Downtown resident advocates for safe streets

Jennifer Hunt on her bike in Downtown San Diego (Photo courtesy Jennifer Hunt)

San Diegans may be noticing the changing landscape of the streets around them as the city, which for so long prioritized cars and fast commute times, is now transitioning to “complete streets” — meaning buses, bikes, pedestrians, and yes, cars, share the road. Already, J and Beech Streets have debuted protected bike lanes. El Cajon Boulevard will soon get a bus-only lane. More projects to improve transportation options are on the way, with bikeways planned throughout the county so that there will someday be a network of safe and convenient bike routes that connect different areas, much like freeways function for cars.

San Diego legislators have gotten behind these efforts to meet

Girl power paints Downtown

VINCE MEEHAN | Downtown News

At the end of September, Downtown will be graced by a contingent of female artists from around the world who will be painting large murals at key outdoor locations in East Village. Dubbed the “Ladies Who Paint Mural Walk,” this free, seven-day event will kick off on Saturday, Sept. 28, and wrap up on Saturday, Oct. 5. The inaugural all-female mural walk will serve as a showcase for women muralists who often do not get the same opportunities or recognition as their male counterparts. This event will also serve as a retreat of sorts for the artists, who will be put up in a beach area Airbnb and pampered for the week they are in San Diego. The artists hail from countries such as Brazil, Canada, France, Australia and New Zealand, as well as from U.S. cities such as New York, Dallas, Atlanta and even San Diego. Attendees can expect to see a wide range of mural types and watch the creative process.

SEE PAINT LADIES, Page 6

San Diego Symphony’s dream comes true

DELLLE WILLETT | Downtown News

On August 14, 2019, the San Diego Symphony board of directors unanimously voted to begin construction in September on Bayside Performance Park, a highly anticipated, permanent, architecturally and acoustically innovative concert venue.

Said Martha Gilmer, San Diego Symphony CEO, “The San Diego Symphony has dreamed of a...
Golden Hall continues to shelter homeless families

DAVE SCHWARZ | Downtown News

The special needs of families and single women are being addressed at a recently minted shelter at Golden Hall downtown operated by Father Joe’s Villages. That shelter, along with two other existing bridge shelters, recently had its funding extended for another year by San Diego City Council. “This is all run by Father Joe’s, staffed by us and funded by the city,” said Garrett Williams, a Father Joe’s outreach worker during a recent tour of the Golden Hall shelter. “There are 100 beds for families, 25 beds for single women. We provide three hot meals a day. There are common areas, laundry facilities, security guards. The facility is staffed 24/7.”

“The decision to keep the shelter for families and single women at Golden Hall was unexpected,” said Bill Bolstad, Father Joe’s chief revenue officer. “We continue to believe that greater proximity to the comprehensive services at our main campus (1501 Imperial Ave.) is in the best long-term interest of the families we serve. We remain committed to meeting the needs of women and families who are homeless as effectively as possible in the current Golden Hall location.”

Myra, 28, is one of many women who’ve been given a chance to get back on their feet and receive social services since the Downtown Golden Hall shelter opened in May.

An unwed mother at age 16, Myra dropped out of high school and has been struggling to take care of her family ever since. She talked about how she came to be at the Golden Hall shelter.

“I had my job and two kids just renting with a friend and we started disagreeing and not getting along,” said Myra, adding her situation had become intolerable. “A girl told me Father Joe’s helps you out with child care and you don’t have to pay rent (temporarily). I’ve been struggling for 10 years. I asked, ‘Where are you God? This is too much.’

“I wanted to move forward,” concluded Myra, describing the Golden Hall shelter as “paradise” compared to what it would be like to be homeless on the street.

Even so, Myra acknowledged. “You can see a lot of hurt, how frustrated people can get. They don’t understand what’s going on.”

Women like Myra are being assisted at Golden Hall through the People Assisting The Homeless program. PATH is ending homelessness for individuals, families, and communities by building affordable housing and providing supportive services.

PATH San Diego’s Connections Housing is a partnership that brings a variety of agencies together under one roof to meet the many needs of the Downtown homeless. PATH is also the lead agency providing the services and operations for Connections Housing. In San Diego, a variety of services for the homeless are provided including employment, outreach, housing navigation, interim housing, rapid rehousing, and permanent supportive housing.

With the help of case workers at Father Joe’s in the shelter, Myra’s situation has become more manageable.

“PATH helps people work through their problems and issues until they leave when they get permanent housing,” said Williams of Father Joe’s. “PATH connects people with housing, provides 24 months of case management. That’s sitting down with them on a regular basis, reviewing their budgeting, helping them find a job.”

Added Williams. “PATH helps subside rent (for clients) with their budgets, determining how much of a subsidy is going to be provided. It’s very flexible.”

Of Myra’s situation, Williams said, “Our main priority was to get her into housing and make sure she’s eventually able to exist on her own — and support her in every way possible.”

Myra has now graduated from Golden Hall, is successfully living in her own apartment, and has gone back to school and gotten her GED.

“I’m grateful they’re helping me and it’s good,” Myra said. “I got closer to God. I know he has something better for me.”

Regarding his role in outreach, Williams said, “It feels good to help people. But there are so many people to help. It does get a little chaotic. It’s hard not to be emotionally connected.”

You see a lot of hardship, a lot of suffering,” continued Williams adding, “It’s cases like Myra that make it all worthwhile. You see they’re able to graduate from school and get out of a shelter situation, moving toward a more stable environment. It’s a good way to be.”

Deacon Jim Vargas, Father Joe’s president/CEO, noted the city-owned Golden Hill shelter for women and families was opened after Father Joe’s Villages...
Healing the civilian-military divide

GI Film Fest explores returning from war across generations

KENDRA SITTON | Special News

The fifth iteration of the GI Film Festival San Diego, which is taking place from Sept. 24-29, does not have a stated theme outside the festival’s purpose: showcasing films created by, for and about military service members and veterans. Still, the selected feature films, documentaries and shorts have a connected through-line.

“A lot of the films, and specifically ‘Homemade’ and ‘Take Me Home Hurry,’ have to do with healing from war,” said Lisa Marcolongo, a member of the Advisory Committee for the GI Film Festival San Diego. “We’re still at war and our active duty and our veterans and their families are still healing from war.”

“Homemade” is a documentary film following a combat veteran and his family for six years as he struggles to reintegrate to civilian life. Its world premiere is at the Museum of Photographic Arts on San Diego Downtown News.

“We really wanted [the film] to feel like you were on the inside and that you were a part of Adam and Victoria and their family’s life,” said director Danielle Bernstein. “The film itself is grounded in empathy, with the directors behind the cameras describing their subjects as close friends. Each time they visited Adam Sorenson as he navigated life after war, they worried first about making sure the family was going to make it as Sorenson battled addiction and health issues, and second about filming.

“The Man in the High Castle.”

“There’s no need for a secondary device or input switch,” said Suzanne Schlundt, vice president of field marketing. “With Contour’s other integrated apps including Netflix, YouTube and iHeart Radio, all you have to do is speak into your voice remote control and say things like ‘Prime Video’ or ‘Mrs. Maisel,’ and Cox Contour will take you to your Prime Video programming.”

Prime Video can also be accessed in the “Apps” section of the Contour guide.

“Contour has become one of the most innovative platforms in cable,” said Schlundt. “By adding the Prime Video app to Contour, Cox continues to make it incredibly easy for customers to access all the programming they love in one place.”

Popular Prime Video TV shows include:

“The Marvelous Mrs. Maisel” (2 Seasons)

This winner of eight Emmy Awards tells the story of Midge Maisel, a perfect 1950s housewife with two kids whose life gets turned upside down when her husband leaves her. Instead of falling to pieces, Midge surprises everyone she knows by taking the stage and becoming one of New York City’s most colorful stand-up comics.

