San Diego

Police defend
transgender
equality policies

Kendra Sitton | Editor

At local community planning group meetings, police representa
tives typically share announce-
ments about shift changes and offer opportunities to have office
with their team, but during the
May 7 Uptown Planners meeting,
San Diego Police Department
(SDPD) Community Relations
Officer David Surwilo used his
time to speak out against a re-
cent San Diego Union-Tribune
(SDUT) article.

“The article doesn’t really
reflect our city,” Surwilo said in
the wake of the local report on a
transgender advocacy group’s
study that gave the SDPD low
marks for its policies regard-
ing transgender and nonbinary
people.

Surwilo said that because the
SDUT reporter reached out for
comment on Friday, May 3, the
department’s media relations
officer was already gone for the
weekend. The article was then
published Monday, May 6 with-
out comment from the SDPD.

Officer David Surwilo used his
Officer’s blog to speak out
against a recent study that gave
the San Diego Union-Tribune
(SDUT) article a low rating
even though he had not had the
chance to provide comment on
the matter.

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At local community planning

Church leaves gentrifying
North Park

Kendra Sitton | Editor

New Vision Church held
its last service in North Park
for the foreseeable future on
Sunday, May 5. The aged
buildings on the 2.2-acre site
at 4353 Park Blvd. will be de-
molished to make way for lux-
ury condos. Now, New Vision
is expanding to a multi-site
incubator, mentorship opportu-
nities and even a startup crawl.

A year ago, Bankers Hill res-
ident Colette Mauzeralle spoke
at San Diego Startup Week, the
annual event that puts a spotlight
on the city’s startup culture and its
continued emergence.

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Annual 6-day networking event returns on May 28

By Dave Fidlin

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“Look no further – the entire McT team is the absolute best! With our first baby on the way, Mary and Z listened to our goal – to sell our house for the best price as fast as possible so we could put out competitive offers for our next home – and they made it happen; literally within the first day of showing our house!! We could not ask for a more professional, diligent, and genuinely caring realty team. Mary and Z not only know everything about the North Park and metro San Diego market, their professional advice was spot on, and they consistently went above and beyond for our family. We look forward to using their expertise for many years to come :)

– Matt & Iris

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San Diego Junior Theatre parent accuses city attorney of misconduct

Kendra Sitton | Editor

As City Attorney Mara Elliott looks to get her office’s budget finalized and prepared for next year’s election, a fellow attorney is attempting to stymie her efforts.

At the City Council meeting on Tuesday, May 7, where Elliott presented her budget, Junior Theatre Oversight Group cofounder Matt Valenti used a public comment period to accuse the city attorney of obstructing justice. In a PowerPoint presentation, Valenti displayed an email he sent to Elliott more than two years ago, which she then forwarded to private attorney Gil Cabrera, who was representing the board of San Diego Junior Theatre (SDJT). On April 13, 2017, Elliott wrote, “Hi Gil, I haven’t read the attachments yet, but remember his [Valenti’s] name from our prior conversations.”

Attached to the email was a letter to State Attorney General Xavier Becerra about the board Cabrera was representing, which Valenti alleged covered up child sex abuse cases at the Balboa Park-based nonprofit. Elliott has said the contents of the email were a matter of public record since they were sent to multiple government offices and were not confidential—something Valenti disputes. According to a screenshot of the Junior Theatre Oversight Group website Valenti posted online, the letter to Becerra was made public on their site two weeks after Elliott sent it to Cabrera.

Former San Diego County Sheriff Commander Dave Meyers watched the City Attorney’s Office Proceeding SDJT while working on a show, something the police investigated and dismissed. “The reason that they had said that is because they were trying to intimidate me and it worked. I had high anxiety,” Cohen said. “They are all lying to cover up [for] their friend Jimmy Saba. We have to look out for the safety of our children.”

In June, 2016, Executive Director James Saba pleaded guilty to unlawful sex with a minor. He was 35 at the time of the incidents, which occurred in the fall of 2016.

In a statement last week, SDJT said, “The incident with Eric von Metzke was not ignored, nor covered up. A police report was promptly filed by Executive Director James Saba, and von Metzke was arrested and convicted. The situation was handled swiftly because strong safety standards are already in place.”

“Mr. Valenti’s allegations against me and my office are baseless, outrageous and defamatory,” Elliott said in a statement. “As a mother and as city attorney, I take allegations of child abuse very seriously.

“The City Attorney’s Office prosecutes cases brought to this office by a law enforcement agency. No report of abuse involving Mr. Saba was ever sent to our office by law enforcement. Nonetheless, our office’s Domestic Violence and Sex Crimes Unit reviewed the matter, and they confirmed that police had investigated the allegations and no charges were brought against Mr. Saba.”

Many parents involved in SDJT have rallied behind Valenti’s efforts to uncover whether the board did enough to address warning signs that von Metzke was a predator.

One such parent, Francia Cohen, testified before City Council.

“I was a witness to the Executive Director Jimmy Saba the day that he grabbed (the student) and went into the girls dressing room. Because I was trying to tell the truth and tell everyone that I knew, Gil Cabrera sent me a cease-and-desist letter. He threatened to sue me if I spoke anything about what happened.

Cohen said she was falsely accused of breaking and entering SDJT while working on a show, something the police investigated and dismissed. “The reason that they had said that is because they were trying to intimidate me and it worked. I had high anxiety,” Cohen said. “They are all lying to cover up [for] their friend Jimmy Saba. We have to look out for the safety of our children.”

Following Valenti’s presentation at the May 7 meeting, Chris Ward — who is the City Council representative for District 3 (home to Balboa Park, where SDJT is located) — said there were some substantial allegations that merit a full investigation. However, Ward said it would likely be under the purview of the district attorney or Becerra himself.

—Kendra Sitton can be reached at kendra@sdnews.com.
30th Street a step closer to bike lane
North Park planners vote to eliminate hundreds of parking spots to add fully protected bike lane

Kendra Sitton | Editor

In a 7-6 vote at their meeting on Tuesday, May 14, the North Park Planning Committee decided to support a fully protected bike lane along a 1½-mile stretch of 30th Street, which would eliminate hundreds of existing parking spots. In a separate vote, which garnered support from all of the members who wanted to preserve some parking spaces along the busy road, the group added a set of recommendations for the city of San Diego to consider when implementing the bike lane. The suggestions included studying how many bikes utilize the lane in the annual checkup of the Climate Action Plan, tracking the number of fatalities and injuries on the street, and annually reporting on the financial impact the change is having on community businesses. Their vote departed from North Park Main Street, which represents businesses in the area. The Main Street organization voted in favor of Option B for Segment 1, which would have preserved half of the 400-plus parking spaces from Howard Avenue to Upas Street; and created floating parking lanes to form a barrier between bicycles in a lane next to the curb and moving vehicles in the center of the street. This was decided in a re-vote requested by members on May 8. The business group had previously pledged support for Option A, a fully protected bike lane, in Segment 2, which will mainly affect the residential properties from Upas to Juniper streets.

