feliciano is also commemorating the 50th Anniversary of his timeless holiday classic, “Feliz Navidad” with a series of notable events this fall. Kicking things off is the release of the new children’s book, “José Feliciano’s Feliz Navidad, 50th Anniversary,” available today exclusively via Amazon.

Written by Helen Murphy CEO of José’s label Anthem Records/Anthem Entertainment, “José Feliciano’s Feliz Navidad, 50th Anniversary,” sees the beloved singer/guitarist as a musical superhero who travels the world on Christmas Eve in a flying red convertible, playing his guitar and singing “Feliz Navidad” for people of all ages. The pages come to life with bright colors and characters that span diverse nationalities, capturing the universal spirit of Christmas. The book features illustrations by Brandon Wei, design by Celia Fuller and is published by International Media Services, Inc. Available both in English and Spanish (translations by Madeline Luksha, edited by Maire Nina Luis), the book is available in multiple formats including e-book and paperback, with hard cover and large paperback. All of the configurations will be released widely on December 5, 2020.

Helen Murphy commented, “José Feliciano is a national treasure. I was inspired to write this book to share the joy and celebrate the cultural impact that José’s music, and ‘Feliz Navidad’ in particular, has had on the world. The song has an undeniable emotional effect every time it is heard. José Feliciano’s ability to persevere through adversity and continue creating hits decade after decade is nothing short of incredible”.

A new documentary “José Feliciano: Behind This Guitar” made its premiere at the Nashville Film Festival, which took place virtually from October 1 through 7, 2020. The film traces José’s journey from birth, as a blind boy from the very poor hills of Puerto Rico, to the slums of Spanish Harlem, to finding his way to performing in the clubs of Greenwich Village to the top of the worldwide pop charts. Carlos Santana, Gloria Estefan and Emilio Estefan all make appearances and speak to the impact Feliciano has had on popular music.



The film is produced and directed by Helen Murphy and Frank Licari and co-directed and produced by Khoa Le. Alongside the film, “José Feliciano’s Feliz Navidad, 50th Anniversary” an animated short also made its debut at the festival. Mirroring the book, the short has imagery of José flying through the sky in his convertible singing the classic song, with children from various locations following in anticipation of Christmas Day.

José Feliciano is a beloved singer/songwriter/guitarist and nine-time GRAMMY Award Winner, including a Lifetime Achievement Award for his contributions in music. The Puerto Rican-born artist is known for his many international hits, including his rendition of The Doors’ “Light My Fire,” “Che Sarà,” “La Copa Rota,” “Por Qué Te Tengo Que Olvidar?” the theme song, “Chico and The Man” from the hit television show and his rendition of “California Dreamin” which was featured in Quentin Tarantino’s acclaimed film, “Once Upon A Time In Hollywood” and went on to be one of the most streamed tracks from its soundtrack. Written and performed by José, “Feliz Navidad” is one of the best-selling holiday songs of all time. The infectious evergreen song was recorded with producer Rick Jarrard in October 1970 and released one month later in November 1970 on RCA Records. Surprisingly, the song first hit the charts in 1998 on Billboard’s Hot 100, and then charted again in 2017, an astounding 47 years after its original release. After it landed on the Hot 100 again in 2019, Forbes declared it’s the “gift that keeps on giving.” ASCAP recognized “Feliz Navidad” as one of the top 25 most played and recorded Christmas songs around the world. A seemingly endless list of artists across all genres has covered the iconic song, including Céline Dion, Garth Brooks, Chicago, The Three Tenors, Michael Bublé featuring Thalia, Gwen Stefani & Mon Laferte, Kacey Musgraves, and many more.

José’s most recent album, “Behind This Guitar” released earlier this year on Anthem Records, joins his 60-plus albums in an incredible discography, solidifying José’s revered standing with critics and fans alike. The Miami Herald noted songs such as “I’m America” “fits Feliciano as well as any of the hundreds of songs he has recorded”; Guitar Player raved the album “is an energetic and soulful eight-song set,” Billboard commented on its “authentic melodies,” and People Magazine aptly stated in an extensive feature, “once again, he’s in the midst of a resurgence.”

Meet An Extraordinary Artist and Neighbor ► Continued from page 1

By Patty Ducey-Brooks

He told me that he went to the desert to alter this clay piece. He dug a hole; built a bonfire; wrapped the piece in aluminum foil, and placed it in the fire; added Miracle Grow and other minerals to the blazing fire.

Today that piece is in the Art Institute of Anza Borrega, and is titled “Pit Fire.”

Siegel now looks back at the path he has taken, and the decisions he has made. Choosing to take a ceramic clay course in high school made all the difference in the world. Now he concentrates on creating unique, art pieces that others can appreciate and enjoy in their homes and offices.

His work is on display at Kettle & Stone, located at 1128 West Lewis Street in Mission Hills. You can also view his artwork and gallery showings by visiting www.jeffreysiegelceramics.com.

Siegel will be joining other local artists, offering his artwork for sale, from 10 a.m. to 4 p.m., Saturday, November 28, across the street from Kettle & Stone on West Lewis Street.



Nature plays a big role in every piece of art that Siegel creates.

City Council Unanimously Approves New City Auditor



City Auditor Andy Hanau is a certified internal auditor and a certified fraud examiner.

In a historic vote, The San Diego City Council unanimously approved Interim Assistant City Auditor Andy Hanau to become San Diego's second ever City Auditor and the first City Auditor to take office since Measure D was overwhelmingly implemented by voters in March.

The appointment of Hanau marks the end of a years-long endeavor by Audit Committee Chairman Scott Sherman to reform the process of how the City Auditor is appointed.

Measured D overhauled the City Auditor selection process and took the power of appointment out of the hands of the Mayoral Administration and into the hands of the Audit Committee and the City Council where it belongs.

The previous process could have created accountability issues since the City Auditor would be tasked with conducting oversight of, and holding accountable, the administration that appointed them. This is the equivalent to the fox guarding the hen house.

"I am confident now more than ever that San Diego will have an effective and independent City Auditor that will protect taxpayers for many years after I'm gone," said Sherman.

"The Office of the City Auditor is an award-winning office that excels at its mission to advance an open and accountable City government. I am honored by the Audit Committee's and City Council's confidence in

me, and their confidence in the work our Office does to be an independent voice for positive change," said City Auditor Andy Hanau.

Since 2019, Andy Hanau has served as the Interim Assistant City Auditor. In this role, Andy oversaw audits, investigations, and strategic initiatives. Three of Hanau's reports have won awards for being amongst the best local government audits in North America.