“Hanna” (1 Season)

Based on the 2011 film of the same name, “Hanna” is a brooding thriller about a young girl raised by her father in isolation in the woods and trained to be a lethal assassin. Thrust into the real world with no sense of social normalcy, Hanna skillfully dodges an off-book CIA agent while searching for the truth about her identity.

“Jack Ryan” (1 Season)

This political action thriller follows CIA analyst Jack Ryan, a character from Tom Clancy’s well-established “Jack Ryan” series, who is pulled up to the safety of his desk job to work in the field.

“Doctors who work with military said, ‘Wow, this is incredibly insightful because it is all the people that we’ve treated, but it’s what happened before they walk through our door.’ They have never even gotten to see that part of the story. [They have] just seen them afterwards.”

Maris explained.

Maris said, “It’s been very effective in igniting the kind of dialogue that we want to have around these issues.”

To continue that discussion, they will be a part of a panel, alongside stars Adam and Victoria, after the screening of “Homemade” at the festival. The local artists featured in the 2017 Emmy-award winning documentary “Take Me Home Hurry” will also be speaking at the event.

According to the U.S. Department of Veterans Affairs, it is estimated that approximately 7.3 million Americans who served during the Vietnam War from 1964 and 1975 are alive today. However, many Vietnam War-era veterans do not share their stories or experiences, and are affected by PTSD.

“In this case, the art became a catalyst for conversation at theGI Film Fest and re-started a conversation and allowed these veterans to open up and talk about it that they’ve never talked about,” Maloney said.

Maloney decided to embark on the project after he turned another helicopter into a sculpture.
The 34 films in this year’s film fest will be shown over six days, primarily at the Museum of Photographic Arts and UltraStar Cinemas at Hazard Center. Tickets and the full schedule are available at gifilmfestivalsd.org.

—Kendra Sitton can be reached at kendra@sdnews.com.

Review: ‘Dance Nation’

JEAN LOVERSON | Entertainment Writer/Reviewer

I have always considered dance, like music, a civilizing force in the world. But Clare Barron’s “Dance Nation” (a 2019 Pulitzer Prize finalist) disabused me of that notion, at least when it comes to competitive dance. Picture yourself somewhere in small-town Ohio, where dance teacher Pat (Daren Scott) is trying to ready the seven girls and one lone boy in his troupe for a dance competition that could eventually lead to dance nirvana for them — a trip to Tampa for the national competition. But first they must win three preliminary rounds.

The conceit of the play depends on the audience imagining a cast of 20-to-60-year-old dancers on the stage are all about 13, and that they are as serious about wanting to be professionals as Pat is. Unlike singing (which many like me managed to do non-competitively and quite happily at that age), these girls and boys are so serious about winning that the fangs (literally) will come out, though at least they don’t resort to tripping each other.

Pat is by turns snarky and encouraging, but let’s face it: he wants this team to win as much for himself as for them. Luke (played by Eddie Yaroch) — especially amusing as the lone boy drowning in the sea of female hormones surrounding him.Moxie Theatre’s artistic director, Jennifer Eve Thorn, helms this crazy, unsettling, amusing tour through early female adolescence, which plays through Sept. 15.

Pat has choreographed a dance about Gandhi and resistance. So who will dance Gandhi? Several (probably all) of the girls want the role. But there is a talent hierarchy: the uncontestted best dancer is Amira (Wendy Maples). The worst is Zuzu (Joy Yvonne Jones), who looks most like a dancer (and like a winner). But Connie (Farah Dinda) — who has the right look and demeanor — gets the nod. Pat, who seems to like Zuzu despite her evident lack of talent, adds another character — the spirit of Gandhi — and gives that role to Zuzu.

“Dance Nation” is set in a dance world, but it’s really about ambition, desire and finding oneself in the often confusing teen world. In between rehearsals, injuries (Vanessa is lost to injury in the first scene) and the excitement and terror of competition, these girls will have conversations about puzzling issues like masturbation, circumcision and having one’s first period, not to mention the SATs and how to nail the math section, and pondering whether being the best — or dance or anything else — is even a good thing.

Amina speaks for teacher’s pets everywhere when she says, “Sometimes I think I want to lose… Like I feel I hurt people just by existing.”

It’s a whirlwind of a play about confidence and its lack, building a team, wondering what’s going on in a teen girl’s body — and dancer moms, three of whom (all played by Sarah Karpicus Violet) show up to “help.”

This West Coast premiere boasts excellent acting all around, and fine direction by Thora. She’s helped by Reiko Hoffman’s movable, sectional set design, Kate Bishop’s costumes and fine lighting and sound design by Nate Parde and Lily Voon.

Each girl has a definite personality, and no shyness at all in talking about her physical attributes. Ashlee (Andrea Agosta) goes on a monologue rampage about her “epic ass.” Sofia (Sandra Ruiz) is all ready until she freaks out at the sight of her first period. There’s even a confidence-building bit about the “perfect” p-word that all the girls claim.

In a sudden time shift, Lia Anne Rosenthal gives us a glimpse of the adult that Maeve will become.

“Dance Nation” has a lot of vulgarity and sexual language, so don’t bring the very young. But if you were a child dancer — or know someone who was or is — this will either validate what she knows or give her a different impression about the art of competitive dance.

—Jean Loverston is a long-standing member of the San Diego Theatre Critics Circle and can be reached at infodame@gmail.com.

(Photos by Daren Scott)
Performance Park will provide a permanent bayside venue for many years and we share this hope with all the residents of San Diego... We are elated to bring this dream to reality and do something fun in San Diego,” Cornog said. “We also feel that the weather here is the best for painting, we have bayside views, housing around. There are other cities like Philadelphia and Boston, but they can only paint three months out of the year. Our goal is to empower women by bringing 10 female artists from around the world and have them each paint a large mural in the East Village. And if all goes well, we’ll love to have it in action.

A promotional mural was painted back in May on the Dog Days pet care building on the corner of F and 11th streets to promote the event. This also acted as a catalyst for a social media campaign, which is instrumental in the success of the project. The event’s goal is to raise $60,000 to cover the event operational expenses, which include airfare for all the artists, housing and all meals during the week. Also covered are equipment costs that include lifts, ladders, transportation, and painting supplies. In addition, they are actively seeking sponsors for the event. Eventually, the festival will go to a local nonprofit that benefits at-risk women in San Diego.

Current major sponsors include the Port of San Diego, which is helping secure walls for the murals, and the surf clothing/sandals company Reef, which is providing housing for the artists at a beachside Airbnb. While in San Diego, the artists will be treated to dinner events, surf lessons and transportation for the week they are here.

“We wanted to create a spa-like experience for the girls while they are here,” Cornog said. “Small things like providing beaches for the girls to chill while introducing them to the symphony to present a wider variety of musical presentations. We’ve had spray paint, stencils, typography, realism, so it’s going to be fun to see all these bright, different things pop up,” noted Prima. “They all have great social media followings so it’ll be a wonderful thing when they’re posting about all the great art that’s being done in San Diego and that goes back to Paris, it goes back to New Zealand and places all over the world, but it really gets us global recognition.”

For more information, visit ladieswhoopaint.org, or email hello@ladieswhoopaint.org, or Instagram @ladieswhoopaint, or email @ladieswhoopaint.

—Vince Merhan can be reached at vmerezneh@gmail.com.

With a seating capacity of up to 10,000, Bayside Performance Park will be part of the over 200-acre site at the Embarcadero Marina Park South and the park will be open to the public during non-event hours, or 85% of the year.