Opponents of the bike lane came out in full force to the meeting compared to the initial information meeting on April 16, which was dominated by cycling advocates. Their comments did convince a few of the board members to support the floating parking option instead of the fully protected bike lane, but they were still outnumbered by the rest of the board, many of whom ran on a pro-transit and pro-density platform.

“What I want to do is get rid of the option because it is arrogant to think that we want to have a majority controlling a city asset,” said Matt Thompson, a Utah Street resident. Vernita Gutierrez, who represented the SoNo Neighborhood Alliance, said she was vehemently opposed to Option A for the bike lane. “I’m not opposed to bike lanes totally, but I don’t know why it has to be on the main artery. Why not the side streets? I haven’t heard a compelling argument for why it can’t be on streets parallel to 30th. This is really typical of the city and our elected officials to cater to (the) bike lobby and developers,” Gutierrez said.

The current bike lane on Utah Street was brought up repeatedly during the meeting as it runs parallel to the proposed bike lane on 30th Street. Bike lane opponents, many of whom are either business owners or decades-long residents, argued cyclists should be using the existing bike infrastructure instead of taking away from the already overburdened street parking in the area. However, members of the board who regularly bike pointed out that although there is a bike lane on Utah, it is not protected with a barrier at any point and disappears entirely at other points. In addition, it does not connect to South Park so it is not as useful to commuters.

While there were less speakers in favor of the bike lane at this meeting compared to the April 16 meeting, many were still influential figures in the area, including City Council District 3 candidate Chris Olsen, as well as Clint Daniels and Brer Marsh, from the Uptown Planners community advisory board. Despite the loud and sometimes rowdy opposition from the crowd, the majority of the board was not swayed from their previous pledges to support the bike lane. Some even said it would help alleviate other problems the community is facing like that of electric scooters.

“Scooters need to be addressed and integrated in our mobility options more generally. One issue a lot of people have raised in these meetings in the past is the presence of scooters on sidewalks which is obviously dangerous and illegal,” board member Eduarto Velasquez said. “If we want to get scooters off the sidewalks, another thing we can do is create better protected bike lanes so the scooter riders will feel safe integrating with general traffic.”

Another repeated concern was elderly and disabled people being unable to access businesses without nearby parking. While the street will still have to be compliant with the Americans with Disabilities Act according to federal law, the board included in its list of suggestions that the city should evaluate nearby side streets for disabled parking and loading zones.

Some board members expressed a willingness to reevaluate the decision and even bring back parking along the street in a few years if the bike lane does not bring in the promised increase in cyclists and causes a detrimental financial impact on businesses.

“This is an important moment. Change is always hard,” Velasquez said.

Based on this community input, Councilmember Chris Ward will be making a recommendation to Mayor Kevin Faulconer about the repaving project. The mayor will make the final decision on what could be the first protected bike lane in North Park.

—Kendra Sitton can be reached at kendra@sdnews.com.
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I am sorry to see your slanted coverage of the bike lane on 30th issue. No one on the side against the installation of a bike lane was quoted, while several advocates were. This is a balanced reporting, it is an editorial! There are good arguments in favor of the lanes, but there are also points that support not installing them on 30th Street. You made NO mention of the fact that there is already a bike lane on Utah to Uplands. I have no problem with you publishing an editorial supporting your position on the issue, but your front-page article is masquerading as news, not an opinion piece. I now know not to read your paper for news.

— Cathy Greene, North Park

I applaud the idealism of those who create a world in which large numbers of cars displaced by bikes. But implementing such a model in North Park by adding a protected bike lanes to 30th Street at the expense of most or all of the parking now available would be counterproductive engineering that gambles with the livelihood of merchants and their employees. We may wish biking would relieve traffic congestion on 30th Street but it isn’t a workable solution.

Where bike lanes have been established in San Diego, the majority aren’t being used enough to recoup their cost and disruption to busy roads. On a recent sunny weekend morning I walked along University Boulevard from Park Boulevard to Front Street and saw only two bikers using the new bike lanes. When I walked back two hours later, there were none.

Businesses along University Boulevard have had little help by the removal of parking and I fear many stores along 30th will suffer the same result. Even though parking is being added to adjoining streets, delivery trucks, emergency vehicles and customers, especially the disabled and elderly, require easily accessible parking in order to maintain and increase the vibrancy and security of the North Park community.

North Park is an old neighborhood and some streets such as 30th, can’t be retrofitted to please everyone’s needs. Compromises must be made as is the case with the existing bike lane on Utah Street, expanding it onto 30th only when it crosses Switzer Canyon and then moving it off of 30th and onto less traveled streets.

But more bike lanes are hardly a total solution to fulfilling our city’s climate action plan. The discussion about 30th Street needs to be more comprehensive. Other possibilities, such as self-driving cars, smart traffic controls, and a proposed 30th Street trolley line may provide more effective ways of relieving congestion in the future. Painting stripes on pavement is a cheap way for our city to pat itself on its back regarding climate change. I think North Park deserves much more.

— Jennifer Saff, North Park

Guest Editorial

Three weeks later: Our imperative to resurge following an anti-Semitic terrorist attack

By David G. Wang

Just half a week after the domestic terrorist attack at Chabad of Poway, I received a text from my brother. As a first-year student at Columbia University engulfed in final exams, I found his “how are you?” particularly refreshing. Diverting momentarily from my bona fide banter on family and classes, with the synagogue shooting lingering on my mind, I tackled on “And how is San Diego?”

Buried beneath my brother’s anxieties about Advanced Placement exams and high-school course selection were four words — his reply — that made me scoff: “San Diego is reeling.”

My laughter about a subject so somber surprised and stung me. Yet, upon further introspection, I realize that the spontaneous, scornful sounds that had sliced from my throat earlier were unfounded. In a Columbia dining hall just a few nights prior, I had watched as “hundreds” filled Valle Verde Park for a candlelight vigil. In San Diego County — a city of 3 million “strangers” — could we not see more to show up to memorialize its fallen, especially on a Sunday evening?

What had been my scorn become my sorrow. Despite murder and blunt anti-Semitism, my community — that had to cover its eyes for years — will our “this can’t keep happening” posts on my Facebook feed, my neighboring activism rarely surpassed a like. Despite all-caps, sans serif headlines that plastered Facebook’s homepage for a few hours of April 27, sweeping action against anti-Semitism and domestic terror by my reeling community had not, has not, and will seemingly never come.