Hanau has earned a Master of Public Policy from the UCLA School of Public Affairs. He also has a B.A. in Political Science from the University of California, San Diego, and is a certified internal auditor and a certified fraud examiner.

"Personally speaking, after working with Andy for several years as Chairman of Audit Committee, there is no one I would rather have at the helm," said Sherman. "He has proven through past work that he will not bend his ethics or beliefs and will serve as a truly independent City Auditor."

Court Ruling Declares Newsom Violates Constitutional Power

Senate Republican Leader Shannon Grove (R-Bakersfield) released the following statement after a California Superior Court Judge issued a tentative ruling declaring Governor Newsom has violated the Constitution. The ruling is in response to a lawsuit filed by Republican lawmakers Kevin Kiley and James Gallagher,

which challenged Governor Newsom's "one-man rule" and abuse of power. The ruling states that there is good cause for a permanent injunction restraining the Governor from issuing any more unconstitutional orders.

"Today's ruling is a monumental victory for 'We the People.' I am extremely proud of my Republican

colleagues who continued our fight against the Governor's unilateral abuse of power all the way to the court. Republicans remain committed to upholding the freedoms that so many have fought and sacrificed for us to enjoy," said Senate Republican Leader Shannon Grove.

Patty Ducey-Brooks
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Halo with Cesar Millan Launches as a 4-in-1 Smart Dog System

Halo co-founded by world-renowned dog psychologist Cesar Millan, makes its world debut. Halo is the first and only smart collar with smart fences, intuitive training, and GPS location in one, designed with Cesar Millan's time-tested expert dog training methodology in mind. The collar is now available for shipping and can be purchased online at www.HaloCollar.com.

"We created this technology after a family member lost a dog who was hit by a passing car," says Ken Ehrman, founding and managing partner. "This problem is all too familiar. Our goal with Halo is to eliminate this worry and fear for good."

Halo is a 4-in-1 smart dog system built on a mission of "no more lost dogs" and designed with three main goals: safety, communication, and freedom. The Halo Collar offers four capabilities, making it a first for the industry: 1- the Halo Smart Fence; 2- Expert Cesar Millan Training; 3- Real-Time Activity Tracking; and 4- Best-in-Breed GPS Technology.

Millan says, "10 million dogs are lost each year in the US alone. With Halo, we give you the peace of mind that your dog is safe before an accident can happen. Combined with my step-by-step 21-day dog-training program, the Halo System will teach people to have the best relationship with their dogs, while automatically keeping them safe in any location.

Halo's Smart Fence feature allows users to create fully-closed virtual safe areas that allow your dog to safely roam off-leash inside the Halo Fences you create. Halo's installation-free Smart Fences make the best in safety accessible to pet owners everywhere—even if they aren't homeowners. Whether in the yard, at the dog park, at the beach, or on an adventure, Halo provides freedom and safety in any location. Unlike other virtual dog fences, which can only alert pet owners after their dog is unsafe, Halo Smart Fences are stored within the Halo Collar itself and work autonomously to provide perfectly-timed guidance that keeps dogs safely inside the fences.

"Halo is designed to let your dog live a life unleashed," says Michael Ehrman, founding partner. "Thanks to Cesar's vision and expertise, this technology can communicate with dogs in a language they intuitively understand. We designed Halo as both a technical innovation and amazingly intuitive approach to dog safety."




Combining smart technology with Cesar Millan's expert dog psychology, Halo provides the world's greatest all-in-one smart fence, tracking, and training solution.

With Cesar's dog psychology expertise and Halo's safety tech, dog owners learn how to keep their four-legged companions as safe as possible, in the most intuitive way.

Halo currently offers early adopters to purchase the Halo Collar for \$300 off. For more information or to purchase a Halo, visit www.HaloCollar.com.


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Hondoo

Hondoo is a smart, three-year old, Siberian Husky. He is a goofy dude who enjoys chewing, fetching and cuddling. He will do best in an adult-only home where he can continue to receive plenty of positive reinforcement training and mental enrichment. Make an appointment to speak with an adoption counselor about Hondoo.

Hondoo is residing at the San Diego Campus of the San Diego Humane Society. To schedule an appointment, visit www.sdhumane.org.

Patchy is a ten-year old, domestic short hair cat that has been in our care since August. Love for her has only grown. This mellow girl is incredibly affectionate once you get to know her. She is a true staff and volunteer favorite. Her adopters will need to get her on a weight loss plan and be able to help manage a few medical needs to make sure that she's her happiest and healthiest self. She'll let you know how grateful she is by lots of sweet purrs.

Learn more about this fantastic feline at sdhumane.org/adopt. Patchy is currently residing at the Oceanside Campus of the San Diego Humane Society. To schedule an appointment, visit sdhumane.org.



Patchy

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The Art of Perfecting the Single-Leg Glute Bridge

By Blake Beckcom



Blake & Gwen Beckcom

Doing glute bridges is a great way to work out your backside, which is important for the overall strength of your body. Also, if you are looking to firm up your booty, doing this exercise is a must.

However, doing just single-leg glute bridges could be even better for you than doing them with both legs. Using just one leg will not only help you isolate the glute muscles, it will also incorporate your other back muscles, making this move an intense one to add to your workout routine.

But how do you do this exercise with just one leg?

First, you lie on your back with your knees bent and your feet shoulder-width apart. Make sure your feet are about a foot away from your glutes. Lift your left leg straight up into the air with your foot flexed and that knee locked, creating a straight line between your hip and heel. This leg should not move at all, but remain fixed in this position. If it moves at all, you are creating “lift” via the momentum of that moving left leg, so KEEP it still.

While you’re keeping your upper back flat on the floor, tighten your glute muscles and raise your hips up off of the ground via your right heel—high enough so that your body forms a straight line, via your right knee, hip and shoulder. Make sure that you are keeping your core muscles engaged while doing this exercise. Once your body is up and in a straight line, pause for a moment, squeezing your glutes for a few seconds. Return to your starting position to complete one rep. Once you have done all of your reps, repeat the exercise with the other leg.

To get the best results, do sets of 15 or 20 reps if you are not adding any weight. If you are adding weight, do about 12 reps. Make sure that you rest for at least 30 seconds between each set in order to let your body recover.

When it comes to your form, make sure that you extend your hips fully when you reach the top of your movement. Also, when you push yourself up, use the muscles via your heels and hips rather than those from your legs. Your heel drives your hamstrings and your glutes, while the ball of the foot tends to engage the quads more. So think and feel “heels.” Also, remember that the engagement of your muscles, along with the pause at the top of your movement, are a critical part of fully engaging your muscles, i.e., peak contraction.