Through its flexible seating plan, expanded performance opportunities, and improved park facilities and access, it will offer the community an unparalleled outdoor park and concert experience.

Port of San Diego’s Board of Directors has plans to use improved and environmentally sustainable landscaping to create a connected experience throughout the Embarcadero Marina Park South. “We focused the site design not only on the performance venue but also on an ethos of continuous public access and engagement with the rest of the park space,” said Matthew McLeod, partner at Burton Stein Architects. “This new outdoor performance venue will truly be San Diego’s answer to the Sydney Opera House: cultural icon and testament to our city’s commitment to the arts.”

The Bayside Performance Park project is being made possible through private philanthropy. While fundraising continues, the ability to break ground and begin construction now is possible because of many individuals who have been inspired by what this project will mean to San Diego and the region. Lead contributions include Donors to the project include Una Davis, and gifts from Joan and Irwin Jacobs and Ernest and Evelyn Rady.

Founded in 1910, San Diego Symphony is the oldest orchestral organization in California and one of the largest and most significant cultural organizations in San Diego. It performs for more than 250,000 people each season. For over 30 years, it has provided comprehensive learning- and community-engagement programs reaching more than 65,000 students annually and bringing innovative programming to San Diego’s diverse neighborhoods and schools.

In early 2018, the symphony announced the appointment of Rafael Payare as its music director; his first concerts as music director will occur in October 2019. Payare leads the orchestra’s 82 full-time musicians, graduates of the most sought and most celebrated music schools in the U.S. and abroad.

For more information, visit sandiegosymphony.org.

—Delle Willett has been a marketing and public relations professional for over 30 years, with an emphasis on governmental and philanthropy. While fundraising continues, the ability to break ground and begin construction now is possible because of many individuals who have been inspired by what this project will mean to San Diego and the region. Lead contributions included gifts from Joan and Irwin Jacobs and Ernest and Evelyn Rady.

Founded in 1910, San Diego Symphony is the oldest orchestral organization in California and one of the largest and most significant cultural organizations in San Diego. It performs for more than 250,000 people each season. For over 30 years, it has provided comprehensive learning- and community-engagement programs reaching more than 65,000 students annually and bringing innovative programming to San Diego’s diverse neighborhoods and schools.

In early 2018, the symphony announced the appointment of Rafael Payare as its music director; his first concerts as music director will occur in October 2019. Payare leads the orchestra’s 82 full-time musicians, graduates of the most sought and most celebrated music schools in the U.S. and abroad.

For more information, visit sandiegosymphony.org.

—Delle Willett has been a marketing and public relations professional for over 30 years, with an emphasis on governmental and philanthropy. While fundraising continues, the ability to break ground and begin construction now is possible because of many individuals who have been inspired by what this project will mean to San Diego and the region. Lead contributions included gifts from Joan and Irwin Jacobs and Ernest and Evelyn Rady.

Founded in 1910, San Diego Symphony is the oldest orchestral organization in California and one of the largest and most significant cultural organizations in San Diego. It performs for more than 250,000 people each season. For over 30 years, it has provided comprehensive learning- and community-engagement programs reaching more than 65,000 students annually and bringing innovative programming to San Diego’s diverse neighborhoods and schools.

In early 2018, the symphony announced the appointment of Rafael Payare as its music director; his first concerts as music director will occur in October 2019. Payare leads the orchestra’s 82 full-time musicians, graduates of the most sought and most celebrated music schools in the U.S. and abroad.

For more information, visit sandiegosymphony.org.

—Delle Willett has been a marketing and public relations professional for over 30 years, with an emphasis on governmental and philanthropy. While fundraising continues, the ability to break ground and begin construction now is possible because of many individuals who have been inspired by what this project will mean to San Diego and the region. Lead contributions included gifts from Joan and Irwin Jacobs and Ernest and Evelyn Rady.

Founded in 1910, San Diego Symphony is the oldest orchestral organization in California and one of the largest and most significant cultural organizations in San Diego. It performs for more than 250,000 people each season. For over 30 years, it has provided comprehensive learning- and community-engagement programs reaching more than 65,000 students annually and bringing innovative programming to San Diego’s diverse neighborhoods and schools.

In early 2018, the symphony announced the appointment of Rafael Payare as its music director; his first concerts as music director will occur in October 2019. Payare leads the orchestra’s 82 full-time musicians, graduates of the most sought and most celebrated music schools in the U.S. and abroad.

For more information, visit sandiegosymphony.org.

—Delle Willett has been a marketing and public relations professional for over 30 years, with an emphasis on governmental and philanthropy. While fundraising continues, the ability to break ground and begin construction now is possible because of many individuals who have been inspired by what this project will mean to San Diego and the region. Lead contributions included gifts from Joan and Irwin Jacobs and Ernest and Evelyn Rady.

Founded in 1910, San Diego Symphony is the oldest orchestral organization in California and one of the largest and most significant cultural organizations in San Diego. It performs for more than 250,000 people each season. For over 30 years, it has provided comprehensive learning- and community-engagement programs reaching more than 65,000 students annually and bringing innovative programming to San Diego’s diverse neighborhoods and schools.

In early 2018, the symphony announced the appointment of Rafael Payare as its music director; his first concerts as music director will occur in October 2019. Payare leads the orchestra’s 82 full-time musicians, graduates of the most sought and most celebrated music schools in the U.S. and abroad.

For more information, visit sandiegosymphony.org.
Union Bank rebrands as classic bank

KENDRA SITTON | September 2019

Union Bank welcomed local business owners who use their services to their flagship location in Downtown San Diego on Fifth Avenue to tout their updated in-branch experience and relaunch their brand. Among the business clients was Priscilla Webb, the 92-year-old co-owner of Julian Hard Cider; the San Diego-based S&P 500 medical device company ResMed; and Haddad’s co-owner Shane Hardin.

The campaign will include television, radio, outdoor and digital ads featuring the signature line “Your Details Matter” to emphasize the bank’s personalized experience.

Brian Milton, head of Deposits and Business Strategy for Union Bank, shared some of the products and services customers are actually asking for. Instead, they is not what the 15-year-old bank’s Echo. The reason? Milton said that voice-bank using their Amazon an Alexa app allowing people to navigate banking, as well as friends and family. A Personal Checking Account, which has been at the Fifth Avenue location long enough for local customers to appreciate the new, streamlined experience.

Milton explained that earlier this year, the bank rolled out a new product and three months later, when business clients said it was too complex, they quickly pulled it. In all, the process took the course of a few months instead of what would typically be a year of planning and then offering a newer version of an already disliked product.

In a more welcomed move, the bank is now offering a BankFreely personal checking account, which does not have monthly service charges, no minimum balance, no overdraft fees for overdrawn balances less than $5, and free ATM use. Milton said when people hear about the account, their first question is what’s the catch? However, the executive said the change actually makes sense because it creates a positive, long-term relationship between the bank and customers. Milton said banks do not actually make mon-ey from these fees, so getting rid of them helps build trust so people will invest or get their mortgage through Union Bank.

For Milton, moving away from nickel and diming customers makes him feel a lot better about being in the industry. Customers, too, have positive feedback — the Bank Freely account has become wildly popular since rolling out this spring and now business clients are asking for their own version.

Milton described this as a return to more classic banking, as counterintuitive as that seems. In response to the changes, Kiplinger named Union Bank as the best regional bank for the West in 2019.

—Kendra Sittion can be reached at kendras@sdnews.com.

All of the Union Bank employees from the downtown branch experience in their new apparel with a campaign sign behind them. (Photo courtesy Union Bank)
The debut of Layover on Sept. 7 on the fourth-floor deck of the InterContinental San Diego hotel gives way to a 15-seat all-white bar, a lounge area furnished with Adirondack chairs, and views of three airfields that are located at North Island Naval Air Station, the USS Midway, and San Diego International Airport.

