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GIRL POWER

*Celebrating Culinary
Businesses Owned by Women*

See Page 4-5

San Diego-based restaurateur Tracy Borkum Photo Credit: Urban Kitchen Group

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BRAVE WELLNESS STUDIO CELEBRATES 4 YEAR ANNIVERSARY!

*Latina/Women owned business is first Mental Health Wellness Studio
in San Diego*



By Robin A. Williams

Denise Alba created Brave Wellness Studio to offer folks a holistic approach for their mental health, utilizing holistic psychotherapy, and somatic practices such as yoga.

Born to immigrant parents from Mexico, her maternal Grandmother was adept at treating family and friends with different ailments organically. Denise learned at an early age the most effective options for issues like an upset stomach or anxiety could be simple organic remedies such as herbal teas and listening to what the body was trying to communicate.

Denise is a San Diego-based Licensed Marriage & Family Therapist and Yoga Instructor who, after healing through yoga and her own psychotherapy, envisioned creating a space for all to gain access and support for their own healing journeys.

Denise discovered that to help people deal with their emotional and mental health, an approach that addresses their somatic state is optimal. Somatic healing aims to treat Depression, PTSD, Anxiety and other mental and emotional health issues through the connection of mind and body. This body-centric approach works by helping to release stress, tension, and trauma from the body. This approach combined with traditional talk therapy has been proven to give control back to the client and facilitates healing. Brave Wellness enables Clients to heal both physically and emotionally. Denise helps her clients focus on holistic alternatives, giving them an opportunity to heal with these healthy practices.

At the beginning when starting the business, the challenges were within her. Trusting that she could do something like this, and stepping into the fears with trust that it would work out how it was supposed to be, she just needed to step in and do her

part. She thinks now that the challenges were with the growth of the business. Living unfortunately, still in a patriarchal world of having to prove yourself, especially as a Latina and Women owned business was unavoidable.

Brave Wellness Studio and is the very first of its kind in San Diego, and first to be owned and operated by a Latina/Woman.

Denise welcomes the community to celebrate Brave Wellness Studio's four-year anniversary at an open house for the community on April 15th.

Guests can enjoy a free yoga class and the studio's birthday celebration!

AT-A-GLANCE

Location: 6020 Santo Rd, Unit B,
Instagram: @BraveWellnessStudio
@TheInvertedTherapist
Website: bravewellnessstudio.com
Phone: 858-737-4674

BRAVE

• WELLNESS STUDIO •

Date: April 15, 2023

Time: 10am-1:30pm. Yoga from 10:30-11:30am, Food availability, vendor and open house from 11:30-1:30pm.

Why: Brave Turns 4! Save the Date to come celebrate 4 Brave years with yoga, food, open house, local vendors, boutique specials and raffles. This is a free event, food available for purchase.



WOMEN OF DEDICATION SET FOR APRIL 2023

Twelve “Hearts of Gold” to be Honored

SAN DIEGO (March 1, 2023) --The Salvation Army Women’s Auxiliary (SAWA) will celebrate “Hearts of Gold, Women who Inspire,” the theme of its 57th Anniversary Women of Dedication (WOD) luncheon, presentation and fundraiser on Friday, April 21, 2023, at the Marriott Marquis San Diego Marina. The event honors a dozen extraordinary women—a dynamic and diverse group from throughout San Diego County—for their dedication to our community through volunteerism and service.

“We are so excited to celebrate these amazing women who have worked tirelessly to help those in need,” says Dee Ammon, auxiliary president. “Volunteering for so many causes, they have shown their commitment and compassion to making the community a better place.”

The honorees include:

Kimberly Alessio, Stephanie Brown
June Chocheles, Martha Dennis
Cindy Goodman, Janice Kurth
Linda LeGerrette, Sara Wilenski Napoli
Suzanne Newman, Michele Prescott
Maria Provencher, Vivian Crawford Tuck
Event co-chairs are Lynne Doyle and Julie Cowan Novak. Honorary chairs are Dorothea Laub, TK and Ellen Bryson known for their business achievements and philanthropic commitments to The Salvation Army and many other organizations. The wonderful and talented Sandra Maas will serve as emcee and Anna Couvrette, as auctioneer.