Doing single-leg bridges has several benefits to your physical health. Similar to when you do a standard glute bridge. The single-leg type targets all of your glute muscles, which includes the maximus, medius, and minimus. However, lifting one leg makes your hamstrings and lower back do work as well, which makes this move more intense than when you do it with both legs.

Doing this exercise will build both functionality and aesthetics. This is a great exercise for those who have to work behind a desk all day or who are otherwise

sedentary. It helps to improve your hip mobility and your lower back strength, which counters the negative impacts of sitting at a desk.

Doing these single-leg glute bridges are difficult to do without any weight, but once you get the hang of it and build more strength in these muscles, you can start to add some weight, like a dumbbell or a barbell across your hips, to increase the intensity of the exercise.

Start doing these exercises a few times a week without adding weights at first. As you begin to master this movement and build up your strength, you can start adding some weight, but do it slowly. Decrease the frequency of doing this exercise to just once each week to slowly build your glutes, while also allowing them to have the necessary time to recover. Just like with other exercises, doing this at a healthy pace will help you avoid becoming injured or too sore.

There are other variations of this exercise that you can do as well. You can do an elevated single-leg glute bridge by doing this same movement but with one foot on the floor and one foot lifted up on a bench. Or you could do a banded single-leg glute bridge, which will add resistance to your thighs.

You can also do this exercise on a bench by placing your upper back on a bench with one foot on the ground and the other extended at the height of your hips. Then, lower your hips and press up with your feet and squeeze your glute muscles. Return to your starting position and repeat.

However you decide to do this move, you will definitely start to feel the effects of it on your glutes.

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Single glute bridge exercises.

Take Some Time to Take Care of Yourself

By Rick Brooks



We’ve all been dealing with COVID-19 for several months now, and as cases begin to mount again, I’ve been thinking a lot about an interesting conversation I had with my oncologist.

First, I have to say those are two words you never want to use together: “my oncologist.” Just about two years ago, I was diagnosed with throat cancer. It was caught early, so my treatment was tough, but could have been much worse. Since then, I have been doing all the things you do following radiation and chemotherapy to try to ensure you don’t have to do it again. One of those things is lots of return visits to the doctor’s office.

Many of our physician clients who aren’t on the front lines of COVID treatment have reported having hours cut back as people put off routine and non-urgent medical care, so I asked my oncologist how things were in her practice. She told me that in the first month or so, things slowed down a lot. But since cancer doesn’t go away, people began coming back in for treatment despite the pandemic. Their workload really hasn’t changed much since.

But then she told me that she is really worried about the next few years, which surprised me. Because people have been delaying regular diagnostic procedures like mammograms and colonoscopies, she’s worried that the people they’ll be seeing in the next few years will have much more advanced cancers than otherwise might be the case.

As COVID cases begin to rise again this winter, she’s worried that people will once again start delaying medical visits and that a lot of easily treatable conditions will be missed until they are much more serious.

Which brings me to the point of this article: good health is just as important as wealth to quality of life; maybe even more so. Having money can make some things easier. But without your health, all the money in the world won’t help much.

With that in mind, here are some quick, easy tips to help you live long and enjoy the fruits of your hard work:

Exercise. Even a daily walk around the block is better than sitting on the

couch watching TV. Spend some time getting your heart rate up (a brisk walk is excellent) and enjoy the fresh air. A workout regimen that works different muscle groups is even better, but a simple walk is a great start.

Watch what you eat. As much as I love to grill and smoke meat, fresh fruits and vegetables are some of the best sources of vitamins and nutrients. You don’t have to go full vegetarian, but anything you can do to cut down on red meat and processed foods will likely improve your health.

Watch what you drink. More water and less sugary soda are a good place to start. Cutting down on alcohol and caffeine is also better for your health.

Avoid smoking. Smoking or being around smokers is one of the worst things you can do to your health.

Get a good night’s sleep. When you get a good night’s sleep, you are less prone to snacking. It also helps clear toxins from your brain that can contribute to conditions like Alzheimer’s.

Hang out with friends and family. Mark Twain is quoted as having said, “To get the full value of joy you must have someone to divide it with.”

Studies about health, happiness and longevity point to the importance of maintaining social connections.

Get regular checkups. You would not drive your car without checking the oil and the tires occasionally, and regular medical checkups are even more important. Some diseases are not as obvious as a big new lump, so regular medical visits help you prevent bigger problems later.

With reasonable precautions (like masks, social distancing and some hand sanitizer), it is generally safe to visit your doctor or dentist and make sure little things don’t become big problems.

I hope these suggestions will be a good reminder of how important it is to take care of yourself and the ones you hold dear.

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

Autumn Chores

By Barbara Strona



Spring is not the only time for cleaning; for my family, autumn is more important to take stock. We face fire danger, some flood danger, and maintenance is really important before the appearance of fire or rainy seasons appear.

Much of San Diego’s beauty is due to the lush canyons throughout many of its neighborhoods. However, these canyons also pose an enormous threat to our safety and wellbeing.

At this moment our canyons within the city limits are like fireplaces, awaiting a match to render a cabin or home warm and cozy. In a communication with the city, Andrew Spurgin was quite succinct in his description of the situation: “The canyon literally is a tinderbox. Those big Canary Island Date Palms have been destroyed from the South American Palm Weevils and pose a huge fire hazard.”

In addition, many fir trees have dead or fallen branches, as do the oily eucalyptus trees gracing our canyons. Winter rains encourage grasses to grow, but summer turns them to gold, ripe for a spark to engulf them in flames.

The city purchased many of these canyon lots for open space many years ago. We sold three 25 by100 foot lots to the city. They promised to maintain them as they now belong to the city. They have not done so. Nevertheless, I have forced my 80-year-old carcass into the canyon to pull out grasses growing near our property. I am no longer agile or strong enough to haul out dead tree limbs.

I have filed numerous complaints to the city. My most recent complaint was turned over to the fire department; “Get It Done” doesn’t bother with this. The fire department has come to our house a few times. The department told both Andrew and me they clear the canyons every other year. No one I’ve spoken to remembers anyone doing anything to the canyons in many years. The dead trees, dead debris, brittle branches need only a spark to start a devastating calamity. We must encourage the city to remove these fire hazards before it is too late.

