Fern Street Circus is taking the wonder of circus and bringing it right next door in their 2019 “Tales from Friendship Park” neighborhood tour. The social circus, which is based out of City Heights, will appear in city parks and rec centers from North Park to Lincoln. “We’re making an impact on a sidewalk level,” said Executive Director John Highkin. “The circus is able to serve a greater good. It’s community building and community conversation.”

Performing Idrissa jumps over a group of children (Photo courtesy Fern Street Circus)

LGBT trailblazer Jeri Dilno

Long-time San Diego LGBT activist presented with honorary street naming

A San Diego native, long-time LGBT activist Jeri Dilno was born in 1936 and graduated from Point Loma High School and then attended San Diego State University. She left SDSU in 1958 and joined the Air Force. She received an undesirable discharge.
San Diego Women’s Chorus, Howard Avenue. Ceremonies be-
the corner of Park Boulevard and
presented Dilno with an honor -
day, Council member Chris Ward

National Democratic Convention
State Democratic Caucus from
1987-91, co-chaired the LGBT
San Diego Democratic Club from
Dilno served as president of the
an teachers and allies to be fired.
would have allowed gay and lesbi-
horrible Briggs Initiative, which
egate. She chaired The Center’s
the International Conference of
1975-77 . In 1977 , she attended
(then called The Gay Center) from
1975. She became the first female
the first San Diego Pride march in
1975 to this year
we have incorporated the
recognition is significant as this
time the Democratic Party cannot be
said. “In 1990, I ran for the
Assembly in a district that was
for standing up for her rights
while other women and men
chose to serve their country under
a horrible and unfair atmosphere
of discrimination.

We are talking of a period of nearly
50 years in being a leader
in the LGBT community.” Alpert
did. “In 1990, I ran for the
Assembly in a district that was
overwhelmingly Republican and
nobody in fact was interested that
I was running, but the San Diego
Democratic Club endorsed me. We
had a little group of six people that
would volunteer to make calls in the
district. Jeri was one of those
Six. When nobody cared that I
was running, and no one thought
I had any chance of winning, they
came up each week and stuffed
envelopes, licked stamps and
made calls. I never forgot their
kindness, what they taught me about
the community, making me
much better understand. I
hope that I have always been a
very good representative for the
community, and I attribute that
to how she taught me and the
friend-
ship she showed me.”

State Assembly member Todd
Gloria met Dilno in 1992 as a high
school student volunteering at the
Democratic party headquarters
trying to get Bill Clinton and Al
Gore into the White House.

“Jeri Dilno and her team that
were there were practically en-
gaged, making the phone calls,
welcoming the volunteers, help-
ing us identifying voters in this
county many, many years ago,”
Gloria said. “You’ve heard about
how Jeri helped Alpert in getting
rejected. That resulted in Christine
Keohoe getting elected and Toni
Atkins getting elected, then Chris
Ward and Jennifer Campbell. I
recognize that seed that was
planted by Jeri.”

Gloria said that today’s times
are not perfect, but we have come
to know that Jeri is very good
representative for the
community, making me
much better understand. I
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Local independent grocer Barons Market thrives in North Park

KENDRA SITTON | Uptown News

At a time when many independent grocery stores are going out of business, Barons Market continues to grow, with another location opening in Otay Ranch this winter. Its North Park location opened in 2016 and Uptown News was recently given a tour of the specialty grocery store to learn how it has thrived amid fierce competition.

Senior Vice President Rachel Shemirani shared that her father and uncle founded the store in 1993 as an alternative to expensive Whole Foods. Since then, they have kept stocking organic and locally-sourced foods for as cheap as they can sell them.

Shemirani said the company’s No. 1 goal is to give customers a 15-minute shopping experience. The grocery store’s footprint is far smaller than a Vons or an Albertson’s and they also stock less than 10,000 products, compared to up to 60,000 at those larger stores. With lots of hot foods offered and customers coming in multiple times a week for small loads, the business model is more similar to European markets than U.S. supermarkets.

All of the products in the eight Barons Market stores are hand-selected at a weekly tasting committee where they test 80-100 products. Instead of the customer choosing between multiple pasta sauces, the executives, managers, and chefs at the meeting make sure they are only stocking one type of sauce they know is the best.

In addition to these weekly product additions ensuring the company has the latest trends in products, they are also able to get rid of ideas that are not working. For each five or six items added, they aim to discontinue 15. Inside the small North Park store, there is an olive oil and vinegar tasting section, which customers become a permanent fixture at the store.

Barons Market picks up produce directly from local farmers so they do not need to have the infrastructure to deliver to all eight stores in order to sell with the grocer.

Customers can get fresh orange juice with this juicer next to the produce section.

(Photos by Kendra Sitton)
San Diego Art Institute’s “Forging Territories” explores the art of marginalized communities

ALBERT FALCHER | sdlocals

Curated by Rubén Esparza, founder and director of the Queer Biennial international art fair based in Los Angeles, “Forging Territories: Queer Afro and Latinx Contemporary Art” at the San Diego Art Institute (SDAI) in Balboa Park is an unprecedented exhibit featuring 20 established contemporary artists. This exhibit, utilizing artists’ talents through painting, drawing, photography, film and performance art reflects their ideas of sense of identity, current politics, history, social justice and more. On display through Nov. 3 at SDAI, this exhibit creates dialogue of struggles faced by African American, Black and Latinx artists today.

“We’re a mainstream art institution that serves as a launching pad for artists to reach the national and international stage, so it is essential that we open the gate to marginalized artists to allow thousands of residents and visitors to Balboa Park the opportunity to see this important talent,” said Jacqueline Silverman, executive director of SDAI.

San Diego Art Institute Director of Development Caleb Rainey said this exhibition is important on several levels as one of the first, if not the first, that brings together bodies of queer Black and Latinx contemporary art within the same exhibition.

“Thinks nationally we are seeing and have seen for decades Black and Latinx people bearing the brunt of a combination of racism, homophobia and transphobia,” Rainey said. “In the art world, LGBTIQ white artists have been traditionally given the spotlight in a way that is unimaginable for Black and Latinx artists. They are simply not shown, even in group shows at a rate that is comparable to their time, their numbers.”