The food menu is headed by executive chef Amy DiBlase and includes items such as duck steamed buns and local flounder ceviche. Brisk drinks are in the offering, such as dainty versions of classic cocktails and a variety of trendy concoctions sold in cans.

As part of its ongoing chef-collaboration series that benefits No Kid Hungry, Dog Haus Biergarten in the East Village is shining the spotlight on “Bubu’s hot chicken grilled cheese” sandwich throughout the month of September. It was created by chef and TV personality Eric Greenspan of the Los Angeles-based Bubu’s Birds and Burgers. The construct features a fried chicken breast dunked in chili oil and sprinkled with “angry dust.” It’s topped with American cheese, plus cheese sauce, coleslaw, and pickles — and tucked in four conjoined King’s Hawaiian buns. Priced at $10.99, Dog Haus will give $1 from every purchase of the sandwich to the effort of ending child hunger. 969 Yacht Ave., 619-501-9400, intercontinental-sandiego.com.

The Tokyo tradition of dipping noodles into soups and broths has splashed into a Downtown address that previously housed a few different ramen houses. Enter the recently opened Artisan Noodle Tatsuki, which specializes in thick dipping noodles (tsukemen) and extra-rich broths made on site. The intimate restaurant is the first solo project for chef Daki Tanaka, who trained at the acclaimed Tsujita ramen shop in Los Angeles.

What promises to be a “playful approach to Italian cuisine” is due to materialize in a couple of months with the arrival of Semola to the Little Italy Food Hall. The artisan express-pass concept will pair various cuts of scratch-made noodles to different sauces, ragus and pestos. Most of the dishes will be priced at $10 or less.

The hotel launched an urban beekeeping program in 2015 and has since been exploring ways to use the honey in food and beverage offerings. The whiskey appears to be a winner.

It was crafted in partnership with local San Diego distillery Malahat Spirits. It involves coating the inside of bourbon barrels with the honey, and then allowing the whiskey to age in them for six months. The tasting notes list hints of vanilla, caramel and honey. Served only in Marina Kitchen, supplies are limited, so order it while you can.

The hotel launched an anniversary seafood dinner on Sept. 12. A decadent chicken sandwich from the celebrity chef is available this month at Dog Haus. (Courtesy photo)

A vegan cafe with limited hours (for now) has opened in the East Village to the tune of sweet and savory waffle sandwiches and a variety of “waffle dogs” involving different types of meatless sausages swaddled in waffles and served on handy sticks.

“I’m only the 100% plant-based option in Downtown San Diego,” said Todd Anderson, who launched Spoiled Vegans Cafe in late August with his girlfriend, Samantha Aaron. The business operates as a pop-up from inside the Red Hat Coffee Tap Room.

“About 30 to 40% of our customers so far have been non-vegans and we’ve seen a lot of them return,” he added.

Spoiled Vegans is open from 8 a.m. to 2 p.m., Saturdays and Sundays. Anderson hopes to start serving customers daily by the end of the month.

440 16th St., 760-972-7342, spoiledveganscafe.com.

A fast-casual Mexican restaurant, which garnered Bib Gourmand distinction from California’s Michelin Guide, is lauded for its unique tacos made with high-quality and unconventional ingredients. Lola’s head chef, Drew Bent, has received numerous accolades over the past year by food critics and fellow chefs for developing the menu.

He will be joined at the event by Brad Wise of the Trust Restaurant Group; Davin Waite of Wrench & Rodent, Whet Noodle and The Plot; Wiley Elk of Mission Avenue Bar & Grill; and others. Tickets can be purchased through eventbrite.com under “Lola’s 5th anniversary fiesta,” 1290 F St., 619-542-9155, lola55.com.
abandoned its temporary bridge shelter at 14th and Commercial in April, to begin construction on 400-plus affordable housing units at that site.

“We moved people to Golden Hall with the intention of their being there three to four months, and that the city would go ahead with reconstruction of the tent shelter on 17th Street,” Vargas said adding, “we know there are still hundreds of people on the streets.”

The homeless task force’s Point-in-Time Count annual survey put San Diego County’s homeless total in 2019 at 8,102, down from both last year’s observed total of 8,576 and the 2017 total of 9,116. Vargas said that could be misleading.

“Every single person out there has not been captured in this count,” he said. “We know that last year, through our system, about 28,000 people who were homeless were served, in one capacity or another, through various entities. At Father Joe’s Villages alone, we saw 15,000 unique individuals last year.”

Vargas pointed out San Diego has the fourth largest population in the country, behind only New York, Los Angeles and Seattle. “New York has about 80,000 homeless, Los Angeles about 55,000 and Seattle has 12,000 to 15,000,” he said adding that San Diego, “needs the infrastructure to really address the size of the population.”

Vargas noted San Diego’s ongoing affordable housing shortage and rising rents are causing people to “hang on by their fingernails, lose their places and fall onto the streets.”

And families, children especially, are hard hit by the housing crunch and the homeless crisis. “These kids typically are developmentally delayed and have social and emotional problems,” Vargas said. “The goal is to be able to work with them to get them up to the level of their peers.”

Pointing out homeless children are at higher risk to become school dropouts and homeless themselves later on, Vargas nonetheless is encouraged because, “They’re very resilient. We work with kids from infancy all the way up to young transitional adults who are out of the foster care system, ages 18 to 25.”

Vargas is optimistic about the future of homeless intervention and treatment given the proper amount of money, infrastructure and services can be provided.

“We work closely with political, business and community leaders and there are a lot of resources coming down from all the various levels,” he said. “But we need to be smart about how we spend our precious dollars. We need a comprehensive plan. We need a framework within which to work.”
Jennifer bikes

Jennifer bikes are a pedestrian sometimes being killed while cars get safer for drivers (but not the people they run into).

Holding city officials accountable to their promises to build safe streets for all and combat climate change are several activist organizations, including Climate Action Campaign, Bike SD, Circulate San Diego, and San Diego County Bicycle Coalition.

One of the people ensuring the voice of cyclists is heard at City Council meetings and community planning groups as they consider any street or bike-related project is Jennifer Hunt, the advocacy coordinator for San Diego County Bicycle Coalition.

“If we can’t go to a certain meeting, we will make sure that somebody who’s representing cyclists will be at that meeting, so we do work together,” Hunt said during an interview at the coalition’s airy Downtown office. “It really takes a lot of the advocacy for her, as she originally worked in real estate selling housing. After three years, she decided she wanted to give back to her community in a bigger way. She described city planning as looking at the whole forest instead of a single tree.

Hunt grew up in San Diego. She began interning with the nonprofit a year and a half ago while studying city planning at San Diego State University. She enjoyed the work and eventually joined the five-person team that makes up the organization’s full-time staff.

“I interned here and I loved it so much. I’ve always been a big proponent for active transportation and having a healthy lifestyle, so using bikes is a part of that and just really being able to get around quickly. It’s quicker than walking and sometimes it’s quick-er than taking transit. So it just makes sense to have San Diego become more of a bike-friendly city,” Hunt explained. She herself uses a variety of transportation options to get from her Downtown apartment to the office on 15th Street. On most days, she chooses between biking and walking, while on the day we met she took a car because she had a meeting in Chula Vista to attend afterward.

Becoming an advocacy coordinator was a major career change for her, as she originally worked in real estate selling housing. After three years, she decided she wanted to give back to her community in a bigger way. She described city planning as looking at the whole forest instead of a single tree.