In our household, another important autumn chore deals with the roof. The sun does the most damage to roofs by drying them out and making them more fragile, subject to wearing out more rapidly. A pitched roof is more easily maintained: the water runs off it; worn places or damaged shingles are more easily visible than the condition of a flat roof. However, even a pitched roof needs clean gutters and downspouts to allow water to flow where it ought to go. Our roof is flat. While no roof is completely flat, debris, branches and leaves do collect on it and in any gutters, downspouts, or drains. This means that water may sit on the roof with nowhere to go. Water is heavy. This can eventually cause leaks or even a roof collapse. Luckily, we don’t have snow.

By Thanksgiving our roof, drains, and downspouts will have been cleared. When my husband was younger, he went up on the roof with a broom and a blower. He trod carefully as roofing material is normally not built for foot traffic, which can render it susceptible to leakage. Between the blower and the broom, he cleared the roof and made all water routes clear. Nevertheless, at 80 he has no business up on the roof. Our grandchildren have been given roof-cleaning lessons for several years. This will be their



Removing dead brush and debris during autumn helps to eliminate potential damage and drain issues.

first year solo. And, yes, they are paid since we’d have to pay someone to do it! I hope he has also given them lessons in assessing the health of the roof.

My job is to clear brush from near the house as well as any flammable objects, such as brooms and furniture. Since I am cleaning outside, I try to do a fall purge of the inside as well. This is not as much fun. It involves giving away anything we no longer use that is still in decent condition. Even less fun is purging kitchen cupboards and refrigerator of never to be eaten foods. If they haven’t expired, they can be donated. If I am smart and not too tired, I will clean these storage places while they are somewhat bare.

I must admit that Covid-19 was my inspiration. I purged and cleaned in the spring, but six months later it is needed again. This time it is far less exciting; been there, done that, and I’ll probably have to do it again next spring.

On November 19, Bill Toon will speak about monarch butterflies for the Mission Hills Garden Club. Toon is a multi-talented man who has done much to teach Third World Countries ways to protect the planet. He has followed the migration of monarch butterflies for years, and he is also a woodworker and a car buff. Join us via Zoom. The Mission Hills Garden Club web site has directions for joining the Zoom meetings. No need for a parking place, and you have a chance to ask questions just as you would in person.



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Shop Small. Keep Mission Hills Businesses Open

By J. Daniel Geddis, President Mission Hills BID and Team D&B at One Mission Realty



It has been a pleasure serving as the elected president of the Mission Hills BID over the past two years, representing some 500 small businesses. Together, with a dedicated board of seven and our executive director and supportive business owners and residents, I feel that my time serving the BID has been challenging, fun, and always worthwhile.

November is a busy month for our community of businesses.

Thanks to the generosity of our host Rosario Monetti, please join me in the outdoor area adjacent to Meshuggah Shack, beginning at 4 p.m., Wednesday November 18 for the BID's Annual Meeting and Mixer. The Mixer will follow from 4:30 p.m. until 5:30 p.m. If you wish to sit, do bring a chair. Safe social distancing and mask wearing are required. In addition to the normal business of the BID, directors and officers will be elected. If you pay a business license fee in our BID, you are eligible to vote. If you are unsure, we have a monthly update from the City of San Diego. And, due to the kindness of Mission Hills' retailers, raffle items will be bountiful. Cash and credit will be accepted for the raffle.

We also invite you to join us in celebrating the 11th Anniversary of Small Business Saturday, on Saturday, November 28 by kicking off your holiday shopping in Mission Hills. This annual event is a celebration of small businesses and the positive impact they have on communities across the country. An average two-thirds of every dollar (\$0.67) spent at a small business stays in that local community. Please commit to shopping small for the holidays and invest in bettering our Mission Hills neighborhood. The BID has already begun kicking off the holiday season with local business specials promoted on social media. Follow @missionhillssd on

Instagram to make sure to not miss any special offers.

One of the first retailers to respond to the BID's request for a sneak peek of their Shop Small Saturday offering was Backbone Floral & Vintage, where Owner Jesse Zmuda's specials will include, free mini dried bundles with purchase of gift card and 15 percent off all vintage with purchase of Colors on Canvas Tote Bag.

Zmuda also shared, "I think about the community every time I need to make a purchase. If my daughter wants lunch, I pick up something in my neighborhood to support small businesses in my community. When I need a gift for a birthday, I support local shops by buying a gift or gift card. I've always supported other small businesses but I think since COVID I have gotten much better at shopping small and truly keeping it local!"

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

As 2020 draws to an end, it is more important than ever to support small businesses in Mission Hills with your shopping dollars. Remind others that small businesses are the backbone of our local economy. Their charm and character enliven our neighborhood. I am so very grateful to be part of such a vibrant and diverse community. By choosing to dine local, shop local and keep our precious financial resources local we make a difference in whether our local businesses survive and flourish.

My wish for you this Thanksgiving is for continuing good health and prosperity.

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The San Diego Museum of Art Recognizes Its Accomplishments

Roxana Velásquez - the first woman to be appointed as executive director at The San Diego Museum of Art during its 90-plus years - is celebrating 10 years at the institution this fall. With an eye on the established strength of the collection, Velásquez has forged further and deeper international connections, shepherded major acquisitions and loans, developed new methods to make art more accessible, and much more.

Following are some major highlights from the past 10 years.

Global interaction and cross-cultural connections: Loans of American art went as far as China, and works from the Binney Collection of Indian paintings to the Thyssen-Bornemisza in Madrid as well as to India, Canada, and Mexico. Velásquez herself was invited to India and China to further represent and establish reciprocal relationships with many cultural institutions throughout the globe.

Public art and the local community: Initiatives like “Open Spaces” created public works of art in four communities in Southeast San Diego, granting residents the ability to control the content, medium, and location of these works of art in their own neighborhoods. In 2016, the Museum introduced Art of the Open Air, a free public art exhibition with some of the best sculptures from the collection displayed in the plaza in front of the Museum. In addition, the Museum forged partnerships with institutions such as UC San Diego to develop research and educational initiatives, as well as with arts organizations including the San Diego Ballet, Shakespeare Society, the Opera, and Black Xpression to create a cultural hub and to illustrate those interconnections that help further enjoyment and understanding of art.

Technology and accessibility: Art After Hours created extended hours and discounted admission on Friday nights, allowing more convenience and availability for those with limited scheduling flexibility. The community outreach program On the Steps brought displays, activities and performances out into the plaza for further engagement with the art on view in the galleries. The Museum also opened up free admission for children under 18. Beginning in 2015, the Museum worked with Guru, a tech company, to develop an app and consistently investigates innovative methods to offer exciting virtual art experiences to our audiences.