A tremendous disparity exists between how we Americans respond to foreign and domestic terrorism. For the former, our nation has spent nearly 1 trillion dollars in Afghanistan — the longest-running war in its history. For the latter, domestic mass shootings and blinding extremism receive thoughts, prayers, and failed demonstrations alone.

One explanation for this gap is that Harvard Law School Professor Cass R. Sunstein coined the concept of “the backfiring effect.” Sunstein postulates that an identifiable perpetrator is essential to fueling outrage and spawning tangible democratic change.

While our hands pinned radical Islamic terrorism on Osama Bin Laden, to whom do our fingers point for domestic terror and anti-Semitism? No one. For this reason, these identities and faith again.

It was my brother’s question that made me stop and think. “No. Honestly not really.” When broaching the topic on a Wednesday, I probed further, “Is SD really reeling?” He responded, “No, not really.” While laugour summarizes our present, action and activism must define our future.

In his op-ed in the New York Times, Rabbi Yisroel Goldstein of Chabad of Poway resurges in pride and resolve to never fear his Jewish identity and faith again. San Diego, it is our turn to surge forth too. Although I write to call us out for our lukewarm reaction to a domestic, anti-Semitic terror attack in our home, I doubly call us to rouse our idleness.

While there is no easily identifiable perpetrator to blame for anti-Semitism and domestic terror, let us seize responsibility to fight back anyway. While many of us have no Jewish blood, let us comfort our Jewish neighbors who lost theirs. While many of us possess no Judaic faith, let us invite others to fortify the memory of this tragedy, inspire outrage against anti-Semitism, and pursue change even if we cannot completely fathom it. Only then, will our “this can’t keep happening” become a victorious affirmation that it won’t.

— David G. Wang is a San Diego native and first-year student at Columbia University in the city of New York.

The initial meeting information at North Park Planning Committee about the proposed bike lane drew a large crowd. (Photo by Kendra Sitton)
Atkins on wildfire risks: ‘Inaction is not an option’

Notes from Toni
Toni G. Atkins

Recently, the president talked about closing the border between the United States and Mexico, which can be a monotonously terrible idea, and fortunately, he quickly changed his position. However, he would wait a year and then saying he didn’t think he’d ever have to close it.

I hold hope that if he changes his mind again, he would ultimately listen to the chorus of voices saying such a move would be economically and psychologically devastating for the San Diego region, California and the country — and carry damaging ripples into the global economy.

Mexico and California have become inextricably linked — and that’s a good thing! Mexico is California’s largest export market, supporting more than $400 billion a year north of the border.

If Baja California were a country, it would be the San Diego’s second largest trading partner, behind only Mexico itself. The collective manufacturing supply chain for our binational mega-region (San Diego County, Imperial County and Baja California) accounts for $2.5 billion in trade.

Numerous companies in our region have a robust cross-border presence, such as Cubic, Becton Dickinson and Company, and Kyocera. Cubic, for example, has 400 employees in Tijuana. The defense and transportation-technology company’s southbound exports are worth more than $20 million a year, and its northbound imports account for nearly $33 million.

An average of 137,000 border crossings between San Diego and Tijuana occurs every day, with people traversing the international boundary for work, school and tourism. More and more Americans are living in Mexico and commuting across the border, due in part to the rising cost of living in California and to the vibrant culture of Tijuana and beyond.

The Valle de Guadalupe wine region, for instance, is experiencing tremendous growth and has become an enormously popular destination. Tijuana is rich with cutting-edge visual artists and innovative culinary experiences.

Meanwhile, the Cross Border Xpress, the world’s first binational airport terminal, connecting the United States with the Tijuana Airport, has become an increasingly common way for San Diegans to travel to Mexico. Nearly 2 million passengers used the Cross Border Xpress in 2017.

On a bipartisan and widespread basis, elected officials, business leaders and other regional advocates understand that this economic and cultural exchange is extremely good for San Diego County, California and Baja California.

I will continue to be an enthusiastic supporter of all efforts to bring our two countries, and our peoples, together.

— Toni G. Atkins represents the 39th District in the California Senate. Follow her on Twitter @SenToniAtkins.
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PARTNERS

Uptown News
Who should be your financial advisor?

Editor’s note: This is part two of a two-part series

Last month, we talked about how important it is to work with a fiduciary when selecting a financial advisor. This month, we will dig deeper into additional criteria to consider before making that final decision.

There are many companies creating a service generally called “robo-advising.” These software programs can manage your portfolio with no human involvement. And this can be done at a very low cost.

When looking at using these robo-advising services, though, it’s crucial to consider the importance of working with a real person. There is value in clients having a place where they feel safe talking about money and retirement. Most family members, friends, and even spouses rarely talk to each other about their salary, savings, and retirement goals. It is a taboo topic.

Vanguard, the largest mutual fund company in the United States, researched this area in their Advisor Alpha Study. According to Vanguard’s research, behavioral coaching is the single most impactful skill a financial advisor provides their clients. Behavioral coaching allows the advisor to know a client’s weaknesses and habits around money and use techniques to have the client make better financial decisions. A great example of this is the human fight-or-flight survival instinct. During a severe market downturn, the brain kicks into survival mode and forces investors to flee the market. Of course, this is the exact opposite of what an investor should do. With behavioral coaching, mistakes like this are avoided. In fact, Vanguard’s research study estimated behavioral coaching can add an additional 1.5% per year over a long-term investment horizon.

Morningstar, an independent mutual fund research firm, discovered that investors value their advisor most for the technical knowledge and expertise. However, it is the behavioral coaching that provides the most value to investors.

When you have your potential financial advisors filtered down to those that are fiduciaries and have the right experience and credentials, then it’s time to focus on the human aspect. This is where the true value of your relationship exists.

Ask your prospective financial advisor questions like these to see if they can provide valuable behavioral coaching:

- How do you help clients manage emotions and stress during market corrections?
- Will you educate me on personal finance issues?
- What are some examples of how you can provide peace of mind about retirement and achieving my goals?
- What are some ways you can save me time and make my life easier?
- How will you help me avoid running out of money?
- There isn’t a right or wrong answer to these questions. Allow your instincts to guide you as you listen to the responses. Trust yourself! You will be trusting this person with your financial life, so make sure it feels right.

If you would like to take things to a deeper level, you can get into specific areas of how your financial advisor will help you. Ask some questions like these:

- Will you help me understand employer benefits?
- Will you provide a detailed savings strategy?
- Will you coordinate with my CPA and estate planning attorney? If so, how?
- Do you perform year-end tax planning to implement strategies like Roth conversions or charitable giving?
- Do you tax loss harvest if the opportunity arises?
- Will you help with Social Security benefits and when to start taking them?
- Will you help work through different long-term care insurance options?
- How do I withdraw money from my accounts?
- Are there a few areas that provide value beyond managing your investments? Understand what this prospective advisor will do for you.
- Compare services among different advisors to discover the varying level of services.