The event, from 10:30 am to 1:30 pm, begins with registration and shopping at 10 boutiques offering jewelry, clothing, accessories, gift items and more, with 25% of proceeds donated to the Salvation Army. A luncheon and presentation followed with musical performances by MacKenzie Cartmill and The San Diego Master Choral. Bryan Verhoye has created music and lyrics especially for the honorees, always



Honoree group photo.

Seated L-R: Kim Alessio, Stephanie Brown, Vivian Crawford Tuck, Suzanne Newman, Standing L-R: June Chocheles, Janice Kurth, Cindy Goodman, Michele Prescott, Maria Provencher, Linda LeGerrette, Martha Dennis, Sara Wilenski Napoli

a highlight of the event. Those who have been helped by The Salvation Army will also be featured.

Women of Dedication is the signature fundraiser of The Salvation Army Women’s Auxiliary. Founded in the 1950s, the auxiliary supports The Salvation Army’s social service programs through fundraising, donations, and hands-on volunteer efforts, helping those in crisis to heal, to develop emotionally and spiritually, and to learn new skills which promote self-sufficiency and transform lives for the better.

The Salvation Army has faced ever greater challenges, stepping up with the help of generous donors, dedicated staff, and volunteers to provide services and support for those in need. Emergency food and shelter, residential addiction recovery ser-

vices, senior nutrition and support, rental assistance and affordable childcare are just some of the services available to families seeking help. The Salvation Army’s programs are primarily supported through contributions from individuals, businesses, and family foundations, with 82% of every dollar raised going directly to the local programs.

Please join The Salvation Army Women’s Auxiliary on April 21st as it honors twelve “Hearts of Gold” while raising funds to support our most vulnerable citizens. Tickets are \$150 or \$1,500 for tables of ten. Visit <https://WOD2023.givesmart.com> to register online or send checks payable to SAWA-WOD to Pamela Lennen, SAWA, 6605 University Ave., San Diego, CA 92115.

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GIRL POWER

Celebrating Culinary Businesses Owned by Women

By Frank Sabatini Jr.

Women have been integral to the restaurant industry for centuries, though working mostly in a variety of subordinate roles in earlier times. It was only until about 60 years ago did they begin rising above their common secondary positions to become head chefs, brewers, distillers, CEOs, and founders of restaurant ventures across the nation.

Thanks to pioneers such as Julia Child, who demonstrated remarkable business savvy with her French-inspired cuisine, plus Alice Waters of the famous Chez Panisse restaurant in Berkeley, Ruth Fertel of the well-established Ruth's Chris Steak House, and many other talented women—the dining industry is no longer exclusively “a man's world.”

In honor of Women's History Month this March, we've pointed our forks and raised our glasses to some of San Diego's notable examples of eating and drinking businesses that are owned and operated by women.

Hob Nob Hill

Bankers Hill



(Courtesy photo)

Tania Warchol at Hob Nob Hill

As one of San Diego's oldest and most cherished American-style restaurants, Hob Nob Hill operates also as a bakery and full cocktail bar. Founded in 1944 under a different name by a married couple from Kansas, it has been owned for the past 30 years by Tania Warchol, who kept all of the original recipes.

During the pandemic, she upgraded the restaurant in a modern-vintage style. “I wanted to keep the old vibe so that you still get that classic diner touch,” she said.

When asked for the secrets to her longstanding success, she replied, “Don't ever give up, despite the challenges. Be persistent and leave good enough alone when the business is successful.” 2271 First Ave., 619-239-8176; hobnobhill.com.

Casa de Pico

La Mesa

Shortly after Diane Powers lost her lease in Old Town's Bazaar del Mundo in San Diego, she moved her spirited Mexican restaurant to Grossmont Center in 2005. That same year, she relocated her other Old Town restaurant, Casa di Bandini, to Carlsbad while keeping in place nearby Casa Guadalajara.



(Facebook)

Celebrity Chef Maeve Rochford

Moving Casa de Pico proved advantageous for the tireless restaurateur, given that the business became known for having the largest outdoor dining patio in La Mesa. It was also awarded Best Restaurant in 2021 by the East County Chamber of Commerce.