Some major acquisitions: The Museum has received gifts and purchased art of great quality from throughout the globe, including the acquisitions of works by Cranach and Raphael Mengs, further enhancing the world-renowned collection of Spanish works. The permanent collection also expanded to encompass works of incomparable quality by Francisco Zurbarán, Juan de Valdés Leal, Jusepe de Ribera, Sorolla, and a painting by John Singer

Sargent - the most important and revered portraitists throughout history that the Museum has acquired over the past 90 years.

Infrastructure improvements: The Museum completed an over \$4 million series of upgrades to the physical infrastructure of 75 percent of the galleries, technology systems, and to the nearly two decades-old HVAC system, and more.



Roxana Velásquez has spent the past 10 years expanding the role and successes of the San Diego Museum of Art.

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“The Climb” at Landmark Theatre



“The Climb” is the story of two real-life best friends—director Michael Angelo Covino and co-writer Kyle Marvin.

Kyle and Mike are best friends who share a close bond—until Mike sleeps with Kyle’s fiancée. *The Climb* is about a tumultuous but enduring relationship between two men across many years of laughter, heartbreak, and rage. It is also the story of two real-life best friends—director Michael Angelo Covino and co-writer Kyle Marvin—who turn their profound connection into a rich, humane, and frequently uproarious film about the boundaries (or lack thereof) in all close friendships. *The Climb*, an official 2020 Sundance Film Festival selection, also won the Coup de Coeur prize at the 2019 Cannes Film Festival.

“*The Climb*” is Rated R, is one hour and 38 minutes long and opens Friday, November 13, 2020 at Landmark Hillcrest Theatre, located at 3965 5th Avenue. It stars Judith Godrèche, Talia Balsam, Michael Angelo Covino, Kyle Marvin, Gayle Rankin, and George Wendt. It is directed by Michael Angelo Covino. For information and times, call (619) 819-0236, or visit www.landmarkTheatres.com. Film times and dates are subject to change.

Cygnnet Theatre presents *The Finish Line Commission*

The Fall 2020 and Winter 2021 playwrights include Angelica Chéri and Aurin Squire for Cygnnet Theatre’s *The Finish Line Commission*. Normally free public readings of the plays are held in person at the theatre, but due to COVID-19 gathering restrictions all artist work will be held via Zoom. The process will be shared through behind-the-scenes video content online.

Led by Associate Artistic Director Rob Lutfy, *The Finish Line Commission* supports the theatre’s commitment to new theatrical works, written by groundbreaking local playwrights as well as nationally recognized playwrights. Rare for a national new play program, all of the plays selected each year have never before been produced.

Director Rob Lutfy states, “The two playwrights this year are not writing to fit into any safe space. They both are poets with transformative ideas. Right now, we need Aurin and Angelica more than ever because they are brave and compassionate playwrights willing to tell the truth of what they see and experience. Theatre is not meant to be comfortable, it’s meant to provoke. These two plays need to be seen, heard, and produced across America. I am honored that Cygnnet has some part in shepherding these two brilliant plays into being. I am equally excited for the chance

to work with the directors we have brought on, Reginald Douglas and Lamar Perry. The future of American Theatre is alive and well with these artists at the helm.”

“*The Wiring and the Switches*” is by Angelica Chéri, and is directed by Reginald Douglas (associate artistic director at Studio Theatre in Washington, DC). The workshop will be held in November 2020.

Sienna, a forensic psychologist in the making, gets more than she bargained for when a romantic liaison turns into a murder investigation. But when the suspected “victim” sits down with Sienna for tea, our sleuth’s grip on reality begins to deteriorate. *The Wiring and The Switches* was conceived in the Geffen Writers Group at the Geffen Playhouse in LA.

“*Run/Fire*” is by Aurin Squire and is directed by Lamar Perry (artistic associate at The Old Globe). The workshop will be held in January 2021.

When a college student is implicated in a crime spree, his attempt to seek justice sets off a chain reaction that ripples across the entire town. What is real and what is not gets called into question in this timely play that forces us to ask, “Who are we to ourselves and to each other?”

Plays awarded *The Finish Line Commission* will be given a week-long workshop culminating in a public reading (this year the readings will not be public), a financial reward, and an assurance that the play will have a shot at a world premier production at Cygnnet.

The *Finish Line Commission* is made possible thanks to the contribution of long-time donors Bill and Judy Garrett. “Playwrights are masters of helping us see the world through new and different eyes. 2020 has been an extraordinary year for all of us — with a pandemic, thousands of deaths, school and social upheavals, fear and occasional acts of overwhelming generosity — and it will be refreshing to view it all through the perceptive eyes of some of our most observant playwrights,” explained Judy Garrett.



Angelica Chéri is the playwright for “The Wiring and the Switches.”



Aurin Squire is the playwright for “Run/Fire.”

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Jungle Bells Festivities Return to the San Diego Zoo

San Diego Zoo guests are invited to ring in the holiday season with the Zoo's annual celebration, Jungle Bells proudly supported by California Coast Credit Union. The jubilant festivities will take place Dec. 4 to 6, Dec. 11 to 23, Dec. 25 to 31, 2020 and Jan. 1 to 3, 2021, treating guests to views of some of their favorite animals, seasonal decorations, lighted displays, music and joyful roaming entertainers. The San Diego Zoo is open from 9



Reindeers do exist at the San Diego Zoo.



Musicians are a part of the holiday events at the San Diego Zoo.

a.m. to 8 p.m. during this event, with the exception of Dec. 24, when the Zoo closes at 5 p.m.

There will be an abundance of culinary delights to enjoy at the Zoo's many restaurants and food stands, and guests can shop for the perfect holiday gifts at the Zoo's retail locations.

Jungle Bells activities and attractions are free with Zoo admission or membership. Parking is free.

For more information, visit: SanDiegoZoo.org/JungleBells.

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The San Diego Foundation Hires a New Chief Innovation Officer

The San Diego Foundation announced that Susan Guinn has been hired as chief innovation officer. With a passion for and a deep understanding of cross-sector partnerships and San Diego's nonprofit sector, Guinn will seek new funding opportunities and cross-sector initiatives that will allow The San Diego Foundation and its partners to better address community needs in the San Diego County region.



Susan Guinn founded www.KidsEcoClub.org with her son in 2010 and was President of St. Paul's Foundation for International Reconciliation.

"I am grateful for the opportunity to have a direct and positive impact in the San Diego region with this new role at The San Diego Foundation," said Susan Guinn, chief innovation officer of The San Diego Foundation. "As chief innovation officer, I hope to identify and create more opportunities that will improve the lives of thousands of my fellow San Diegans."