Hunt grew up in San Diego. She began interning with the nonprofit a year and a half ago while studying city planning at San Diego State University. She enjoyed the work and eventually joined the five-person team that makes up the organization’s full-time staff.

“I interned here and I loved it so much. I’ve always been a big proponent for active transportation and having a healthy lifestyle, so using bikes is a part of that and just really being able to get around quickly. It’s quicker than walking and sometimes it’s quick-er than taking transit. So it just makes sense to have San Diego become more of a bike-friendly city,” Hunt explained. She herself uses a variety of transportation options to get from her Downtown apartment to the office on 15th Street. On most days, she chooses between biking and walking, while on the day we met she took a car because she had a meeting in Chula Vista to attend afterward.

Becoming an advocacy coordinator was a major career change for her, as she originally worked in real estate selling housing. After three years, she decided she wanted to give back to her community in a bigger way. She described city planning as looking at the whole forest instead of a single tree.

Hunt grew up in San Diego. She began interning with the nonprofit a year and a half ago while studying city planning at San Diego State University. She enjoyed the work and eventually joined the five-person team that makes up the organization’s full-time staff.

“I interned here and I loved it so much. I’ve always been a big proponent for active transportation and having a healthy lifestyle, so using bikes is a part of that and just really being able to get around quickly. It’s quicker than walking and sometimes it’s quick-er than taking transit. So it just makes sense to have San Diego become more of a bike-friendly city,” Hunt explained. She herself uses a variety of transportation options to get from her Downtown apartment to the office on 15th Street. On most days, she chooses between biking and walking, while on the day we met she took a car because she had a meeting in Chula Vista to attend afterward.

Becoming an advocacy coordinator was a major career change for her, as she originally worked in real estate selling housing. After three years, she decided she wanted to give back to her community in a bigger way. She described city planning as looking at the whole forest instead of a single tree.

Hunt grew up in San Diego. She began interning with the nonprofit a year and a half ago while studying city planning at San Diego State University. She enjoyed the work and eventually joined the five-person team that makes up the organization’s full-time staff.

“I interned here and I loved it so much. I’ve always been a big proponent for active transportation and having a healthy lifestyle, so using bikes is a part of that and just really being able to get around quickly. It’s quicker than walking and sometimes it’s quick-er than taking transit. So it just makes sense to have San Diego become more of a bike-friendly city,” Hunt explained. She herself uses a variety of transportation options to get from her Downtown apartment to the office on 15th Street. On most days, she chooses between biking and walking, while on the day we met she took a car because she had a meeting in Chula Vista to attend afterward.

Becoming an advocacy coordinator was a major career change for her, as she originally worked in real estate selling housing. After three years, she decided she wanted to give back to her community in a bigger way. She described city planning as looking at the whole forest instead of a single tree.

Hunt grew up in San Diego. She began interning with the nonprofit a year and a half ago while studying city planning at San Diego State University. She enjoyed the work and eventually joined the five-person team that makes up the organization’s full-time staff.

“I interned here and I loved it so much. I’ve always been a big proponent for active transportation and having a healthy lifestyle, so using bikes is a part of that and just really being able to get around quickly. It’s quicker than walking and sometimes it’s quick-er than taking transit. So it just makes sense to have San Diego become more of a bike-friendly city,” Hunt explained. She herself uses a variety of transportation options to get from her Downtown apartment to the office on 15th Street. On most days, she chooses between biking and walking, while on the day we met she took a car because she had a meeting in Chula Vista to attend afterward.

Becoming an advocacy coordinator was a major career change for her, as she originally worked in real estate selling housing. After three years, she decided she wanted to give back to her community in a bigger way. She described city planning as looking at the whole forest instead of a single tree.

Hunt grew up in San Diego. She began interning with the nonprofit a year and a half ago while studying city planning at San Diego State University. She enjoyed the work and eventually joined the five-person team that makes up the organization’s full-time staff.

“I interned here and I loved it so much. I’ve always been a big proponent for active transportation and having a healthy lifestyle, so using bikes is a part of that and just really being able to get around quickly. It’s quicker than walking and sometimes it’s quick-er than taking transit. So it just makes sense to have San Diego become more of a bike-friendly city,” Hunt explained. She herself uses a variety of transportation options to get from her Downtown apartment to the office on 15th Street. On most days, she chooses between biking and walking, while on the day we met she took a car because she had a meeting in Chula Vista to attend afterward.
The Little Italy Association holds annual State of the Neighborhood on Thursday, Sept. 26

By CHRISTOPHER GOMEZ

Visit San Diego’s Little Italy on Thursday, Sept. 26, from 6:30 to 8:30 p.m. to take part in the neighborhood’s annual State of the Neighborhood event! On this special evening, the community will gather in the stunning 10,000-square-foot Piazza della Famiglia to hear chief executive administrator of the Little Italy Association, Marco Li Mandri’s presentation on the past, present and future of San Diego’s Little Italy. Mix and mingle with fellow neighbors, community members, business owners, residents and visitors in the heart of the neighborhood while learning about the latest happenings.

Hosted by the Little Italy Association, the annual State of the Neighborhood will keep attendees up-to-date on the neighborhood’s news, rich history, upcoming projects and exciting initiatives! Guests are encouraged to arrive by 6:30 p.m. as the presentation begins promptly at 7:15 a.m. and seating is on a first-come, first-served basis unless you purchase a VIP ticket.

All are welcomed to pick up dinner, snacks and beverages from Little Italy’s top eateries and bring it to the Piazza della Famiglia to enjoy during the informative presentation. In addition to the large selection of restaurants, breweries and cafes in Little Italy, guests can also grab beer or wine from the Little Italy Food Hall’s full bar, located in the public space, to enjoy in the Piazza during the presentation. The innovative, social dining concept has six food stations to choose from including Ambrogio5, Bobboi Natural Gelato, Mein St. Asian Station, Not Natos and Wicked Maine Lobster. Attendees can also enjoy coffee and pastries from Frost Me Bakery and Cafe before or after the event.

New to this year’s event will be an exclusive VIP ticket option, which will include select food and a beverage from the Little Italy Food Hall and reserved seating for the presentation. The Little Italy Association will announce VIP ticket pricing soon and they will be available for purchase on StateOfLittleItalySD.com.

The special night in the historic, urban neighborhood will be filled with great company, delicious food and a presentation directly from the Little Italy Association. This annual community event is the perfect opportunity to learn about all of San Diego’s Little Italy happenings.

Don’t miss your chance to spend an evening in this top San Diego community and celebrate the tremendous growth and revitalization Little Italy has experienced over nearly two decades!

To stay connected with Little Italy, check out what’s going on in the neighborhood by following the community on Instagram and Twitter: @LittleItalySD and Facebook: LittleItalySD.com. To learn more about what’s happening in the neighborhood, visit LittleItalySD.com.

—Christopher Gomez has been Little Italy’s district manager since 2000. Reach him at chris@littleitalyd.com.

Stellar Sounds Open-Air Concerts Presents Gino Vannelli Friday, Oct. 11 / 8 p.m. / Amici Park in Little Italy

VIP table seating (individual seating — four chairs to a table) $140/guest;
Includes individual seating at VIP table, early entrance to venue (6 p.m.), dinner provided by award-winning Buonino in Little Italy, drink service at tables, discounted parking at Washington Elementary School lots.

General seating: $70/guest; Individual seating (folding chair); enjoy food truck cuisine on site.