We’ve gone through a lot in two articles. This information can be an excellent resource for you when it’s time to begin the search for a financial advisor. Remember, the absolute must-have criteria of choosing your financial advisor is that they are a fiduciary (see part one of this series, which ran on May 3). Confirm they have the necessary experience and expertise. After these steps, get in touch of their behavioral coaching skills and how they align with your personality.

Remember, this is someone with your financial life. Of course, you will see it was time well spent.

— Steve Doster, CFP, is the financial planning manager at Rowling & Associates—a fee-only wealth management and CPA firm helping individuals create a worry-free financial life. Rowling & Associates helps people with their taxes, investments, and financial planning. Read more articles at www.rowling.com/blog.

FROM PAGE 7: MEDICARE

If a prescription can’t be filled as written, the pharmacist will provide a notice explaining how the patient can contact the Medicare drug plan to ask for a coverage determination (the first coverage decision made by the Medicare drug plan). The patient or doctor can ask the plan for an exception to its rules before the patient goes to the pharmacy, so they know whether or not the prescription will be covered.

If a beneficiary gets opioids from multiple doctors or pharmacies, the beneficiary may need to receive their medications from specific doctors or pharmacies to ensure appropriate care coordination. The plan will send the beneficiary a letter if it will limit their access to these medications under its drug management program. If so, the beneficiary and his or her doctor have the right to appeal.

Medicare’s new opioid policies encourage collaboration and care coordination among Medicare Part D drug plans, pharmacies, prescribers, and patients in order to improve opioid management, prevent misuse, and promote safer prescribing practices.

Medicare is committed to addressing the opioid crisis and helping our beneficiaries use prescription opioid pain medications safely. More information about safety checks and drug management programs is available on Medicare.gov at Medicare drug plan coverage rules.

— Greg Dill is Medicare’s regional administrator for Arizona, California, Nevada, Hawaii, and the Pacific Territories. You can get answers to your Medicare questions by visiting www.medicare.gov or calling 1-800-MEDICARE (1-800-633-4227).

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Planet Dog Beer specializing in a fermented non-alcoholic beverage for canines; Grandma Sally’s Farm out of Chula Vista, which brings in fresh herbs, mini beets and other seasonal veggies; Ritual Energy, a maker of healthy bars containing 100 milligrams of caffeine; and Veg-N-Out, a purveyor of pea-protein burgers, vegan bratwurst and homemade sauces.

Vendor manager Mark Larson says the current number of food and merchandise sellers has reached 176 — and there’s still room for several more.

“We now rank as the largest farmers market in the city of San Diego,” he added. The market runs from 9 a.m. to 2 p.m. every Sunday along Normal Street between University Avenue and Lincoln Street. For more information, call 619-357-1632 or visit hillcrestfarmersmarket.com.

Los Angeles-based Elite Restaurant Group recently purchased the three remaining locations of Project Pie in San Diego County, which includes the outlet at 3884 Fourth Ave. in Hillcrest. The others are in Chula Vista and Eastlake.

A source connected with the sale tells us the restaurant group will likely convert the Project Pie eateries into Patsix Pizza shops, a brand-name concept it has established in cities throughout California and Colorado. The company also owns Nater’s 50/50 and Daphne’s restaurants. www.patsixpizza.com.

The Hillcrest Farmers Market recently doubled the number of chairs, tables and canopies in its food court area to provide ample shaded seating for those purchasing dishes prepared onsite.

In addition, several new San Diego-based vendors have arrived since the start of spring. They include Fresh Flavors Chutney, which sells six different chutneys created by Madhulika Achal from India. There is also Marley’s Pet Market.

These unique, caffeinated bars are now available at the Hillcrest Farmers Market. (Photo courtesy Ritual Energy)

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**FOOD AND DRINK**

**San Diego Uptown News**

May 17-30, 2019 sdnews.com

10

Bankers Hill has seen the much-anticipated arrival of Il Dandy, an Italian restaurant of striking midcentury design located on the ground floor of the famed “Master A’s” building.

The venture was launched in part by Dario Gallo of Little Italy’s Civico 1845 and chefs Antonio Abbuzzino and his son, Luca — recent transplants from Italy who earned Michelin stars for their restaurant back home called Ristorante Abbuzzino.

Open daily for dinner, meals potentially start off with house-baked bread, salted cod and slow-cooked pork belly before progressing to fuller plates such as pumpkin-truffle pizza, wheat pasta with rabbit ragu, and dry-aged rib-eye with artichoke salad.

The space features an outdoor patio and will soon open a small offshoot dining area called Arama for intimate multi-course meals based on the whims of the chefs. 2550 Fifth Ave., Suite 120.

—Frank Sabatini Jr. can be reached at fsabatini@san.rr.com.

Paleo Treats in Normal Heights is celebrating its 10-year anniversary beginning May 25. The company, owned by Lee Selman and her husband, Nik Hawks, touts itself as the first paleo bakery in the nation and the only one in San Diego. It launched originally from a tent in 2009 at Cross Fit Games in Northern California. Soon after, the couple grew it into a direct-to-consumer business before moving the business into its current retail space a couple years ago.

The celebration kicks off with a day of raffles and samples followed by daily samples from its six-item product line through the end of June. The treats include chocolate bars with nuts and raisins, assorted cakes and espresso brownies, all of which are free of gluten, grains, dairy and starches.


Fashion Valley Mall’s latest food tenant specializes in grass-fed beef burgers.

Carlsbad-based Pure Burger has opened a new branch on the lower level of Fashion Valley Mall, just under the AMC Theatres. Known for using organic grass-fed beef that is ground daily on-site, the burgers are handmade to order and served on white, whole-wheat or gluten-free rolls. Lettuce wraps are available as well. Topping choices include Tillamook sharp cheddar, fresh jalapenos, avocado, alfalfa sprouts, pineapple and more.

Fusion without confusion

Restaurant Review
Frank Sabatini Jr.

Ever since fusion cuisine came into vogue some 30 years ago, I’ve encountered ethnic pairings ranging from tastefully harmonious—like French-Vietnamese and Greek-Persian—to downright outrageous, such as the forgettable dishes made by a long-departed Downtown restaurant that merged the cuisines of Italy and China.

Orange chicken Parmesan? No thanks.

I was admittedly a little skeptical when hearing about Medina Moroccan-Baja Kitchen, which sits adjacent to Barn Brewery on El Cajon Boulevard. The indoor-outdoor space last housed Cruiser Taco, a rudimentary prelude to new tenant Alia Jaziri, who ties together her Tunisian heritage with a love of Mexican food she acquired from growing up in San Diego.