Guinn is an experienced litigator with three decades of law practice spanning climate protection, consumer rights and product safety, workers' rights, and human rights, including wins against Big Tobacco. With her extensive legal background and passion for philanthropy, Guinn will further The San Diego Foundation's mission of enabling community solutions to improve the quality of life in our region. She'll use her background to identify, develop and implement cross-sector initiatives for new growth opportunities through business development and partnerships that ensure The San Diego Foundation's sustainability for the future.

"We're excited to have someone like Susan as part of the team and know she'll help The San Diego Foundation expand our partnerships and identify new funding opportunities that will help benefit communities across the region," said Mark Stuart, president and CEO of The San Diego Foundation. "Susan brings a unique set of skills, as well as a deep understanding of the region, which will help us grow our impact for decades to come."

Guinn most recently served as special advisor to San Diego County Supervisor Nathan Fletcher and currently serves on the COVID-19 Community Response Fund's Granting and Executive Committees. Previously, Guinn founded KidsEcoClub with her son in 2010 and was President of St. Paul's Foundation for International Reconciliation, a nonprofit which provides legal and financial support to the St Paul's Center in Kampala Uganda. The center provides women's self-help and advocacy programs, HIV education and prevention, literacy training, and micro loan programs to underserved populations in Uganda and elsewhere.

She also served as the chair of the Environmental and Sustainability Committee for the San Diego Unified School District to assist with strategic partnerships. Guinn has volunteered her time on the boards of San Diego Zoo Global, Equality California and Consumer Attorneys of California.

San Diego's Iconic Thanksgiving 5K Adjusts to a Virtual Approach

Father Joe's Villages annual turkey trot flexes its approach amid pandemic to raise much-needed funds for programs that feed people in need. Participants will have the opportunity to "5K Your Way" by completing their route of choice between Thursday, November 26 to Tuesday, December 1. Homemade pies baked by the organization's culinary training program are available for pickup in the days leading up to Thanksgiving.

Each Thanksgiving, San Diego residents run or walk through Balboa Park in themed costumes during Father Joe's Villages' Thanksgiving Day 5K to support nutritious meals for neighbors in need. This year, the Thanksgiving Day tradition will adhere to COVID-19 protocols, allowing participants to show their support by running or walking the distance and route of their choice during the week of Thanksgiving. Registration is available by visiting www.ThanksgivingRun.org.

Families, pets and socially distanced friend groups will have from November 26 to December 1 to complete their 5K, whether that entails running, walking, biking or fundraising their way through it. Participants can also set a fundraising goal to make a positive impact in reducing food insecurity in our community. Registration includes an event t-shirt, bib number and finishers medal. Fundraisers who raise at least \$100 will receive a pair of limited-edition 5K socks.

A family-friendly, Thanksgiving-themed costume contest will be held from November 26 to 29 through social media. The winning post will receive a prize package as well as four free registrations to next year's Thanksgiving Day 5k.

"For nearly two decades we've upheld a San Diego Thanksgiving tradition that helps us feed thousands of people annually," said Deacon Jim Vargas, president and CEO of Father Joe's Villages. "This year is no different. We're asking our community to continue the turkey trot tradition from wherever they are and support our neighbors facing hunger and homelessness during the holiday season."

As the number of people facing food insecurity is heightened by the pandemic, the 5k Your Way aims to raise \$400,000 toward its critical mission. Father Joe's Villages relies on the money raised during the event to fund its Food Services program, which provides nutritious meals to thousands of people experiencing homelessness each year.



San Diego residents have made a tradition of participating in the annual Father Joe's Villages' www.ThanksgivingRun.org Thanksgiving Day 5K.

The ASID San Diego Chapter Introduces Its New President



Suzi OBrien has a career that includes interior design, and social work.

Suzi OBrien, the principal designer and CEO of EcoLux Interiors of San Diego, has been elected president of the American Society of Interior Designers’ (ASID) San Diego chapter for a one-year term.

OBrien focuses on residential interiors, specializing in eco-friendly design. A recent remodel achieved “Platinum” status from Green Point Rated, which provides third-party verification of green homes, and was featured in the San Diego Green Building Council’s Home Tour.

She prides herself in being able to create homes that reflect the personal “love stories” of her clients and incorporates each family’s history, treasures, travels and interests.

Her interior design work has been featured in *San Diego Home/Garden Lifestyles*, and *La Jolla Lifestyles*. For the past seven years, she has been honored as the “Best Interior Designer” in the *Peninsula Beacon’s Readers’ Choice Award*.

Her extensive educational background includes a master’s degree in social work from the University of Washington in Seattle and an interior design degree from Bellevue College in Bellevue, Washington. She worked as a mental health specialist with children and high-risk families for 20 years.

OBrien has traveled to 37 countries and regularly takes interior designers on escorted buying trips to Marrakech, Morocco.

In addition to OBrien, the new ASID board of directors includes Beppie Mostert, Allied ASID, director of communications; Shannon Miller-Rice, ASID, membership director; Robin Kelley, ASID, director of finance; Chelsea Metheny, ASID, director of professional development; Edwin Clement, Industry Partner ASID, director at large; and Vallerie Dalrymple, Student ASID, student rep to the board.

San Diego Women’s Foundation Has a New Executive Director

The San Diego Women’s Foundation (SDWF) introduced Stephanie Cook as its new executive director. In her new role, Cook will be responsible for upholding SDWF’s mission of connecting, educating, and inspiring women to come together in collective philanthropy.

In her previous role as the organization’s manager of programs and member engagement, Cook succeeded in connecting and fostering strong engagement with SDWF members. As a native San Diegan and a La Mesa resident, she takes pride in being a catalyst for change in her community.

“Over the past two years, I have watched SDWF members embrace philanthropic best practices, take on tough issues with our grants, and work to understand and implement diversity, equity and inclusion strategies,” said Cook. “I am constantly inspired by our members’ eagerness to learn and grow, and I look forward to working with our incredible network of changemakers to improve lives in our community.”

Most recently, the San Diego Women’s Foundation celebrated its 20th anniversary this year by granting an all-time high of \$380,000 to eight local nonprofits whose work benefits refugees, asylees and asylum seekers. Since its founding in 2000, SDWF has now granted over \$4 million to more than 100 nonprofit programs that benefit underserved communities in the San Diego region.