Rainey said for a major institution and a major cultural park to anchor one of its major exhibition sites with LGBTIQ artists of color is significant and inviting a level of visibility, not only to its visitors and patrons, but in terms of art psychology to collectors, funders, and curators to see a body of contemporary art by this population of artists.

“This exhibition is the first major LGBTIQ showing of LGBTIQ art in San Diego that is not a pop up, but a major exhibition,” Rainey said. “Until now, Black and Latinx LGBTIQ people in San Diego have never seen themselves on the walls of a major exhibition event. That level of visibility in both mainstream pop culture and fine art, the kind of damage it does to be invisible is incalculable. For us to be able to bridge that massive gap in terms of authentic representation that is by and about people in the community that we are working with brings queer people in San Diego a meaningful experience and opportunity. In addition to that, it provides insight to the straight white LGBTIQ people and to many of the issues that are so important for the community as a whole.”

Rainey said from the time you enter the gallery, plan to be immersed in the perspective of Black and Latinx LGBTIQ artists and the communities that they come from.

“It is a wonderful experience of really having what is so often marginalized to be completely at the center and really walk away with a better understanding about intersectionality and what that looks like,” Rainey said. “It isn’t just an LGBTIQ exhibit. It is very much a Latinx exhibit and an African American/Black exhibit. Those esthetics are extremely present with issue from police brutality, faith, traditions and immigration all woven throughout the exhibition just as much as sexuality and identity.”

Rainey said as the top contemporary regional art center housed in Balboa Park and the Balboa Park audience, SDAI has a unique opportunity to banks in artists in a meaningful way that helps provide a more robust art exhibition for artists from their birth background.

“We really have an unprecedented cultural equity that ensures artists and curators and our backgrounds are proportionally represented exhibitions,” Rainey said. “In this exhibit alone and through our cultural equity platform, we were able to provide over $11,000 in quality framing to a variety of artists in our show. Artists, especially marginalized artists, can create the art but don’t have access to high quality framing and presentation. It’s a different beast all together. We are helping bridge that gap. The artists get to keep the quality framing and it increases the value of the work that the artists can charge, and they get to keep all of it. It is important that they are being equitably supported. We are really proud of that. We are hoping that communities of color and LGBTQ communities can ultimately know that SDAI can be worked on as an artistic home that is committed to people, committed to representation and committed to art and innovation in an inclusive way.”

One of the artists on display, dana washington is displaying a photographic portrait series and a video installation. She is currently a student at UC San Diego working toward her master’s in fine arts. She said she draws her inspiration from daily life.

“Everything that I create starts with me and then kind of goes outward,” washington said. “I’m kind of always questioning and confronting things that deal with identity, gender, specifically religion and overall issues with society with certain groups of people.

I just try to confront those things and have a conversation about them through images.”

Around 2016, washington was contacted by Sara Trujillo-Porter, former San Diego Art Institute deputy director, and she was putting together an all-female exhibition called “About Face.” She wanted to display a video piece that washington created called “Under Bone.” She contacted washington again about “Forging Territories.” She said that she was encouraged by Esparza’s enthusiasm about the exhibition.

“I like that [the exhibition] includes different generations of artists,” washington said. “I think it is pretty equal as far as representation of races and genders and those that are nonbinary. I think it is a great conversation about loss, death, making negative images more positive. I think that conversation is necessary. A lot of the pieces in the exhibition touch on historical things which I think is interesting and amazing. There is a lot a lot and a lot to digest.”

For this exhibit, washington is displaying a series called “Awa” that kind of looks like oil painting, but it is photography.

“I just slowed down the shutter speed and used an external light and the slower shutter speed captures a lot more detail. But the way that I did the lighting, I bounced light in a way that is unimagined black and Latinx contemporary art within the same exhibition.”

“A few smart tips:

Turn off computers, TV’s and other electronics when not in use.

Prepare meals in a slow cooker outside the hours of 4 p.m. and 9 p.m.

Find more tips at sdge.com/whentomatters

— Albert Falcher is the editor of Gay San Diego. He can be reached at albert@sdcnn.com.

Christ church day school
Imagine you’ve just been diagnosed with breast cancer. You’re terrified about what lies ahead. You ask your doctor about treatment options, pain management, and survival rates. You have never felt more frightened in your life.

You go into work and tell your boss about your devastating news, hoping for support and comfort. Instead, you are let go from your job. You no longer have an income and your health coverage has changed dramatically.

San Diego resident, Tina, doesn’t have to imagine what this would feel like because it is exactly what happened to her.

Sadly, many women find themselves in dire financial situations after they are diagnosed with breast cancer. Even if they are not fired from their jobs, disability insurance does not match their job income. Health care and medication costs can skyrocket. They may need to drive further and more frequently for chemotherapy, radiation, or oncology visits.

This is where Shades of Pink California steps in. The non-profit foundation was founded in 2013 by Kappa Kappa Gamma sorority sisters Kianne Farmer and Christina Fulcher after they learned about the unmet financial need of breast cancer patients. They attended a sorority alumni event where the founder of Shades of Pink Foundation Michigan was a guest speaker. They were moved by the stories of women supporting each other. The friends decided to launch their own chapter of the Shades of Pink Foundation in their home state of California, and invited their mothers, Vembra Holnagel and Sonya Fulcher, to join the board of directors.

Today, the organization is powered by nine volunteers, who have awarded more than $178,000 in grants to women struggling to make ends meet. Funds are used for living expenses like rent, groceries, utilities, auto insurance, and/or health care.

“They saved me,” says Tina, who tears up remembering receiving her award. “I can’t describe how it felt knowing someone else has been in this position and actually cared about me and gave me gas cards and grocery cards and helped with my car insurance.”

Tina is one of nearly 150 women in San Diego County who has received funding for up to $2,000 from Shades of Pink California. Tracy is a veteran of the U.S. Navy who told the review committee that she was applying for a grant “to keep a roof over (her) head.”

“Stories like these are heart-breaking,” says Holnagel who lost a close friend to breast cancer. “Jean was a girlfriend you can’t replace and I watched the disease take her slowly. She had the funds to pay for good care and help at home when needed, and a loving and caring family, but I soon learned that this was not the case for many others.”