Tacos are indeed still served here, but they aren’t your Southern California variety. They instead borrow from North African staples such as preserved lemon, tzatziki and house-made spicy lamb sausage, known as merguez.

Twists abound. In a mahi fish taco, for example, the customary white sauce is swapped for pinkish aioli combining mayonnaise and working in the tech industry, the idea of going commercial with her knowledge of the two cuisines called. Thus, she launched a food truck in San Francisco while living there for a while, and then after recently returning to San Diego, she opened the casual restaurant she long wanted.

Visiting with a vegetarian friend, we took a table just yards away from the open, front-deck space inside is bright and soothing with aqua-colored walls and decorative tile-top tables.

My friend took particular delight in the “veg” bowl comprising couscous with roasted corn cut fresh from the cob, ber pico de gallo, and roasted sweet potatoes, black beans, toasted pepitos, tomato-cucumber, and roasted corn cut fresh from the cob.

The flavors and textures blended seamlessly amid a light cloaking of Dijon-tarragon vinaigrette. That same dressing accentuated the house salad loaded with seasonal veggies.

The lamb sausage is a must. It appears as a protein option in either a taco, couscous bowl or the famous North African egg-veggie dish called shakshouka.

Given Medina’s small kitchen, the menu is concise with only a few other taco and bowl options available. There are also several sides, which include some very good truffle-garlic-Parmesan French fries cut addictively thin.

Beer and kombucha are on tap, although if you’re more into heat, crunch, softness and creaminess.

The main event for me, however, was the shakshouka presented in a cast iron skillet. It’s the only non-fusion dish on the menu, sticking traditionally to its North African roots with braised bell peppers and other veggies set in a light tomato sauce. In the middle is a partially sunk poached egg.

I ordered the dish with the aforementioned spiced chicken, which elevated the arrangement to that of a Moroccan tagine (clay pot) meal, but sans the couscous. Yet with the oozing egg involved, it tasted even better in comparison.

As Jaziri explained, shakshouka is a lunch or dinner entrée that doubles as a breakfast item. Served with grilled pita, it makes for a complete, filling meal.

——

Shaped into thin links, I had the feisty well-spiced lamb tucked into the taco, which also contained arugula, pickled onions and queso fresco — all swaddled in grilled pita bread. If there was ever a single dish in which Mexico and Morocco meet, this is it. Every bite offered heat, crunch, softness and creaminess.

Moroccan-imported tea served with honey made for a soothingly exotic beginning and end to our visit.

—Frank Sabatini Jr. is the author of ‘Secret San Diego’ (ECW Press), and began his local writing career more than two decades ago as a staffer for the former San Diego Tribune. You can reach him at fsabatini@san.rr.com.

Chef-owner Alia Jaziri (Photos by Franka Sabatani Jr.)

Moroccan-Baja Kitchen
2850 El Cajon Blvd.
(North Park)
619-230-5037,
www.medinakitchen.com
Prices: Tacos, $4.50 to $5.50; bowls, $12 and $13; shakshouka skillet, $10 to $13.50; sides $5 and $5

Medina Moroccan-Baja Kitchen

Moroccan tea

Shakshouka skillet with chicken

The vegetarian bowl

(l to r) Lamb sausage and mahi tacos

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The Star-Ledger

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TheOldGlobe.org
San Diego Zoo Global has been presenting with a Recycler of the Year award by the city of San Diego, in recognition of the organization’s successful and innovative recycling program. The Recycler of the Year Awards, now in their 27th year, were presented by the city’s Environmental Services Department during a ceremony at the San Diego Central Library on Wednesday, May 1.

The SDZG programs include composting food waste, using a green-certified laundry for staff uniforms and instituting an ongoing change-out program for LED lighting fixtures.

“San Diego Zoo Global continues to implement new methods to increase our diversion of materials going to local landfills,” said Adam Ringler, director of performance improvement at San Diego Zoo Global in a press release. “At our San Diego Zoo facility, we worked closely with summer camp kids in 2018 to encourage zero waste after finishing their lunches by limiting plastic and using recyclable and compostable methods for disposal. Kids in camp were also taught the importance of bringing refillable water bottles, so plastic can be reduced.”

The Recycler of the Year Awards are designed to help San Diego achieve its Climate Action Plan and Zero Waste goals. With the ultimate goal of having zero waste end up in landfills by 2040, the Climate Action Plan is working to reduce greenhouse gas emissions in the city by 50% and to generate all electricity used in the city from renewable sources by 2035. Similarly, the city’s Zero Waste Plan established intermediate goals of diverting 75% of all trash by 2020 and 90% by 2035.

Wildwatch Burrowing Owl invites the public to help with wildlife research

After two years of success with an online “crowdsourcing” effort to help track giraffes in Kenya, San Diego Zoo Global is launching a new program in Southern California — inviting the public to help save an imperiled species in San Diego County by classifying photos online. Western burrowing owls are found in grasslands and prairies throughout North America, but local populations in San Diego are at risk of going extinct. Starting May 14, anyone with a computer or a smartphone can visit wildwatchburrowingowl.org, an online platform for crowdsourced volunteer research. Online participants will help researchers by classifying thousands of photos from remote-activated trail cameras — normally only seen by conservation scientists — to help follow a family of western burrowing owls as they set up their burrows, hatch and raise chicks, catch prey and protect their domain.

“We are very excited to launch Wildwatch Burrowing Owl, and we hope you will contribute,” Colleen Wisinski, conservation program specialist at San Diego Zoo Global’s zoo, Institute for Conservation Research, said in a press release. “We use trail cameras to collect data about how the burrowing owl population in San Diego County is doing, including how many owlets are raised each year and how much food they are able to find.”

More than 10 million images have been captured by multiple volunteer researchers in San Diego County. After collecting the photos, researchers would normally catalog each image, identify and count the birds, and detect their behavior — a task that could take them years to complete. Wildwatch Burrowing Owl allows the public to help view and sort these photos, which will save valuable time, allow scientists to move forward with their conservation work faster and collect a wealth of conservation data.

Volunteers will be asked to identify what is pictured in each new trail camera photo by choosing from a list. Every image will eventually be viewed by multiple volunteers, to ensure that photos that are not needed are filtered out.

Western burrowing owls are small, long-legged birds that live in open landscapes of North and South America. Unlike other owl species that live in trees, these owls make their homes in abandoned California ground squirrel burrows, prairie dog burrows or rattlesnake dens. They use their long legs to further excavate these underground tunnels, creating enough room to store food and raise chicks.