Cook has an educational background in intersectional feminism. She has a Master’s degree from the University of Chicago and is an alumna of San Diego State University where she graduated with a B.A. in Women’s Studies. In addition to her involvement with SDWF, Cook is also a board member for Young Nonprofit Professionals Network of San Diego where she helps with programming.



Stephanie Cook is a San Diegan and a La Mesa resident.

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16th Annual Mama's Pies Thanksgiving Bake Sale Now Open



Delicious pies are available through November 21, 2020.

The holidays are right around the corner and Mama's Kitchen is hard at work to once again ring in the season with its highly anticipated Mama's Pies Thanksgiving Bake Sale. The annual event helps raise critical funds for the nonprofit to provide nutrition services to San Diegans vulnerable to

hunger due to HIV, cancer, heart disease, type 2 diabetes and now chronic kidney disease. Mama's Kitchen is San Diego's only free, countywide, home-delivered meal program for individuals and families experiencing these critical illnesses. The event will implement new procedures this year, such as drive-through pie pickup, to ensure a healthy holiday season for all.

Online pie sales continue through Nov. 21, 2020. Pie flavors include pumpkin, traditional apple, pecan and Dutch apple, and are available for just \$30 each. Buyers may select one of the 11 drive-through public pickup sites when placing their orders and can pick up their pies on Nov. 25.

Visit www.mamaskitchen.org to purchase your pie for the holiday season.

"Mama's Pies is a holiday tradition like no other and for an important cause," says Alberto Cortés, CEO, Mama's Kitchen. "During these challenging times, when we have seen a significant increase for nutrition services, Mama's Kitchen's work is essential to ensure our immunocompromised community members are not risking their health and lives to obtain a meal. We are currently home-delivering more than 12,200 meals a week, all throughout San Diego County. The funds we raise through our Mama's Pies bake sale will help to provide more medically tailored meals and keep our clients safe, healthy and at home. Each Thanksgiving pie purchase provides 12 meals for a critically ill San Diegan. It makes for a fun and important way to give back through your holiday celebration."

All proceeds from pie sales directly fund Mama's Kitchen's services and programs. The event is made possible with the generous support of sponsors including Nordstrom, Shamrock Foods, Sycuan Casino Resort, Behind the Scenes Catering & Events, Hyatt Regency La Jolla at Aventine.

Winners of Shark Tank Inspired Competition Announced

Just in Time for Foster Youth (JIT), a nonprofit organization dedicated to engaging a caring community to help transition age foster youth achieve self-sufficiency and well-being, has announced the four winners of its Third Annual JIT Shark Tank Competition. This entrepreneurial competition is part of the organization's Pathways to Financial Power service, which provides career exploration resources, smart money management tips, and ongoing support for transition-age foster youth to succeed personally and professionally.

Initially, 11 hopeful entrepreneurs, all transition-age foster youth, submitted business proposals. The top four applicants were determined through a blind review process by Jon Strauss, Financial Advisor at Christopher Weil & Company, Inc., and his team. These four semi-finalists then received professional coaching from local professionals to help refine and develop their ideas into actionable business plans and build their strategy and pitches. During a Facebook Live broadcast on JIT's page, the semi-finalists faced off in a virtual JIT Shark Tank competition for the community to enjoy. The competition can be viewed here: www.jitsharktank2020.com

Winners were determined in a two-tiered process, each worth 50 percent of the competitor's final score. First, each business plan was evaluated blindly by a review committee consisting of professionals who specialize in start-up businesses. Then, their pitches were reviewed by a judge panel of local San Diego professionals including: Jay Lichter, managing director at Avalon Ventures and president & CEO of COI Pharmaceuticals; Allen Maxwell, president & CEO of Omni2Max, Inc.; and Margo Turner, CEO of Powerminds.

Winners were announced following a Passion Exploration Fair where seven professionals from around San Diego shared their career journeys and how passion, talent or opportunity helped them find their "success sweet spot."

First place was awarded to Victoria Willis, who was coached by Marty Goodman, president of Henderson Properties, Inc. Her idea, "Branches of Bunches," is an educational and inspiring professional podcast with a casual brunch approach where popular entrepreneurs from all walks of life can share their successes, shortcomings and advice with those in pursuit of entrepreneurship. She received a prize of a \$3,000 investment toward her idea.

Second place was awarded to Brandy Harvey, who was coached by Sam Webster, managing director at Community First Strategies, LLC. Her idea, "Tails & Scales," is a pet care company that specializes in animals from the common to the exotic, offering services for owners whose pets

are overlooked by traditional pet care providers. She received a prize of a \$1,000 investment toward her idea.

Third place was awarded to Emilio Carranza-Davis, who was coached by Brad Lupien, president and CEO of arc.

Fourth place was awarded to Andy Potgieter, who was coached by Neil Senturia, CEO of Blackbird Ventures, and Bob Freund, retired principal at Synergration Solutions.

"Participating in the JIT Shark Tank competition was a wonderful experience! It was the best thing that happened to me all year, and to think that I was not even going to apply because I was afraid my business wasn't "good enough" to showcase," shared 2020 JIT Shark Tank's grand prize winner, Victoria Willis.

Sponsors for this year's JIT Shark Tank include Alta Company, LLC & the Grant Family; Sue & Jay Lichter; Ron & Sandy Livingston; Charlie Joyce & Otis Eastern Service, LLC; the Swette Family; Walter and Lola Green Donor Advised Fund at Rancho Santa Fe Foundation; Gifts of the Magi Foundation Fund at Rancho Santa Fe Foundation; Kathryn Starr; Louarn & Alan Sorkin; Lily Lai Foundation, Ellen Filteau & NETFLIX; and The Lawrence and Robin Rusinko Charitable Fund of the Ayco Charitable Foundation.



Victoria Willis won first place for "Branches of Bunches."




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The Perfect Place To Purchase Your Holiday Gifts – Trillion Jewels

With several years as a favorite shopping experience for many residents in Mission Hills and surrounding communities, Trillion Jewels, located at 2802 Juan Street in Old Town San Diego, is continuing to offer an attractive array of exceptionally unique jewelry. Though the store closed temporarily this past year, it is back open for business.

“So glad to have reopened the store in Old Town. I have invested heavily in new inventory in 2020. Come see what I have.” offered Neil Ward, proprietor.

Also new to the store is a collection of whimsical Californian Sea Glass Art by local artist (Neil’s wife), priced from \$45 to \$75 dollars. They provide a great gift for people of all ages.

Trillion Jewels has a great choice of all the well known and much loved gemstones such as rubies, sapphires, emeralds, aquamarines, opals, amethysts, citrine, blue topaz, tanzanite, pearls and garnets.