Shades of Pink California raises funds by partnering with local businesses and organizations, which host events and donate all or part of their proceeds to the foundation. For example, Oceanside Police Department officers wear special pink patch on their uniforms commemorating Breast Cancer Awareness Month in October. Its website offers the patches for $10 and donates the funds to the foundation. Encinitas restaurant and concert venue Priority Public House is hosting a “Dine-In Day on Oct. 24 and donating a portion of its revenue to Shades of Pink California.

“The Bike for Boobs event on Nov. 9, and Purse Bingo in the spring, will also donate proceeds to provide direct support to Shades of Pink California grant recipients. Platinum California has developed a ‘Pink Kush’ cannabis oil strain and will donate a portion of sales to Shades of Pink California. “It has been tremendously gratifying to work with our community sponsors to provide much-needed financial assistance to women in San Diego who need support while they are undergoing treatment for breast cancer,” says Farmer.

Every day in San Diego County six women are diagnosed with breast cancer. Seventy percent of the women who apply for Shades of Pink California grants are single or heads of their household. Together, Shades of Pink California Foundation and their supporters are helping create a community where no woman has to imagine being unable to pay her bills while in treatment.

Stay Mobile, Maintain Balance, Increase Strength and Stamina, Even Make Your Bones Stronger!

Are you fearful of having your body break down as you enter your golden years? It’s frightening to think of not being able to enjoy the activities you’re used to. It’s even more frightening to think you might end up in a lot of pain and discomfort as you age.

Now is the time to fight back! By following my revolutionary exercise program for just 20 minutes a day, once or twice a week, you can actually make your body biologically younger and make yourself virtually immune to the health issues associated with aging.

In fact, by following my proven and totally safe exercise program, you may just discover you’ll feel better than you ever have in your entire life! Imagine never having to worry about falling and breaking a bone, losing your balance and bursting your head, or even succumbing to a stroke or diabetes.

All of the exercises you’ll be doing – under my expert supervision – have been clinically proven to increase strength and mobility, improve blood pressure, cholesterol, blood sugar, sleep and even memory too.

Every workout is personalized, and even those with physical limitations will benefit.

Critical Information
For Men & Women over 50

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Serious fitness – serious results

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Serious fitness – serious results
Taking funds from our military for a border wall hurts our military and national security

San Diego has long been considered a military town. We understand how important it is to take care of our military families and veterans. We also understand the importance of national defense spending in supporting our service members and the economic impact it has on our region.

Our strong military presence is part of the reason I chose to serve on the House Armed Services Committee. Ensuring that our men and women in uniform and families have the resources and support they need has always been a priority.

The Trump administration’s effort to take money from our military to build his border wall puts that support in jeopardy. Nearly $1 billion in military construction projects are targeted to lose funding.

This will hurt our troops, national security and the Constitution, which expressly gives Congress the power to determine how tax dollars are spent.

Military construction projects certainly may not get as much attention as other parts of the defense budget, but they are a critical component of our national security.

Our service members would simply not be able to do their jobs without the infrastructure of bases, hangars, operation facilities, readiness centers, water supplies, and housing.

Each year, Congress allocates billions of tax dollars on projects around the globe to build up and improve that infrastructure. The appropriations process for military construction projects is a rare act of bipartisanship in Congress.

But the process has been thrown into uncertainty with President Trump’s attempt to circumvent Congress and the Constitution by diverting funds for military construction to fund his border wall.

We know the President is desperate for his border wall. It was a campaign promise to his base. He shut the government down for weeks to force Congress to provide funds for his border wall, a wall he said Mexico was going to pay for.

Instead, it looks like our military is going to pay for it.

Unable to coerce Congress to fund the border wall, Trump has maneuvered to divert funds for military construction projects to fund his border wall.

In September, the Department of Defense sent to Congress a list of 127 projects that will lose funding. The total amount was $3.7 billion.

San Diego was spared from the chopping block, but the list doesn’t mean it might not impact our region or our service members and their families.

When President Trump declared his national emergency in February, a preliminary list included almost $1 billion in San Diego-area projects. So we know that some San Diego projects were on the radar and could be targeted in the future.

Cost estimates to build a border wall along the nearly 3,000-mile border with Mexico go as high as $70 billion. So a round of $3.7 billion being taken away from our military will barely cover the initial costs.

While San Diego didn’t lose any project funding in California with that round of $3.7 billion being taken away from our military, we will barely cover the initial costs.

Instead, the border wall would hurt our military families and national security, and violate the Constitution, as other parts of the defense budget, but certainly may not get as much attention.

Do these words in the Constitution, “No tax or duty shall be laid on articles imported into any State, or being viewed as unfit to serve with a person associated with their struggles.

For breaking news and investigative story ideas contact the author by phone or email.

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What San Diego County is doing to prevent suicide by first responders

More first responders lose their lives to suicide than in the line of duty. We’re doing something about it.

Last week, our country remembered the first responders and innocent Americans who lost their lives during the Sept. 11, 2001, terrorist attacks on America.

A lot has changed over the past 18 years, but one thing remains the same: firefighters, law enforcement officers and other first responders in counties and cities across our nation continue to risk their lives to protect complete strangers.

First responders run toward danger when others are running away. They have taken an oath to serve and protect. First responders are highly trained tacticians. They are conditioned to be brave, tough, stoic, and stand up in the face of menacing situations, all to protect us.

But while first responders are protecting us, who is protecting them?

First responders see traumatic situations daily.

Violence, injury and chaos are inherent to first responders’ line of work and are triggers for post-traumatic stress. Repeated exposure can cause immediate and delayed distress that can lead to social and emotional impairment and affects one’s behavioral health. If untreated, this trauma can cause problems with family, social and work activities.

For many first responders, seeking behavioral health support using their department resources is still not a viable option.

Stigma associated with reaching out for help prevents first responders from getting the support they need. Stigma can stem from a fear of being passed over for promotion, breach in confidentiality by sharing intimate information with a person associated with their department, or being viewed as unfit to perform their duties.

First responders in a mental health crisis need quick access to a cost-free, confidential and stigma-free support system that is not directly tied to their department. This will help people by linking them to the clinical intervention they need to successfully get past their struggles.