As burrowing owl populations continue to decline throughout western regions of North America, the state of California has listed them as a Species of Special Concern due to multiple factors including continued habitat loss. Burrowing owls are grassland specialists and require short, open grassland to thrive. Unfortunately, intact native grasslands are rare in Southern California, and the suitable habitats that remain are severely impacted by increased human development.

San Diego Zoo Global takes part in a multi-agency burrowing owl conservation strategy that has been developed over the past eight years. The forward-looking plan includes monitoring the existing population while searching for suitable habitats to establish new colonies throughout San Diego County. Conservationists are working to help birds that could be impacted by planned development by establishing additional secure breeding sites in the county — reducing their risk of local extinction.

“Because we gather so many images every year, we rely on the help of volunteers to comb through all of the photos and help us identify what is in each one. Now, we have the ability to enlist the help of even more citizen scientists and share our passion for burrowing owl conservation,” Wisinski said.

The public can also view San Diego Zoo Global’s new live video feed from the San Diego Zoo Safari Park that lets viewers watch the birds at all hours of the day. The live video camera, Burrow Cam, is viewable online at sdzafaripark.org/aca/burrowing-owl-cams.

Freedom Bell gets permanent home

America’s Freedom Bell was unveiled Wednesday, May 8, at its new home, San Diego’s Veterans Museum in Balboa Park. Created to allow every American the opportunity to ring the bell to honor those who have served our nation, it has since traveled widely to Independence Hall, Arlington Cemetery, Pearl Harbor, Normandy Beach, and many other sites on national holidays and historically significant dates, including events of September 11.

With personal messages from President Trump, Secretary of Defense Patrick Shanahan and others, the bell was rung proudly by San Diego Medal of Honor winner Robert Madrzejewski and Jay Vargas, as well as veterans from all military conflicts including WWII, the Korean War, Vietnam War, Desert Storm and the Afghanistan/Iraq War. San Diegans are welcome to visit the bell at the museum and ring it in honor of a friend or loved one that has served in the U.S. armed forces. Esteemed guests included San Diego Mayor Kevin Faulconer, Founder of the Spirit of Liberty Foundation, who created the bell.

(Photos courtesy San Diego Zoo)

San Diego Uptown News May 17-30, 2019 sdnews.com

 sdnews.com
trans and nonbinary San Diegoans, and the San Diego LGBT Community Center (The Center) to address the needs of the community.

However, there is one major caveat to the NCITE study: it is based on what police and public records are made publicly available. SDPD said they have trained officers on how to interact with transgender people since 2014 in training bulletins entitled “Interaction with Transgender Individuals” and “Transgender Employees.” However, those materials are currently private.

In a statement, SDPD said, “We provide our officers extensive LGBT training in the police academy and continued ongoing professional training, which includes state-mandated training. All of this training occurs throughout our police officers’ careers.”

According to the SDPD statement, new officers tour the LGBT Center and representatives from The Center have visited recruit training to train officers on LGBT-related matters and cultural competency.

Uptown News reached out to The Center and representatives from The Center said they did not respond to repeated calls.

SDPD touts its emphasis on community policing and engagement, especially through its community liaison officers. Surwilro is in charge of outreach to the Western Division, which includes parts of Uptown, but there are also officers dedicated to LGBT matters. The SDPD statement said the responsibilities of LGBT Liaison Lieutenant Daniel Meyer and Transgender Liaison Officer Christine Garcia “include being on call for the LGBT community 24/7, responding to and addressing LGBT-related community concerns, working closely with the LGBT Center/SDPride organization and many other community groups as well as managing a chief’s advisory board.”

For some members of the transgender and nonbinary community who have had negative experiences with police, the presence of these officers, as well as the training bulletins, have done little to mitigate the harm they face.

“They’re neither sensitive to being black or being trans,” Adrian Scott said. “I think they think because they congratulate themselves for having a trans cop that that’s enough. They have trans training, ethnicity awareness and general knowledge of the law training.”

Scott is a nonbinary individual who lives Downtown and has frequent interactions with police while riding the Metropolitan Transit System (MTS). In an alteration two months ago over a $2.50 MTS ticket, Scott said one of the contracted Transit Security Services officers called them “Sir” repeatedly while restraining them, at the behest of an SDPD officer.

“I said, ‘I ain’t no dude.’ The [SDPD officer] that was telling the MTS officer it was okay to restrain me, said something like, ‘Don’t care what you are. I’d put my hands on you too if you went in my face.’” Scott said. Scott, who identifies as neither male nor female, presents as more masculine but is still designated as female on their ID.

According to Scott, the MTS officers pushed them against an information board while other officers took their bag and wallet from their pocket.

“We had a big fight. I saw my ID, I heard two of them in the back joking about it,” Scott said. After being pushed against the wall and the confrontation ended “with one of them handing me back my ID with a smirk saying ‘ma’am.’” My friend thought I was going to get shot.

The transgender and nonbinary communities also often overlap with groups that feel marginalized by police, including people of color, individuals with mental illnesses and other disabilities, as well as people who are low-income or homeless.

A local Hispanic queer man, who wanted to stay anonymous, told Uptown News he was the victim of police brutality in February 2012. His journal entries at the time of the incident detail being pepper-sprayed, dragged in a parking lot, slammed against a police vehicle and passing out. He said he did not receive medical care for his eyes and bruised body until being released from custody the next day.

The anonymous source did not identify as transgender at the time of the incident, but it has still colored his view of SDPD ever since.

see Police, pg 11

Local scholar wins hat trick of prestigious national awards

With summer break fast approaching, some students are slowing down a bit.

Not City Heights resident Saw Paw Kay. He is ending the school year with a bang, racking up three major awards for his community engagement and academic excellence. The sophomore at e3 Civic High was awarded an Honorary Certificate for the Princeton Prize in Race Relations, a scholarship from the American Civil Liberties Union to attend the weeklong Summer Advocacy Institute in Washington, D.C., and a full semester study with the School of Ethics and Global Leadership, also in Washington, D.C.

“We are so proud of Saw Paw,” said Dr. Helen V. Griffith, executive director of e3 Civic High, a public charter school located in San Diego County.

“Saw Paw is a Karen refugee from the Mae La refugee camp located between the borders of Myanmar and Thailand. The young teen talked about what his people went through. ID: ‘My Karen people were forced to flee from their original home country, Myanmar, due to one of today’s longest civil wars that involved corrupt Burmese soldiers who mass-genoce my people,’ he said.

The City Heights teen is being recognized with the Princeton Prize in Race Relations for a project he launched in his community. “A Taste of Culture” is a monthly event in which members of the multi-cultural City Heights community gather to learn about a specific region of the world and sample its cuisine from a mother-son cooking team in the neighborhood. Saw Paw brought his mother on board to help with the inaugural event:

A Taste of Karen, his ethnic background.