—Gino Vannelli is a living legend, and his live shows should be seen to be believed. Some things get better with age, and Vannelli is a living embodiment of that sentiment. Whether performing piano-voice concerts in theaters, singing before symphony orchestras in concert halls, accompanied by big bands or a pop ensemble — and all to throngs of enthusiastic fans — Vannelli remains impassioned and true to his art as ever. His standing as a powerful and innovative live performer — and his well-hewn musical skills as composer, poet, producer, arranger, and band-leader — keep his career rising to greater heights. Some highlights of Vannelli’s illustrious career include the following: 20 million records sold worldwide; first Caucasian artist to perform on “Soul Train”; performing with Stevie Wonder; and performing for Pope John Paul. Today Vannelli continues to perform worldwide — Mexico, South America, Asia, South Africa, and Europe are some of the areas to which he brings his musical talents and artistry.

ABOUT STELLAR SOUNDS OPEN-AIR CONCERTS

Stellar Sounds strikes the perfect balance between nostalgic and cutting edge. The concert series spotlights an eclectic lineup of classic and contemporary artists known for their enduring musicality, captivating narratives, and audience connections. Set against the enchanting backdrop of Amici Park — an urban oasis just steps away from Little Italy’s bustling business corridor — Stellar Sounds represents the unique convergence of culture, causes, and community that inspires Convivio’s mission.

Proceeds from Stellar Sounds benefit Convivio education, arts, and culture programs as well as benefit Convivio’s partner, the Washington Elementary School Foundation, for the school’s programs and its homeless and at-risk youth (30% of the school’s population).

—Convivio cultivates community and fellowship, advances Italian cultural identity, and fosters multicultural awareness in the arts and humanities through education and research, social enrichment, and innovative programming. Visit: conviviosociety.org Follow along: @conviviosociety (Facebook / Instagram / Twitter)
High frills at The Westgate Hotel’s afternoon tea

Restaurant Review

By FRANK SABATINI JR.

The stage was set for the formal British ritual many of us mistakenly call “high tea.” Crystal chandeliers twinkled overhead. Buttoned-up servers stood attentively on the sidelines. And a harpist perched yards away strummed angelic melodies as I sunk into a royal-blue couch fronted by a coffee table bearing scrolled feet and fresh flowers.

The plush furnishings and stately wall mouldings dominating the room put me squarely in the lobby of The Westgate Hotel, which tries in earnest to capture the courtly elan of Versailles. It is here where afternoon tea is served beginning at 2:30 p.m. Friday through Sunday.

If you’ve ever been to afternoon tea at The Savoy in London — an experience I’ll always cherish after partaking in it once — The Westgate’s charming version is the closest thing you’ll find to it locally.

Priced at $39 per person, a glass of crisp, dry Champagne or $42 including a glass of tea service: $39 per person, 619-238-1818, www.1055Second.com, The Westgate Hotel

Every item tasted luxurious. The ingredients were so fresh and refined that I wanted five more bites of each. Which leads me to address a common concern most have when delving into afternoon tea on an empty stomach.

Yes, you will fill up, although not enough to throw you into a slump. Would this be my lunch of choice if laying bricks or trimming trees all day? Definitely not. But the variety of items do add up, even if they look a little lonely on their trays at times.

My second course could have passed for dessert — and appeared scant. It featured only a small glassful of mixed berries crowned with whipped cream, plus a scone that was terrifically moist inside and crusty on the outside. A best friend to tea of any kind, it was blanked by thick Devonshire cream and homemade peach jelly.

The final set of trays were better inhabited. They contained petite, detailed confections such as mango cheesecake, which was bright-tasting and creamy, and coffee-kissed opera cake that was spongy and mildly sweet.

A Champagne starter (Photos by Frank Sabatini Jr.)

Finger sandwiches

A streusel tart, macaroon, and tea-bread muffin each offered bursts of fresh berries to varying degrees.

With my pinky finger now retracted and the comfy couch seemingly demanding I take a horizontal position, I had consumed plenty. It was a fine afternoon tea that lived up to the breezy, informal culture of San Diego.

—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.

“High tea,” on the other hand, is a worthwhile starter that retracted and the comfy couch.

Every year there are over twenty thousand chimney / fireplace related house fires in the US alone. Losses to homes as a result of chimney fires, leaks, and wind damage exceeds one hundred million dollars annually in the US.

“High tea,” on the other hand, is a worthwhile starter that retracted and the comfy couch.

Every year there are over twenty thousand chimney / fireplace related house fires in the US alone. Losses to homes as a result of chimney fires, leaks, and wind damage exceeds one hundred million dollars annually in the US.

CHIMNEY SWEEPS, INC., one of San Diego’s leading chimney repair and maintenance companies, is here to protect you and your home from losses due to structural damage and chimney fires.

Family owned and operated and having been in business for over 30 years, Chimney Sweeps Inc. is a fully licensed and insured chimney contracting company (License # 976438) and they are certified with the National Fireplace Institute and have an A+ rating with the Better Business Bureau.

For a limited time, readers of this paper will receive a special discount on our full chimney cleaning and safety inspection package with special attention to chimney water intrusion points in preparation for the rainy season.

Full Service Chimney Cleaning

CALL TODAY: 619-593-4020

INCLUDES FULL SAFETY INSPECTION

ONLY $99 reg. $189

CHIMNEY SWEEPS, INC

SERVING SAN DIEGO COUNTY FOR OVER 30 YEARS

BBB A+ Rating

RAIN, WIND, AND FIRE...

“The three menaces to any chimney, fireplace, or stove.”

Every year there are over twenty thousand chimney / fireplace related house fires in the US alone. Losses to homes as a result of chimney fires, leaks, and wind damage exceeds one hundred million dollars annually in the US.

CHIMNEY SWEEPS, INC., one of San Diego’s leading chimney repair and maintenance companies, is here to protect you and your home from losses due to structural damage and chimney fires.

Family owned and operated and having been in business for over 30 years, Chimney Sweeps Inc. is a fully licensed and insured chimney contracting company (License # 976438) and they are certified with the National Fireplace Institute and have an A+ rating with the Better Business Bureau.

For a limited time, readers of this paper will receive a special discount on our full chimney cleaning and safety inspection package with special attention to chimney water intrusion points in preparation for the rainy season.

A final plate of macaroons and fruit, a chocolate tart, and a cheese platter.
From junk to java

Jennifer bikes

common experience. She said she has also received more comments (read: harassment) from passing cars than she guesses male bicyclists do.

Her experiences also demonstrate why so many women may stay away from biking.

According to the U.S. Department of Transportation in 2010, 24% of bicycle trips were taken by women while 76% were taken by men. The gender gap in bicycling does not exist in the Netherlands and Germany, where half of riders are women.

“For people who don’t really want to put themselves in that vulnerable situation, I mean, you really can get very injured,” Hunt said.

Research has shown that women’s fear of safety while bicycling are not unfounded. A 2017 study from the University of Minnesota found that while only 1% of drivers encroached on cyclists when they passed at a distance of fewer than three feet mandated by Minnesota law, 3 out of 4 dangerous passing maneuvers involved female cyclists.

Their right of way and safety was infringed on even as there is only one female cyclist for every three male cyclists.

Of course, advocates believe this gap could be improved with protected bike lanes.

“There’s a lot that can deter you, I think for women in particular,” Hunt said. “Having a protected facility can really help alleviate that because you’re separated from being right next to the car or having them being able to pull up right next to you or honk at you or comment or whatever.”

Still, some women may opt for cars to ensure their safety. However, Hunt reiterated that cars cannot be women’s only source of protection and safety. She even believes that bikes can sometimes even be safer than driving and parking in front of a residence because cyclists can basically ride up to their front doors.

“When I’m on a bike I feel secure, knowing I can pedal faster and get away from any kind of danger as quick as possible,” she said.

In addition to making streets safer for female cyclists and pedestrians alike, Hunt sees people being able to bike safely without fear of being hit by a car as an equity issue. Many people who already depend on their bikes to commute cannot afford a car. For others, saving money could help them save for college or start a retirement fund.