Nationally, more first responders lose their lives to suicide than in the line of duty, according to the Ruderman Family Foundation.

In 2017, the nation’s first responders community experienced the tragic loss of 93 firefighters and 129 police officers in the line of duty. That same year, nationally we lost at least 103 firefighters and 140 police officers died of suicide.

The Firefighter Behavioral Health Alliance says that an estimated 60% of firefighter suicides are not reported. The number of the total number who died by suicide may be much higher.

Our region’s police, fire and sheriff department leadership in San Diego County have been working proactively to change the culture around wellness, educate the ranks about impacts of trauma on the job and promote access to support services.

Some of the public safety
FROM PAGE 6
NATHAN FLETCHER

departments have expanded access to employee assistance programs and other services. The San Diego County Sheriff’s Department cited that 526 counseling quarterly hours took place from Jan. 1, 2019-March 2019. CalFire reported 72 counseling hours took place during that same period. This is encouraging, but the equity of support services varies across our county.

A recent article in the Journal of Psychiatric Research concluded that stigma and barriers to care are experienced by a significant proportion of first responders, which can lead to delays or refusal to obtain mental health care; increasing the risk of trauma and barriers to care. The San Diego County Board of Supervisors supports our policy for a confidential, stigma-free behavioral health support program that was named after a young, talented first responder who tragically took his own life.

The Fire Captain Ryan J. Mitchell’s First Responder Behavioral Health Support Program will help any first responder during a mental health crisis — any municipality or branch of public safety in San Diego County, active or retired.

We want to help first responders make an instant connection with a peer support specialist. They will receive free, confidential help and be connected to a licensed professional. To combat the stigma of getting help, we will also launch a public education campaign about how to help, manage stress, trauma and behavioral health challenges.

We must do more to protect those who put their lives on the line every day to protect us.

Nathan Fletcher is a San Diego County Supervisor. Nathan.Fletcher@sdcounty.ca.gov. David Leonhardt is president of the San Diego County Deputy Sheriff’s Association, dellhardt@sduds.org. They wrote this commentary for CalMatters.

A group shot of Fern Street Circus (Photo courtesy Fern Street Circus)

That’s what happened to Mayte. The now-12-year-old has developed a passion for contortion. She is already planning for post-high school, looking for universities that specialize in circus training.

“She told me, ‘when I get educated, I want to come back and give back like [my circus teachers] do,’” Mercado said.

“So generosity abounds in the non-profit Fern Street. It is manned nearly entirely by volunteers from training to crew. Many parents pitch in to handle concessions. All of the park performances and gym training is free to the audience and children respectively. The goal is not to make money, or even to spawn a new circus generation — it’s to help these kids develop their sense of worth and see how they fit in the world.

“They learn they are capable and special,” Saben said. “They become well-adjusted human beings.”

Mendez, who grew up in Los Angeles and San Diego, put it this way: “It’s really important to connect with something, so the streets don’t eat you up.”

For Mendez, futbol (soccer) was his connection and saving grace. He notes that like sports, the circus gives an outlet for expression, and teaches responsibility and work ethic. But unlike sports, there’s no winner and loser.

“It’s less competition, more collaboration,” he explained. “Individuals have the opportunity to show themselves, but not at the expense of others.”

Students are free to excel as far as they want — it’s individual growth, but they’re doing it together.

“There’s magic in the gym when kids are learning,” Highkin said.

Highkin, his faculty, and the parents all note that the only limits are set by the kids themselves.

“If you can dream it, you can do it,” Saben declared.

“Why social? Fern Street Circus isn’t just a circus show; it’s a social circus. That means, as their website puts it, that Fern Street “reaches beyond skills training and sparking performance to create social change.” Cirque du Soleil has even designated them its “Social Action Partner” in San Diego.

On top of the training placed in the heart of their city, shows have a theme and message behind them. Past topics have included the Deferred Action for Childhood Arrival (DACA) policy and government health care.

But it’s not a platform for diatribe. The BACA show used the metaphor of animals stuck in an airport, and health care revolved around a clown who broke his leg.

This year, the topic is division — how can we eliminate fences and barriers, and solve society’s problems together. The Fern Street leadership determines the overall theme and running story line, and then each performer with their students’ input decides how to incorporate that theme into their act.

For the 2019 tour, Fern Street Circus is partnering with Live Well San Diego. Two hours before each showtime, Live Well will present a community health fair at the venue.

The tour runs weekends from Oct. 4-27. To donate, volunteer, or just see the show, visit fern-streetcircus.com, follow “fern.st.circus” on Facebook, or call 619-320-2055.

— Freelance writer Joyell Nevins can be reached at joyellc@gmail.com. You can also follow her blog Small World, Big God at swbgblog.wordpress.com.
How to amp yourself up for the gym after work

When you walk out of the gym, you feel great. However, walking into the gym doesn’t feel quite as amazing. Especially if you’ve endured a long day at work, you would probably rather park yourself in front of the television or hang out with your significant other than go to the gym.

Motivation is a key factor in letting go of excuses and going to the gym. However, motivation can be hard to come by. Here are some tips to help you get to the gym and stop coming up with reasons to avoid it.

1. Record your goals
It is important to actually write down your goals and keep the list somewhere that you can see it often. This will serve as a reminder of why you’re going to the gym. So if you want to lose 10 pounds or improve your strength, write it down on a piece of paper and put it in your office.

2. Make plans
Schedule your workouts ahead of time so you’re less likely to skip them. At the beginning of the week, decide exactly when you will go to the gym and plan out your gym routine for each day. Check off what you have done when you leave the gym to increase your sense of accomplishment.

3. Set reminders
Put your gym schedule in your day planner or set alarms on your phone so you won’t accidentally make other plans or become too busy and forget that yesterday was supposed to be a gym day.

4. Eat healthy foods throughout the day
Starting your day off in a healthy way is an important step to continuing with a gym routine. This means that eating a healthy breakfast is key. This meal will help your body maintain energy throughout the day and help you prepare for your workout. Eat a solid breakfast that includes protein, a fruit or vegetable, and a complex carbohydrate.