“Most people have never heard of the Karen people, who live in Southeast Asia, in the mountains of Burma. This was a way of raising awareness about my culture by sharing our history, food, and journey to the United States,” he said. “I learned a lot from my mom, too. People were really moved and started comparing our food and culture to their own people.”

Saw Paw spent the first five years of his life in a refugee camp in Thailand after his family fled from Burmese violence against the Karen people, a persecuted ethnic minority in the country renamed Myanmar.

Saw Paw’s two scholarships to the prestigious summer and fall programs in Washington, D.C. were awarded for the scholar’s academic performance and community engagement. He says he looks forward to learning more about political activism to help shape public policy and foster positive foreign relations. “These programs will help change me so I can bring positive change to the world.”

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The road to enlightenment may be paved with good intentions, but for high-end yogawear manufacturer Jojomon (not much interested in enlightenment), the road to riches seems laden with stress.

Still, Jojomon is doing well under the frazzled head of recently hired CEO Joan (Jo Anne Glover), thanks in part to inflated clothing prices like $200 for a pair of lavender-scented yoga pants. Any perceived resemblance between Jojomon and Lululemon is strictly intentional.

Joan has recently had to try to distance the company as quickly as possible from costly gaffes like founder John’s infamous comment that women who complain that Jojomon’s pants are too see-through may just be carrying around excess poundage.

Moxie Theatre’s current offering, Dipika Guha’s “Yoga Play” takes great delight in out-lining (and messing with) the intersection between Eastern philosophy and Western capitalism. But rest assured that this is no dry dissertation on ideals vs. money. “Yoga Play” is funny — laugh-out-loud funny.

In an attempt to derail any residual resistance from John’s comment, Joan comes up with a revolutionary idea: adding size to its line to its line. After a weak complaint that the clothing line is “aspirational,” John greenlights the idea and a new factory in Bangladesh is contracted.

But soon thereafter, a new disaster looms: the BBC airs a segment stating that the factory is a sweatshop hiring mostly children, many as young as 9 years old.

This calls for another Joan fix.

In the executive meeting with Raj (Sri Chilukuri) and Fred (Albert Park), you can almost see Joan’s brain about to explode as she deals with this potential business disaster.

Her solution: Jojomon will import a real live guru to calm the waters and purify the company’s image. And perhaps reestablish their fading authenticity.

It gets crazier and funnier from there, as staff prepares for the guru’s arrival and Raj takes yoga lessons from an unbelievably limber (and lovely) Romola (Tamara Rodriguez) so Jojomon won’t seem totally — how shall I say it? — inauthentic.

Moxie’s associate artistic director Callie Prendiville makes an impressive directorial début here, keeping all the balls in the air and the stress under control.

It’s a real pleasure to see Jo Anne Glover back on stage. She is the perfect Joan — capable, determined and totally stressed out. She’s the one who needs yoga lessons (don’t be fooled: Glover is a yoga expert in real life).

Sri Chilukuri is a welcome new face on the Moxie stage. His Raj is funny (especially when he tries to learn some yoga poses from Tamara Rodriguez). And when Raj and Albert Park’s Fred are called upon to speak Hindi (which neither knows) — well, it’s a gas.

Much of the dialogue takes place on the phone, and Matthew Salazar-Thompson and Rodriguez share seven phone characters splendidly. Kudos to set designer Divya Murthy, who manages to get both businesslike and more spiritual looks on opposite sides of the stage.

Lighting and sound are well handled by Christopher Renda and Matt Lescault-Wood.

East and West have always met rather uneasily. That’s true here, too, but in “Yoga Play” it’s also fun.

—Jean Lowerison is a long-standing member of the San Diego Theatre Critics Circle and can be reached at infodame@cox.net.

The yoga wear company in troubled waters turns to a guru for help in “Yoga Play.” (Photos by Daren Scott)

The details

“Yoga Play” plays through June 2, 2019 at Moxie Theatre, 6663 El Cajon Blvd. in the College area. Thursday at 7:30 p.m.; Friday and Saturday at 8 p.m.; Sunday at 2 p.m.

Tickets: 858-398-7620 or www.moxietheatre.com

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Friday, May 24

Friday, May 24

Saturday, May 24

Saturday, June 1

Saturday, June 1

National Cheese Day
Men's Greek Fusion, located at 345 Sixth Ave. in the Gaslamp Quarter, will celebrate National Cheese Day with special 'made with melted mozzarella cheese' themed dishes. Tickets are $100 and may be purchased at bit.ly/7udFt1.

Avolution Fest
The second annual Avolution Fest is back and better than ever! Meet Us Downtown on Thursday, June 25, 2019! This is a one-day immersive experience celebrating all things avocado with live music, art, cocktails and drinks at Broadway Pier in Downtown San Diego. 4-10 p.m. Proceeds by Tim Leman (bit.ly/2GwDeGz) end at 5 p.m. Last Kings of Comedy will perform at 8 p.m. and St. Lucia at 8:30 p.m.

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Uptown Crossword

Clues Across:

Clues Down:

FROM PAGE 1

STARTUP

Startup Week is wholly inclusive and supportive,” Mauzeralle said, pointing out one of the reasons she appreciates the networking opportunity. “The business world can be competitive, yet at Startup Week, there is a feeling of camaraderie that pervades the event.”

San Diego Startup Week — or, as it sometimes is known, SDSW — is an offshoot of Startup San Diego, the nonprofit organization that provides resources throughout the year to the city’s entrepreneurial community. Last year’s event drew over 3,000 people and more are expected this year.

This year’s SDSW, under the theme, “We Are San Diego,” kicks off Tuesday, May 28, and runs through Sunday, June 2.

Daniel Goldstein, co-founder of the startup Trust & Will, has been attending SDSW in recent years. Goldstein, who also lives in Uptown, said he has benefited from the program and looks forward to what’s ahead this year.

“It is designed to grow our whole ecosystem, and I’ve seen so many people benefit from the teaching, mentoring, networking and overall attitude,” Goldstein said of SDSW.

San Diego is home to more than 400 startups and as San Diego continues to show it has the chops to embrace the startup culture that long has epitomized Silicon Valley, Goldstein said platforms such as SDSW help raise awareness of the growing trend.

“SDSW helps our city embrace entrepreneurship and give people stepping stones for next steps in their own journey,” he said. “I am honored to have been part of it the past few years, and I hope to contribute and learn in the coming years.”

This year’s program, in its seventh year, will be held at multiple venues across the region, including the San Diego Convention Center, MCE creative office space in Carlsbad and Border X Brewing in Barrio Logan.

Across the border, a portion of the program also is slated to take place in Tijuana with sessions focused on networking and binational partnerships.