“If they were to make the transition from using their car to using their bike, they can save maybe $800 a month, which would give you $800 more that you didn’t have if you were driving,” she explained. “ Owning a car is very expensive. If you were to have the option to save that money and use your bike without having the dangers of being hit by a car, I think it would definitely increase equity in general.”

Hunt acknowledges that many people do not agree with her stance, and emphasizes the importance of reaching out to them. She believes sharing data with them and having that conversation repeatedly will eventually change city policies, and individual behavior, that have enshrined single-occupancy vehicles as San Diego’s main form of transportation for so long.

“It’s important to speak your mind and to voice your opinions and to have conversations with people even if you don’t agree with them… It’s not a one-time conversation. It’s over and over.” Hunt said. “Changing behavior and changing the way people operate is not gonna happen overnight.”

—Kendra Sitton can be reached at kendra@sdnews.com.
Lung Cancer?

Lung tumors in the military may be the cause. Family in the home were also exposed.

Call 1-866-273-3684 today. 15% off and 0% financing for every year. $250 Gift Card with every home consultation. Free In-Home Consultation: 888-912-4745

Call 888-889-5515

For a Free Gift Catalog, call 888-440-4001

It's free! To find solutions to your unique needs at

BECAUSE YOU CARE ABOUT YOUR QUALITY OF LIFE

Eliminate gutter cleaning forever! LeafStreet, the most advanced self-draining gutter protection, Schedule a FREE LeafStreet estimate today. 15% off & 0% financing for those who qualify. PLUS Senior & Military Discounts! Call 1-844-452-8092

52323, 52327, 52328, 52329, 52331, 52332, 52333, 52334, 52335

Stop your home from foreclosure. The Call is 855-741-7449

You and your family may be eligible for a top-dollar offer! Agents available 7 days a week.


1-888-416-2330. Or Not. Competitive Offer! Free Towling! We're Nationwide! Call 1-800-245-0398

We specialize in a variety of home services.

Keep bath, Concrete Kerala, Hideaways, Home Remodeling, Homebuying, Homebuying, Horseback Riding, Hunting, Painting, Swimming, Drywall, and more.

Call 619-865-0794

HOME IMPROVEMENT

Get a free estimate from the readers with manuals, directories and other oil and gas interests. Send your book to Dorrance Publishing-Trusted by Authors Since 1921!

Becoming a Published Author? Free! We send any money in advance or give you a free manuscript to work on. You keep all royalty earnings. Our trusted, local advisors help you every step of the way. For a Free Idea Starter Guide. Submit your idea for a free consultation! Call 866-951-7124

BATHROOM RENOVATIONS. Easy, ONE DAY update! We specialize in safe bathing. Grab bars, no slip flooring & seated showers. Call for a free in-home consultation: 888-932-4743

Every Year; $250 Gift Card for Switching your AT&T Home Phone (credit, Limits & restrictions apply) - 1-884-545-0093

Denial Social Security Disability? If you need help appealing the denial of your claim, and denied, our attorneys can help you approve your case. Our money out of pocket call! 1-866-376-3153

Lung Cancer! Asbestos exposure in industrial, construction, construction, or the military may be the cause. Family in the home were also exposed. Call 1-866-365-3684 or email cancer@breakinginjurynews.com

CALL DIRECTLY ONLY $350/month! 155 Channels! 100s of On Demand Movies On Demand (w/ SELECT All Included Packages). PLUS Stream On Up to FIVE Screens Simultaneously! NO合约 for $99.97/mo. Fastest Internet. 100 MB per second speed. Free Premium on Demand Unlimited View. NO CONTRACTS! CALL TOLL FREE 1-844-833-3277

Contact 888-856-9015


WHAT’S NOT INCLUDED?

Home Media and Entertainment System, Personal Storage HD DVR Included, $14.95 High Speed Internet. No Cost to You. Call 855-741-7459

Every home should be equipped with a free toilet, and a lifetime warranty.

Receive up to $1,500 off, including installation, and a lifetime warranty. Stay in your home longer with an affordable discount. Call 1-855-995-2490 today. 15% off and 0% financing for every year. No More Gutter Cleaning, NO MORE GUTTER CLEANING, NO MORE GUTTER CLEANING, NO MORE GUTTER CLEANING, NO MORE GUTTER CLEANING!

GUARANTEED OR YOUR MONEY BACK – NO MORE GUTTER CLEANING, NO MORE GUTTER CLEANING, NO MORE GUTTER CLEANING, NO MORE GUTTER CLEANING, NO MORE GUTTER CLEANING!

CALL NOW! 888-445-5928


WHAT’S INCLUDED?


INVENTORS - FREE INFORMATION

Your ad here

Call 888-303-3103, x118
hfnine@sdnews.com
San Diego Community Remodels
(858) 869-0383
www.sdklean.com
(Please mention that you are a reader of our publication for a free estimate from a reader)

BARGAIN PAPER

($85) 869-0383
gdmedics.com

We only accept ads from what we consider "quality medical".
**FEATURED EVENTS**

**Friday, Sept. 7**

OMBCA’s 10th annual 4-on-4 Volleyball Beachfest and Tournament

The Old Mission Beach Athletic Club (OMBCA) will be hosting its 10th annual four-on-four volleyball Beachfest and Tournament on Sept. 7. The free event will take place at Mariner’s Point, Mission Bay. Divisions include Men’s Open, Women’s Open, and Co-ed from 9 a.m.-6 p.m. This event is exclusively for adults 21 years of age and older.

**Sunday, Sept. 9**

Bubbly & Brunch at JRON

Upgrade your brunch experience by adding sunshine and sparkle at San Diego’s favorite

Cruise. On Sunday, Sept. 8, Executive Chef Da- vid Warner will create a three-course brunch with expertly paired sparkling wine from Ro- ederer Estate & Château Roederer. The three-course brunch with wine pairings is $59 per person and includes tax and gratuity. Seating is limited so reserve your ticket by calling 658-527-2432. 11 a.m.-2 p.m. at JRON Restaurant, 723 Fei- spar St.

**Friday, Sept. 13**

“Urban Campout: All That Glitters is Gold”

Friends of Girl Scouts San Diego are invited to come together under the stars on Friday, Sept. 13, for “Urban Campout: All That Glitters is Gold.” The event will be held from 6-11 p.m. at Girl Scouts’ campus in Balboa Park, located at 1231 Upas St. In addi- tion to a wine walk (modeled after a cake walk) and classic camp activities like archery and s’mores, the event will pro- vide entertainment based on its theme. Urban campers will “pan for gold” and compete for a chance to score a “golden ticket.” The glied evening will also feature auctions, gourmet foods, his- tory, art, local cuisine, adult beverages, and dancing to the music of The Mighty Untouchables. The pub- lic is welcome at Urban Cam- put. For details on attending or volunteering for the event, visit sdgirlsoutcs.org or call 619- 610-8007. Tickets start at $30.

**Saturday, Sept. 14**

Homeruns for Homelessness

Come celebrate InterCen- tral-San Diego’s first anniversary by running the original Padres stadium bases to benefit the Al- pha Project and other homeless services. At this all-ages, all-lev- els event, request your “at-bat” song, step up to the plate at his- toric Lane Field Park and wind up for a whiffle ball — the far- her you hit it, the more the hotel will donate on your behalf! Then, batter up for a ballpark lunch, ice cold brews in the “outfield,” raffle and silent auc- tion prizes, fun and games for kids, and more. In attendance will also be the San Diego Pa- diere’s official Pad Squad and Shawnigan Firi, the official Pa- diere mascots. Pricing is $20 for adults, $15 for kids — includes one “at bat” and run around bas- es, ballpark-style lunch, and $10 (adults) or $5 (kids) to the Alpha Project. Lunch includes hot dog or hamburger, chips, cracker jack and soda or water. Additional “at bats” can be purchased for $5 with all proceeds going to the Alpha Project.