5. Put your exercise clothes on before leaving work
This will keep you committed on your drive away from work and won’t allow you to be tempted to change your mind during your commute. Changing your clothes will signal that it is time to go to the gym.

6. Find a buddy
Instead of meeting up with friends for happy hour, sign up for a fitness class together to catch up. Even if you can’t really catch up with your friend in the middle of a class or a treadmill interval workout, meeting a friend at the gym will make you more likely to follow through with showing up. You can always go grab a bite to eat together after your workout.

7. Find something you love doing
Find a class that you really enjoy or a machine that you feel like challenges and rewards you for your hard work. Once you find something that you enjoy doing, you will be more likely to want to keep with it, especially if you start to see results.

8. Measure your results
Speaking of results, keep track of them so you can stay motivated to keep going to the gym after work. Once you see all of your hard work pay off, you will be more likely to make even tougher goals for yourself to meet and continue to want to improve your physical fitness.

It can be tough to make it to the gym after work, but hopefully once you use these tips and get into the routine of stopping by the gym on your way home, it will become a habit that you don’t want to break. You will feel better and look better.
What is it about “Man of La Mancha” that always brings me to tears, no matter how many times I see it? It’s the reminder of what we do to ourselves and others, and the chance to consider what we might be if we dared give our better nature free rein.

San Diego Musical Theatre offers a sterling production of the five-time Tony-Award-winning show through Oct. 27 at the Horton Grand Theatre. Scott Thompson directs.

The setting is Spain during the Inquisition, where the writer Miguel de Cervantes has just been arrested and is tossed into jail to await trial, not for any violent crime but for the temerity of foreclosing on the monastery of La Merced in his other job as tax collector.

There, tradition has it, he must first be judged by his fellow prisoners. Cervantes will defend himself by telling the story of elderly idealist Don Quixote, labeled “crazy” by everyone but his faithful sidekick Sancho (a charmingly funny Jeffrey Landman) for his insistence on dreaming “the impossible dream.”

With music by Mitch Leigh, lyrics by Joe Darion and Dale Wasserman’s script (based on Cervantes’ epic novel), this show boasts an outstanding cast headed by Robert J. Townsend as Cervantes/Quixote, Jeffrey Landman as his sidekick Sancho, and Heidi Meyer as Aldonza, the self-described “kitchen slut reeking of sweat” who finally gets a chance to feel what it’s like to be treated as royalty rather than “a strumpet men use and forget.”

On a suitably tacky-looking rented set, the Captain of the Inquisition (Brian Doig) occasionally descends the famous, ominous retractable staircase to snatch the next victim, while the remaining detainees listen to Quixote’s story.

Whether Quixote goes off with corkscrew-shaped sword to fight a “monster” that turns out to be a windmill, or charges off to the “castle” he sees in the distance (where he hopes to be dubbed a knight), his trusty squire and friend Sancho follows, while the remaining detainees listen to Quixote’s story.

When Quixote spots Aldonza (a wonderfully earthy Heidi Meyer), he calls her “milady” and renames her Dulcinea, which first makes her laugh and later convinces her that the others are right: he really is crazy. But as time goes on, and she sees him fighting for the right and dreaming “the impossible dream,” she may come around.

This trio is surrounded by an assortment of others including a kindly priest (Joseph Grienenberger), Quixote’s niece Antonia (Francesca Sola), her fiancé Dr. Carrasco (Michael Thomas-Viglar), a barber (Hanz Enyeart) and several muleteers (including Max Cadillac and Enyeart, especially amusing as two Mule Dancers wearing gigantic, fake mule heads while they dance). These characters are wonderfully written and brilliantly performed. Townsend is spectacular as Quixote, with great acting chops and a voice I would gladly listen to all day.

Landman is adorably as Sancho, who early on tries to explain to Aldonza why he sticks with this crazy guy with his lunatic ideas in four simple words: “I Really Like Him.” Meyer gives us the most convincing Aldonza I’ve seen, with a voice that can make you believe she’s either a slut or a princess at will.

Francesca Sola’s Antonia gets her turn as she, the housekeeper (Bethany Slomka) and Grienenberger as the priest give forth in the amusing “I’m Only Thinking of Him.”

There isn’t a weak spot in the show, nor in this production. Kudos to director Scott Thompson, who keeps the circus moving, and to Don Le Master, SDMT’s conductor extraordinaire, who leads his capable if invisible 13-member band from their perch above the audience. The actors do the rest, enchanting the audience from the first moment. Don’t miss this show.

—Jean Lowerison is a long-standing member of the San Diego Theatre Critics Circle.
The new Belgian Beer and Waffle brings to central North Park a taste of the European country’s street food as well as beers by Hopnomymous Brewing Company. Those brews go into some of the waffles, which are available in sweet and savory versions.

The cafe replaces Starbucks next door to The Observatory and is owned by the proprietors of Le Parfait Paris, which has locations in the Gaslamp Quarter, Liberty Station and Fashion Valley Mall. It is open daily from 8 a.m. to 10 p.m., daily, and also serves fried chicken (with waffles), waffle sandwiches, French fries, coffee drinks, and more. 2899 University Ave., 619-310-5716, belgianbeerandwaffle.com.

From Mexico to Paris, home cooks can learn the ropes of making 23-ingredient mole sauce with coconut-crusted chicken on Oct. 30, and then two days later try their hands at conjuring up coq au vin, mussels in wine and other French classics on Nov. 1. The classes will held from 6 to 9 p.m. at Hipcooks in North Park, which takes a hands-on and communal approach to its ongoing cooking lessons. Attendees must be 18 years of age or older. The cost for either class is $75. Reservations are required. 4048 30th St. 619-269-8844, hipcooks.com.

A few new projects are in the works by Matteo Cattaneo, the founder of Buona Forchetta in South Park, Liberty Station and Encinitas. Due to open by the end of this year are Gelati & Peccati in North Park (3068 University Ave.), which will specialize in house-made gelato and Roman-style pizza, and Matteo, a nearby Italian-American breakfast spot that will give all of its proceeds to non-profit organizations focused on children and childhood development. In addition, a fourth location of Buona Forchetta is due to open early next year in Coronado, buonaforchetta.com.