Mia Mian, a former North Park resident, serves as co-director of SDSW and holds the distinction of being its first female leader. As she looks to this year’s program, Mian said “quality and inclusion” are among the takeaways she hopes participants gather as they attend this year’s program.

“We hope that this is an accessible and enriching experience for all of our attendees, from space to content to the connections they make and get to foster through the year,” Mian said.

In a statement provided to Uptown News, Jarrod Russell, executive director of SDSW, said this year’s program serves as recognition of its growth since the first offering was rolled out to the startup community in 2012.

“It truly is remarkable what the San Diego community has achieved through this grassroots effort,” Russell said.

In the statement, Russell also said the program’s “incredible volunteers, sponsors and community partners … make SDSW possible.”

Final details are being polished as the countdown to May 28 draws closer, but Russell and other organizers plan on showcasing more than 150 events across the 6-day event, with experts offering insight in a disparate number of topics. Among them: the ins and outs of entrepreneurship, sales and marketing, biotech, venture and capital.

All told, Russell said thousands of entrepreneurs, developers, designs, investors, strategic advisors, community leaders and talent are expected to take part in this year’s SDSW.

For full details on this year’s SDSW, visit sandiegostartupweek.com.

—Dave Fidlin is a freelance journalist with a special affinity for San Diego and its people. Contact him at dave.fidlin@thinkpost.net.

Uptown Crossword

Classics

Clues Across:

Clues Down:

Sudoku Puzzle

Enter digits from 1 to 9 into the blank spaces. Every row must contain one of each digit. So must every column, as must every 3x3 square.

Puzzle answers on page 18

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Children play in grass along Park Blvd. during an outreach event held by New Vision Church (Photo by Kendra Sitton)

FROM PAGE 1

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Ward’s office said details of a potential community forum or roundtable are still being worked on, as “Councilmember Ward wants to ensure that any guidelines developed or reinforced are modeled after nationally-recognized best practices and shaped by our transgender and nonbinary communities.” In addition, SDPD is working to make public the current training materials.

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FEATURES / NEWS

FROM PAGE 20

African penguin colony produces its first chicks

The San Diego Zoo’s animal care staff is celebrating the arrival of two new African penguin chicks at the Dan and Vi McKinney Penguin Habitat, located inside Conrad Prebys Africa Rocks. The fluffy pair of two-month-olds are the first chicks hatched at the Zoo from eggs laid by the colony’s resident penguin couples. They are named Doug and Barbara in honor of Douglas G. Myers, president/CEO of San Diego Zoo Global, and his wife Barbara Myers. Their arrival marks an important milestone for the Zoo’s breeding colony — and adds two new individuals to this endangered species’ worldwide population.

Doug and Barbara hatched in March from eggs laid by adult penguin pairs Norrine and Simon, and Danny and Malloy. Shortly after hatching, animal care staff began working diligently with the chicks, getting them used to human interaction. Staff said this early hands-on training is vital to providing effective husbandry care to the birds and the youngsters will be reintroduced into the colony within the next few weeks.

“Doug and Barbara are sweet, amazing birds and we want them to feel safe,” said Debbie Denton, keeper at the San Diego Zoo. “We work with them while they’re young because it helps them be comfortable around us when we feed them, do health checks, or change their name bands.”

The African penguin is listed as Endangered on the International Union for Conservation of Nature (IUCN) Red List of Threatened Species. A (H5N8) virus, habitat degradation and predation by seals, sharks and land-based predators — contribute to a continuing population decline.

San Diego Zoo Global participates in the Association of Zoos and Aquariums’ Species Survival Plan® program for these endangered aquatic birds and partners with the Southern African Foundation for the Conservation of Coastal Birds to help facilitate conservation programs in Southern Africa.

Doug and Barbara’s story will be featured on the San Diego Zoo’s first-ever reality television-style web series, called “Penguin Beach.” The new episodic show — scheduled to premiere this summer on Facebook, YouTube and the San Diego Zoo Kids channel — will focus on the dramatic, humorous and often unexpected social dynamics of the San Diego Zoo’s colony of penguins. Viewers will also learn about the many facets of penguin life, including their individual personalities, and how they handle conflicts with their mates and their neighbors.

San Diego Zoo animal care staff will provide insightful commentary, addressing “drama” in the colony while offering expert clarification on these birds’ natural behaviors.

(Author's Note)

Debbie Denton sits with Doug and Barbara.

Hillcrest resident named Cool Woman by Girl Scouts San Diego

Girl Scouts San Diego honored Hillcrest resident Nancy Jamison during its Cool Women of 2019 luncheon and ceremony on March 29. Proceeds from the 19th annual event will support programs that help Girls Scouts use their voices, develop a strong sense of self, step outside their comfort zones, and build resilience.

Jamison — a Girl Scout alum — retired in January from San Diego Grantmakers after 13 years as president and CEO. She has served on the boards of several nonprofit organizations, and often speaks to audiences about strategic approaches to philanthropy that address social issues on a systemic level.

“By shining a spotlight on these extraordinary Cool Women, we are inspiring today’s Girl Scouts to reach their own potential,” said Girl Scouts San Diego CEO Carol M. Dedrich. “Girl Scouts is the best place for girls, wholly devoted to preparing the next generation to lead, guide and inspire a better world,” added Jamison. “Clearly, Girl Scouts is preparing this girls’ leadership vision.”

The Cool Women Class of 2019 were selected for their potential and outstanding achievements that are already making the world a better place. The 43 teens completed an orientation session that included training in networking skills, business etiquette, and the basics of personal branding. In addition, they spent the morning of the Cool Women event participating in a mentoring workshop with Cool Women and other highly accomplished professionals.

Five of the Emerging Leader Girl Scouts introduced the five Cool Women honorees on stage at the program. Each girl had met “her” Cool Woman during a one-on-one meeting. Emerging Leader Alina Ho presented Jamison. “Listening to Nancy Jamison speak from the heart while drawing from her vast knowledge edge opened me up to new perspectives and understanding of social issues,” Ho said.

Jamison was equally impressed with Ho and the other Emerging Leaders. “These young women have the character and conviction to make the world a better place,” declared Jamison. “Clearly, Girl Scouting is preparing the next generation to lead, guided by principles of innovation, collaboration, inclusion and justice.”

Once one of southern Africa’s most abundant seabirds, the species has suffered a massive population decline—from an estimated 1 million breeding pairs to only 25,000 breeding pairs today, a population decrease of more than 60% in the past 28 years. Historically, penguin eggs and guano were commercially harvested, which had a devastating effect on the population. Although both practices were abolished toward the end of the 20th century, other threats — including a lack of readily available food due to overfishing, climate change, oil and marine pollution, the emergence of avian influenza — continue to decrease the species’ population.

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