**Wednesday, Sept. 18**

Horton Plaza Park Final Public Workshop

The final chance for the com- munity to give input on the de- sign and programming of Hor- ton Plaza Park. 5:30-7:30 p.m. at 59 Horton Plaza, across the road from the Macy’s on Broadway Circle.

**Friday, Sept. 20**

Santa Fe Marketplace

Celebrating the colorful cul- tures of Native Americans and the American Southwest. Sa- zaar del Mundo’s annual Santa Fe Marketplace returns to Old Town, Friday through Sunday, Sept. 20-22. Bazaar del Mun- do (located at 4133 Taylor St. in Old Town) will offer with exquisite collections of authen- tic Native American jewelry, art, crafts and décor from Navajo, Chipewa, Hopi, Jicarilla, Zia, Isla- ta Pueblo and Santo Domingo Pueblo tribe members, along with other noted Southwestern artists demonstrating and selling their goods. Guests will also en- joy daily musical performances and a feast on mouth-watering Mexican cuisine for sale at the otherwise free event. 5 p.m. to 8 p.m. Friday and Saturday, and 10 a.m. to 5 p.m. on Sunday. For more information, visit bazaar- delmundo.com.

**Saturday, Sept. 21**

Charity Yoga Event

One Love Movement a nonprofit centered around raising aware- ness and support to advance social justice, will host its eighth annual Charity Yoga Event on Saturday, Sept. 21 from 9 a.m.- 12:30 p.m. at Waterfront Park in Downtown San Diego. The event features a yoga class along with a guided meditation, a live con- cert and talk with singer-songwriter and guitarist Trevor Hall, a kids corner and the first-ever wellness garden. Guests will be able to enjoy food and bev- erages vendors, as well as masses. All proceeds will benefit local San Diego nonprofit Voc- es for Children, that transforms the lives of abused or neglected children by providing them with trained volunteer advocates, as well as the San Diego Rapid Re- sponse Network, that aids immi- grant families in the San Diego border region, and the One Love Shelter in India, home to 17 boys in Bangalore, India. Tickets start at $35.

**Saturday, Sept. 21**

*‘BREAKTHROUGH: The Nineties’*

Are you ready to bust out your flannel shirts, acid washed jeans, and spinner’s? Get ready for a throwback as Vanguard Culture presents the third of four installments of its Breakthrough Series, a quarterly spoken word series themed around cataly- tic moments in the history of art, science, fashion, music, pop cul- ture, and more. Each event in- cludes delicious food, craft cock- tails, live music and dance, spo- ken word, and visual arts — all themed around specific histori- cal eras. Celebrate The Nineties from 7-10 p.m. at 8199 Park Blvd. Tickets start at $25.

**San Diego Zoo**

Food & Wine Brew San Diego’s wildest tasting event, that will feature glob- ally-inspired food, wine and brews with more than 160 of So- Cal’s best vendors, is set in the world-famous SD Zoo. Fine-ca- sual concept Bibigo Kitchen brings its modern Korean menu to the 3,000 guests. Benefits will go to San Diego Zoo Wildlife Conservation. 6:30-10:30 p.m. Tickets start at $125. For more information, contact Rachel Schirnke at rschirnke@sandiego- gozoo.org or call 619-744-3362.

**Wednesday, Sept. 25**

San Diego Downtown Democratic Club

We will be holding a candidate forum with the Democratic pri- mary candidates for City Coun- cil District 3 which includes downtown. We meet at the cabana on the 6th floor of the Harbor Club, lobby entrance on J St and 2nd Ave at 6:30 p.m. Please RSVP to info@sddowntowndems.club.

**Saturday, Sept. 28**

National Public Lands Day

A major volunteer effort is planned for Saturday, Sept. 28, beginning at 9 a.m., to restore one of the last remaining coastal- dunes and wetland habitats in California. The San Diego Riv- er Park Foundation and proj- ect partners need at least 100 people of all ages and abilities to pitch in at San Diego Riv- er Mouth near Dog Beach in Ocean Beach. Volunteers will spend the morning removing invasive plants, watering and caring for recent plantings, re- furishing trails, and working on a garden art project. The event is part of the 26th annual Na- tional Public Lands Day (NPLD) and the nation’s largest single-day volunteer effort for America’s public lands. Volunteers are re- quired to register in advance. To sign up or learn more, send an email to volunteer@sandiegovol- cer.org or call 619-297-7380.

**30th annual AIDS Walk & Run San Diego**

AIDS Walk & Run San Diego is the largest HIV/AIDS fundraiser in San Diego County and is coor- dinated by the San Diego LGBT Community Center. For more in- formation on the event, including opportunities to donate, volun- teer, sponsor, or register, please visit www.aidswalksd.org. You can also contact Ian Johnson at aidswalk@thecenter.org or 619-692-2077, ext. 247.

**The Secret Morgue: Alien Autopsy**

Kick off the Halloween season with the return of The Secret Morgue to the future home of the Comic-Con Museum. Pre- sented by Film Geeks SD, the year’s marathon of offerings will be “Alien Autopsy” themed. Not all films will be about aliens, but they will share the sci-fi theme. Just like last year, titles will not be announced in advance, but we guarantee at least six films will be shown, including fan fa- vorites, as well as some that are rarely screened, and hopefully some you have ever seen! Tick- ets are $30, includes a survival pack, lunch and dinner snacks.

**Advertise your local event in our digital, weekly e-edition.**

Visit brily.com/SDCal for more info.

You can bring your own food and drinks, but no alcohol is permitted. Noon on Saturday to 1 a.m. on Sunday.

**Thursday, Oct. 3**

Orchids & Onions Awards Ceremony

The San Diego Architectural Foundation (SDF) will cele- brate San Diego’s inspired de- sign with its 43rd Orchids & Onions Awards Ceremony at the historic US Grant Hotel, a previous Orchid winner, on Thursday, Oct. 3 at 6:30 p.m. The Orchids & Onions program brings San Diego together to decide which of the built environments that define our city a place to love. The awards ceremony will be a thought-pro- voking night of commentary and discussion about the new crop of projects, spaces and places in San Diego that will be recog- nized as 2019 Orchids and On- ions. Assembly member Todd Gloria will be the emcee for the evening and will award the 2019 Orchids & Onions. The fun-filled event will kick off with the VIP reception at 6:30-7:30 p.m., followed by the general re- ception from 7:30-8:30 p.m. and the ceremony beginning at 8:30 p.m. Tickets are on sale now.

**Accion celebrates 25 years**

Established in 1994, Accion supports hundreds of small businesses annually and has provided more than 4,400 loans totaling nearly $40 million in its 25-year history. The nonprofit microlender will formally cele- brate its impact on Thursday, Oct. 3, with its 25th Accion-iver- sary event held at the Sempra Energy building in Downtown San Diego from 6-8 p.m. This event will gather more than 200 community supporters, Accion clients, staff and board members to a reception-style celebration. This client-centric event will feature a marketplace of client vendors, where attend- ees will get the chance to shop and visit Accion entrepreneurs from throughout the years. Ev- eryone who attends the event will receive a $5 voucher to spend on any of the numerous vendors who have been sup- ported by Accion.
Neuman & Neuman Real Estate successfully represented more buyers and sellers in 92101 than any other agent, team, or brokerage during the past 12 months with 115 closed transactions.

Before you put your home on the market, call for a FREE marketing package.

619.595.7025

SellSanDiego.com