Not since opening almost three years ago has Madison on Park in University Heights rolled out a brand-new cocktail menu. The debut creations put to use obscure ingredients such as avocado-pit orgeat for the rum-based "Any Port in a Storm;" passion fruit "sparkle dust" for a Peruvian pisco; and pea flowers for the showy gin-spiked "Queen of Crowns." 4622 Park Blvd., 619-269-6566, madisononpark.com.

The famous manufacturer of beachwear known as Tommy Bahama is bringing a retail-restaurant concept to Fashion Valley Mall in early spring. Named Tommy Bahama Marlin Bar, the 7,200-square-foot space will allow customers to eat, drink and shop amid a casual restaurant and bar situated among men and women’s sportswear and accessories. The open layout will feature a patio as well. 7007 Friars Road, #305, tommybahama.com.

Finding plant-based pastries and desserts can be tough, especially over the holidays. Coming to the rescue is Hazel & Jade Bakery in Hillcrest, which is launching a full line of both sweet and savory baked goods tailored to Halloween, Thanksgiving and Christmas. This month, look for pumpkin brioche, pumpkin whoopies, black cat cookies and more. Coming in November are pecan, pumpkin and apple-crumble pies, plus ginger-pear coffee cake and croissant dressing. In December the bakery will showcase cookies shaped to various holiday themes as well as brownies, snickerdoodles and more. All ingredients used at Hazel & Jade are plant-based. 3852 Fourth Ave., 619-295-2001, hazelandjade.com.

The Tommy Bahama brand is combining tropical drinks and food with retail shopping. (Pinterest)

A Hillcrest bakery is turning these vegan croissants into Thanksgiving dressing. (Courtesy photo)

2/5H

Cox
An empanada craze descends on Uptown

Restaurant Review
Frank Sabatini Jr.

Empanada Kitchen is the kind of eatery every neighborhood deserves. It’s uncomplicated, aesthetically bright, and provides instant gratification to those seeking Argentina’s national nosh: baked empanadas.

Since first springing onto the Downtown scene in early 2018 — and now in North Park — the business sells about 20,000 of the handy dough pockets each month. That number also factors in several wholesale accounts.

The repertoire features about 15 different types of empanadas, five of them as rotating specials, and all crimped by hand in various designs based on their fillings.

Owned by Buenos Aires native Matias Rigali, and business partner Dan Housenga, a Minnesota transplant, their newest (and smallest) Uptown location has already generated steady flurries of customers, as I witnessed during the post-lunch hour on a recent Monday afternoon.

The beauty of buying empanadas in this fast-casual format is that they are plucked directly from a gently heated display case and plated or boxed to-go in a matter of seconds. No layoffs in the oven required. Supplies are replenished throughout the day, which means you won’t end up with burnt crusts and parched fillings.

“They have to be juicy,” said Rigali when pointing out a few facts about how empanadas are made and eaten in his native Argentina.

The no-yeast dough, for instance, is super basic. It’s constructed from only flour, water and vegetable shortening (or beef tallow in some Argentine restaurants and households).

Ground beef empanadas are the top sellers throughout Argentina, more so than those filled with chicken or veggies. They’ve been the biggest movers in San Diego as well, according to Rigali.

Empanada Kitchen
2855 El Cajon Blvd. (North Park)
619-228-9565, empanada-kitchen.com
Prices: Salad, $3.95; empanadas, $3.50 to $3.95; three empanadas, $9.50; two empanadas and salad, $9.95

Also, in countries such as Chile, Peru, Brazil, and the Philippines, empanadas are seen as quintessential appetizers common to street festivals. In Argentina, they qualify as a meal — and consuming more than a trio of them at Empanada Kitchen will indeed hold you over for hours.

As for the chimichurri sauce given out freely with your order, it’s a simple mixture of parsley, oregano, garlic, olive oil, vinegar and a pinch of red-chili flakes.

Rigali says Argentinians use it on bread and beef, and typically not on empanadas. But given the American penchant for dipping sauces, which I endorse, you’ll be mistaken to push it aside.

Between the Downtown and North Park locations (both menus are the same), I’ve tried a majority of the empanadas. My favorite, as of most recently, is the Argentine sausage, which is filled also with provolone cheese and the tangy chimichurri. Imagine a Latin version of sofrito.

For vegans — or carnivores taking a break from saturated fats — the ratatouille empanada offers a comforting medley of roasted bell peppers, eggplant, onions, zucchini, tomatoes and garlic.

Dessert came in the form of an open-face apple empanada, which seemingly contained less sugar and more cinnamon that dripped of clear, flavorful juices. I was equally smitten by the lamb empanada, which offered all the goodness of a lamb entree from an upscale restaurant, given that the meat is braised in red wine, rosemary, carrots and onions.

The ham and mozzarella cheese empanada verges on a savory French pastry, while the chicken version offers a generous packing of dark meat sautéed in a Spanish-style medley of tomatoes, garlic and herbs known as sofrito.

For vegans — or carnivores taking a break from saturated fats — the ratatouille empanada offers a comforting medley of roasted bell peppers, eggplant, onions, zucchini, tomatoes and garlic.

North Park’s newest eatery specializes in an Argentine staple.

Estate Planning

WHAT IS “ESTATE PLANNING”? By: Dick McEntyre and Chris von der Lieth, Attorneys at Law

Estate planning is the process (“plan”) you provide for passing on what you own (your “estate”) to those you wish to receive it (your beneficiaries) when you want them to receive it. Most people don’t want to pass on their estates until they die, but some people put in place a plan which provides for gifts to be made while they are still alive as well as upon death.

Estate plans are implemented by trusts, wills, joint tenancy form of ownership, and/or beneficiary designations made on bank and securities brokerage accounts and under insurance policies. A good estate plan will attempt to minimize expenses related to carrying out the plan. For example, costs of a trust may under some factual situations be considerably less expensive to the estate than use of a will. Another example is that the manner in which the trust or will provisions are structured can result in substantial income and estate tax differences.

The above statements are generalizations only and are not to be taken as legal advice for the reader’s particular situation.