Top quality and unique jewelry designs are the norm (not the exception) at Trillion Jewels.

Real Estate

La Jolla

SOLD

\$6,000,000

8441 Whale Watch Way

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

Mission Hills

SOLD

\$2,099,000

4267 Trias Street

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

Mission Hills

SOLD

\$3,295,000

1625 Plumosa Way

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



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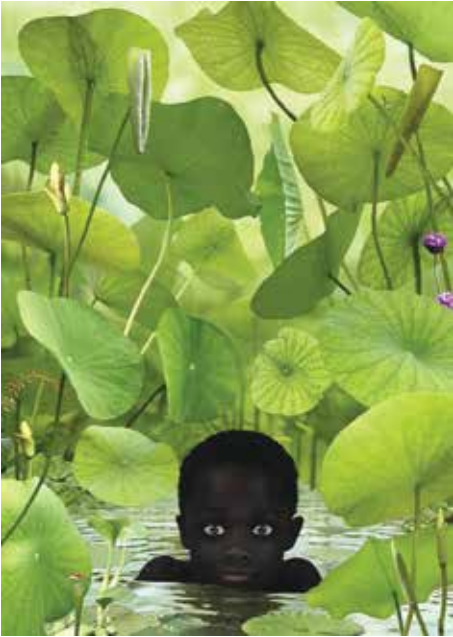
Top 5% in sales by volume for San Diego County

Masters of Photography Exhibition 20th Century to Present Collection

The San Diego Museum of Art is pleased to present Masters of Photography: The Garner Collection, an exhibition featuring more than 100 works spanning major photographic movements that are diverse in subject, style and technique. Made possible by a loan from prolific collectors Cam and Wanda Garner, the exhibition includes works from many of the most influential photographers in the medium’s history. The collection will be on view at the Museum from November 14, 2020 through March 14, 2021.

The exhibition will be accompanied by programming, including members’ preview events on www.sdmart.org. Guest Lecture featuring photographer Scott b. Davis on November 20, an Art of Elan pop-up performance, collaborations with local performing arts organizations and more.

For more information on The San Diego Museum of Art or to purchase tickets, visit www.SDMart.org.



World #14 is the work of Ruud Van Empel. It incorporates dye destruction print, face-mounted to Plexiglas.

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BANKERS HILL
2750 4th Avenue

Scheduled completion in early January 2020!
The Palatine is an intimate collection of 16 luxury residences featuring 2, 3 & 4 bedrooms. Spacious open concept plans ranging from approx. 1808 to 3402 sf including large private terraces. Call for more information!
Offered at \$1,435,000 - \$3,500,000
James Hardy



MISSION HILLS
909 SUTTER STREET #105

Located in a tranquil pocket of Mission Hills, this corner condominium feels much like a detached home with its own private courtyard and entrance from the side of Sutter Canyon Views HOA. Expansive two-tiered outdoor patios with access from the living room & MB.
\$525,000
Brian Yaw



HILLCREST
3980 8th Avenue #213

Hillcrest at its absolute finest! Features include formal entry, wood floors, fireplace, stainless steel appliances, crown moulding, master retreat w/ 2 closets, spacious patio, low HOA dues, & 1 reserved underground parking space. Community pool and a fitness room.
Offered at \$338,000
Brian Yaw



NORMAL HEIGHTS
3269 N. Mountain View

This spectacularly remodeled 3 BR/2 BA home truly shows pride of ownership. Located in the hip and happening neighborhood of Normal Heights, enjoy a highly walkable location near activities/services and highway and public transportation access.
\$715,000
Krista Lombardi & Victor Zuniga



BANKERS HILL
230 W Laurel Street #403

Contractors special!! Fixer upper ready for you to create a masterpiece. Great opportunity to get into a premier building at a bargain of a price. Currently only one functional bathroom. We've done most of the demo for you.

\$575,000
Lisa Mortensen



BANKERS HILL
230 W Laurel Street #304

Spacious 2,000 sq.ft. 3 bedroom 2 bath single-level condo. Popular floor plan. View of airport, bay, harbor island and neighborhood vista. Two side by side parking spaces. Great storage throughout unit. Separate deeded storage room located inside building.
Offered at \$895,000 - \$925,000
Lisa Mortensen



BANKERS HILL
230 W Laurel Street #1004

Prepare to be DAZZLED!! This custom 3,000 sq.ft. penthouse suite lives like a single-level home w/ 3 BR/2.5BA, 2 fireplaces, skylights & 3 terraces. Spectacular pano views of the downtown San Diego skyline, airport, harbor, and Mission Bay. Security building, pool & gym.
Offered at \$2,000,000
Lisa Mortensen



LA JOLLA
3336 Caminito East Bluff #156

Exquisite home, extensively updated with superior pride of ownership. Features include massive kitchen w/ granite & s/s appliances, designer tiles throughout, 18 foot ceilings, spa tub in master with LED lighting, balcony, lots of visitor parking, attached 2 car garage, more!
Offered at \$759,000
Krista Lombardi & Victor Zuniga



MISSION HILLS
4021 Bandini Street

Epic views from Point Loma to the Coronado Islands! This property was the previous home of a famed Olympic silver medalist, not to mention the actual site that inspired a scene in the movie "Casino." This home offers 3 BRs, 4 full BAs, and approx. 4,077 sf of luxury living.
Offered at \$2,120,000 - \$2,195,000
Krista Lombardi & Victor Zuniga



HILLCREST
1411 Robinson Avenue #7

Located in the Heart of Hillcrest, this top floor corner condominium sports natural lighting throughout the day. Features of this 2 bedroom home include a spacious south facing balcony, vaulted ceilings, wood floors, fireplace, washer/dryer, and a private garage.
Offered at \$399,000 - \$425,000
Brian Yaw



NORTH PARK
3520 Cherokee Avenue

Offering two bedrooms and one bath, this home is tucked in an inviting residential neighborhood yet ideally located near trendy dining, shopping, and entertainment venues. The deep lot with alley access provides a rare opportunity to design your own oasis.
Offered at \$399,000
Krista Lombardi & Victor Zuniga



KENSINGTON
4004 - 4006 Terrace Court

Spanish duplex in Kensington north of Adams. 2BR/1.5BA & 2BR/1BA. Each unit has its own large 2-car garage. New kitchens w/ stainless steel appliances, new baths, fresh paint, hardwood floors, tile kitchen and bath floors, front courtyard and rear deck, and more!
\$894,400
James Hardy

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