Richard F. McEntyre practices law in the area of estate planning and administration, having served the San Diego community as a lawyer for over 40 years. Chris von der Lieth is Dick’s associate lawyer, having worked with Dick for over 6 years. Affordable rates, high-quality services, phone calls available. Our office is conveniently located at 2625 Camino Del Rio South, Suite 103 (Telephone (619) 221-6279; www.richardfmcentyre.com).

“The production is outstanding!”
The meticulous attention to detail by director Johanna McKeon and her creative partners makes the play feel, actingly real. Every performance is marvelous!
— Timas of San Diego

By Heather Raffo
Directed by Johanna McKeon
Final Weeks! Must Close October 20
Tickets start at $30

1/20H Double G Painting

FOOD AND DRINK

San Diego Uptown News
October 4-17, 2019

11
Friday, Oct. 4
Fundraising Night of Dance
San Diego Civic Dance Asso-
ciation will hold its second annual
evening of dance in the Casa del
Prado Theater in Balboa Park. The
night will feature work by Emmy
Award-winning chore-
ographer Mia Michaels along with
new work by Kenji Iegas, Madison
Hicks, and local art-
ists Michael Minairey and
Donale Hounroy along with collage
229 revelation, which is suit-
able for all ages. Tickets are $5
for the performances on Oct. 4 and $10 for

Fern Street Circus
Professional circus performers from
around the world join San Diego
students to tell a moving
story of building bridges across
diverse communities. All events are
free and open to the public. No tickets
required. There will be a free parade and
puppetry-making workshop begin-
ning 50 minutes prior to the shows.
In addition to lotewr shows, each stop on the
neighborhood Tour will include a
community free health fair, with
health screenings, vaccinations and other community resourc-
es beginning two hours before the
circus. The tour begins on Friday, Oct. 4, at 6 p.m. at
Park Rec Center, 4014 Idaho St. Show performances are
6-9 p.m. on Oct. 5 at Tetralita Park, 4030 Central Ave.; Oct. 6 at
Willie Henderson Sports Complex, 215 3013 4S St.; Oct. 12 and
13 at Washington Heights, 1700 W. Washington St. Contact Ron
Anderson at solana.blopal@gmail.
com or 808-347-5877 for more information.

Thursday, Oct. 10
Chow the Scene
The San Diego Tyson Film Festi-
vial’s 20th anniversary will be kicked
off by local chefs show-
ing off their culinary skills. This film
and food event serves as the official launch party for the
20th anniversary of the film festival – the largest interna-
tional film festival in Asia – on the West Coast.
The community will gather to view
films by both emerging and estab-
lished directors in the presence of 20
San Diego chefs, restaurateurs and
buttertenders at the San Diego
History Center, 1788 El Prado. The
film festival and award nominees will be
announced at the event – 6-9 p.m.
pacarts.org. Tickets are $60 per
bcourse, $570 at the
door and include unlimited food
tasting, beer and wine and one
specialty cocktail ticket.

Friday, Oct. 11
North American Tree Climbing
Competition
The International Society of
Arboriculture (ISA) is hosting the
North American Tree Climbing
Competition (NATCC) Oct. 11-13
at Balboa Park in San Diego. Ca-
lifornia’s best tree climbers men
and women) from across the
country will compete in a series
of challenges showcasing skill,
technique and athleticism. The
competition is free and open to
the general public. Additionally,
there will be an arbor fair
where volunteers receive a
light breakfast and a free
lunch at the Stamen Cafe.
The Clean up South Park
organization is cur-
rently looking for more
volunteers. Visit their
website for information. For
questions or to volunteer for the
event, please contact Tanya
McKee at tanyamc@gmail.com or
call 619-201-4944.

Saturday, Oct. 5
Clean Up South Park
San Diego community
members are invited to
kick off the event and share their
appreciation for the volun-
teer effort. Volunteers receive a
light breakfast and a free
lunch at the Stamen Cafe. The
Clean up South Park commerce is cur-
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Sunday, Oct. 6
Health For All Humanity
Drugs & Diagnostics for Tropical Diseases (IDDD) will host its
second annual Health for All
Humanity event, a cocktail re-
cesation at the University Club
atop Symphony Towers in
Downtown San Diego. Emcees for the evening will be Emmy
Award-winning journalist
Peggy Pico, former reporter for
KPBS and NBC, and San De-
igo All proceeds from the event will
support IDDD’s ongoing efforts
centered around discovery of new treatments and
diagnostics for neglected tropical diseases.
Tickets can be bought online or
by phone at 619-232-30 80-30 at
750 B St. Suite 3400.

Tuesday, Oct. 8
Gay Men’s Book Club
The Gay Men’s Book Club will discuss this month’s
selection, “The Front Runner,”
by David F. Cohen. Join a
teach college track and one of
his star runners and the hate
and prejudice they experience.
Anyone interested in novels,
informative events and gay
themes is welcome to join the
club, 6 to 7:30 p.m. at the Mis-
tropolitan Library, 2150 W.
Washington St. Contact Ron
Anderson at solana.blopal@gmail.
com or 808-347-5877 for more information.

History of Hillcrest
Now known for its diverse
bar scene, and San Diego’s year-
ly Pride Parade, Hillcrest has
seen it all. From chaparral-cov-
ered hillsides to booming real estate, San Diego’s gay
community has always been a
force to be reckoned with. Join
us for an inside look at Hillcrest’s
history and stories, presented by
Pamela Bivens and Pat Macauley.
It’s an exciting, educational,
historically-based evening.
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San Diego and California, we have it pretty good. That’s because of Jeri and many other trailblazers, many of who would qualify for a street naming. This is a moment to show faith and appreciation to a generation that knocked down doors, shattered glass ceilings and did the heavy lifting so those of us can serve and to be exactly who we are. We cannot stop here, because as we have gotten stronger as a community, we feel safer in almost every corner of this county — but we must never, ever forget where this movement began. I want us to leave a mark, to make sure we enjoy the responsibilities that we have earned so that the community will always know where we came from. Because a community who forgets where they come from is doomed to failure in the future.”

Christine Kehoe, former state Senator, said when she came to San Diego in 1978, Dilno was already a long-time activist in the San Diego community and that it was a different world then. “You can’t imagine now, unless you were there, the community was tiny, not visible as it is now,” Kehoe said. “We had to seek out each other. This was not my experience. You often hear that we are standing on the shoulders of those that have gone before us. That this person or that person is a pillar of the community. These are truths, but this morning I know it as an absolute fact. Jeri Dilno’s contributions to the LGBT community predate the LGBT community. She chaired to put lesbian into the name of The Gay Center. She was the go-to lesbian when gay men in the community wanted to get women more engaged in events. You’ve heard the resume. She’s been a tireless activist, unconditional, full equality for the entire years I’ve known her.”

Jeri Dilno said she is now in what is called the Stonewall Generation. “But I would not have been here if not for the true Stonewall Generation,” Dilno said. “People like Frank Kameny, who led picketing at the White House while I was in high school. And, organizations like the Daughters of Bilitis and The Mattachine Society, which were founded in the ’50s. Stonewall was a catalyst that energized and united our struggle. It created an energy of synergy that brought the struggles to the streets. Most of you today are not a part of my generation. You are our post-Stonewall generation. There is still a lot of work to be done. Much of it, to resist the forces that want to take away our born rights.”

Dilno said she had a great deal of support to get where she is today. Her early introduction to activism was in Philadelphia, by Barbara Gittings, who taught her how to keep her balance. “When I returned to San Diego in 1975, I was offered the job of executive director of The Center, at a whopping salary of $500 a month,” Dilno said. “If it was not for the generosity of my great friend and partner, who was willing to be the major bread winner, I would not have been able to take the job which gave me the foundations to be an activist and begin my work with San Diego Pride. Working at The Center led me to political activism with the San Diego Democratic Club (San Diego Democrats for Equality).

“When I was often in the public eye, my mother … she told me she was glad we had different last names,” Dilno continued. “I wonder if she would say the same today.”

— Albert Fulcher can be reached at albert@sdcnn.com.
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Early years of the Granada Building

Past Matters KATHERINE HÖN

Historical photos of the Granada Building from the 1920s reveal that the structure has not changed much since its construction. The two-story building at the southeast corner of University Avenue and Granada Avenue has retained its parapet roofline, large display windows, white glazed brick veneer, and mosaic tile trim for nearly 100 years. The elegance of its gleaming facade built over a framework of steel and concrete is unique on University Avenue. The building has been identified by the city of San Diego as a contributor to the future 30th Street/University Avenue Commercial Historic District set for processing in 2022.

William Patrick McCloskey, a plumber by trade, developed the building in the early 1920s. He bought the lots in West End from Michael B. Murphy in January 1921 and pulled multiple permits for the address of 2867-75 11th Street/University Avenue in the summer of 1924. In December 1924, McCloskey advertised "Two or four-room flats, private bath, second floor, Granada Building, furnished or unfurnished" for rent in the Evening Tribune. In January 1925, the tax assessment for McCloskey’s property improvements in the City Lot Books jumped from $150 to $4,100, indicating a major building had been completed onsite. McCloskey lived with his wife Josephine Adella and their three children in the building upstairs at 2875 University Ave., and he operated a plumbing shop in the building at 3875 Granada Ave. — the current location of The Windsmith — from about 1926 until he died in 1955.

McCloskey organized a unique enterprise to benefit all types of builders. The San Diego Union’s Nov. 11, 1928 issue announced on page two, “A New Venture for San Diego by San Diego Business Men” — the “Architects’ Building Material Exhibit.” A new building with 15,000 square feet of floor space and 200 linear feet of 16-foot-high plate glass windows had just been completed at 210 G St. The newspaper article noted, “Mr. McCloskey plans an exhibit that will include the leading building firms of the city, creating an institution where the home builder may go to have ideas turned into plans, and where he personally can select the materials that will go to build his home.”

The accompanying advertisement for the new venture stated, “We will furnish plans, drawn to suit your ideas, build and finance your home.” Architects, contractors, sub-contractors, material men and manufacturers were encouraged to “make your application now for desk room or space to display your goods. We will furnish light, heat, phone and junior service.” Address all inquiries to William McCloskey, 2875 University Ave.

McCloskey initiated this venture at a time when the future seemed bright. On the same page as his advertisement, a realtor declared, “Prosperity Straight Ahead! Never in the history of Southern California, San Diego or San Diego County has there been a time when one should look forward with such an absolute degree of certainty to prosperity as at the present moment.”

Unfortunately, a year later the stock market would crash, bringing on desperate times for many throughout the country. In the 1931 City Directory, the building at 210 G St. was listed as vacant, and it has since been replaced by Horton Plaza.

Although McCloskey’s ambitious Downtown plans did not survive the Great Depression, his Granada Building remained occupied through the hard times. The upstairs offices provided living space for various renters and office space for doctors and dentists. A notions shop and a restaurant occupied the downstairs spaces.

In 1936, physicians Dr. James MacPherson McColl and his younger brother Dr. William Faizer McColl moved their offices to 2867 University Ave. — the downstairs corner space of the Granada Building where A7D Creative Group is now — and in the mid-1930s, the building became known as the “McColl Building.” James retired in 1955 and William retired in 1962. They died in 1966 and 1969, respectively, and are buried at Glen Abbey Memorial Park in Bonita.

Both men had sons who became doctors. James’ younger son, Douglas, became the 11th medical doctor in his family when he received his degree from the University of Southern California in 1957. He was the chief of staff at the Alvarado Hospital Medical Center for many years. He married Gloria Demers in 1953. Gloria McColl became well known to North Park, serving as the city of San Diego Council member for District 1 from 1981 to 1989.

William’s younger son, William F. (“Bill”) McColl, Jr., also became a doctor after playing football at Stanford University — being selected twice as an All-American player in 1950-1951 and third runner-up for the 1951 Heisman Trophy — and playing professionally for the Chicago Bears from 1952 to 1959. He became an orthopedic surgeon and served in Korea as a Presbyterian missionary doctor from 1962 to 1964.

1/5H
Harmony Blinds

Be amazed by one of San Diego’s most unique homes. This 3 BR / 3BA historically designated mid-century modern home by architect Lloyd Ruocco has Mills Act transfers to a deep property tax discount. Only the third time on the market since 1947, this stunning home is extensively remodeled for a modern lifestyle, but retains so many of Ruocco’s original design features.