The property in total has a 500-seat capacity. And according to Powers, the menu remains famous for its sizzling fajitas, enchilada Suizas, and the carne asada-shrimp combo plate. 5500 Grossmont Center Drive, 619-463-3267; casadepico.com.

Sugar and Scribe

La Jolla

Chef Maeve Rochford enjoyed the national limelight and a \$50,000 prize several years ago when she won Season 2 of the Food Network's “Holiday Baking Championship.” She is also the owner and executive chef at Sugar and Scribe, a lauded restaurant and bakery where you can score some of the best scratch-made croissants, custom cakes and petite fours in the area.

Her menu doesn't exclude other gourmet delights such as lemon curd pancakes, cast-iron quiche, barbecue turkey club sandwiches and more. 7660 Fay Ave., 858-274-1733; sugarandscribe.com.

You & Yours Distilling Co.

East Village



(Courtesy photo)

Distiller Laura Johnson

Contrary to common assumption, there is a growing number of female distillers throughout the country. And Laura Johnson is one of them.

She founded this 2,300-square-foot urban distillery in San Diego eight years ago, and has since built a reputable brand featuring exquisite “Sunday Gin” and “Y&Y Vodka.” More recently, she rolled out a line of handy canned cocktails that don't exclude vodka mules and gin-and-tonics.

Johnson also runs private tours of her facility for parties of 4 to 10 guests, as well as cocktail classes held in her tasting room. She was recog-

nized by Forbes in 2018 as one of the country's 30 top entrepreneurs under the age of 30. 1495 G St., 619-955-8755; youandyours.com.

Second Chance Beer Company

Carmel Mountain, North Park and Bankers Hill

Virginia Morrison is co-founder and CEO of the award-winning Second Chance Beer Company, which ranks among San Diego's esteemed independent craft brewers. The company's product line has landed in Trader Joe's, Total Wine, and several other outlets throughout San Diego County.

Headquartered in Carmel Mountain, the business has branched into North Park and Bankers Hill with additional tasting rooms.

Morrison, along with her husband, has dedicated the business to supporting dog rescues. She donates 1 percent of all sales from their Buddy Lager and New Day IPA to non-profit organizations such as The Animal Pad and Second Chance Dog Rescue. Since Second Chance's launch in 2015, the company has donated more than \$257,000 to the cause. 15378 Avenue of Science, 4045 30th St., and 3095 Fifth Ave., 858-705-6250; secondchancebeer.com.

Sugalab

Ocean Beach



(Courtesy photo)

Rachael Musico at her newly opened Sugalab

After belting out fabulous desserts throughout her career for other companies such as Jamul Casino and Surf Rider Pizza, pastry chef Rachael Musico finally fulfilled a dream by opening Sugalab. Launched in late February, it is her very first bakery and brand, which spotlights everything from specialty pastries and custom cakes to soda floats, warm brownie sundaes and signature rum cake. The shop also has a retail section where customers can purchase baking ingredients, caramel sauce, candies, and more.

Musico opened the business, coincidentally, in the space that housed a former location of Surf Rider Pizza. 2163 Abbott St., 619-228-9255; sugalab.com.

Medina Moroccan-Baja Kitchen

North Park

Owner Alia Jaziri was exposed to north African cooking by her father, who ran a Tunisian-French cafe in San Francisco years ago. She also spent summers in Tunisia, where she'd cook with her grandmother. Though as a native San Diegan and frequent Baja traveler, she reveled in Mexican food.

The result is her popular, casual restaurant that serves a sumptuous fusion of bold and exotically spiced cuisine, which ranges from roasted sweet potato tacos and beer-battered mahi with harissa sauce to house-made lamb



(By Frank Sabatini Jr.)

Alia Jaziri

sausage and classic shakshouka with an oozy egg in the middle. 2850 El Cajon Blvd., 619-230-5037, medinakitchen.com.

Sistry Foods

Chula Vista



(Facebook)

Middle sister Diana Zoura of Sistry Foods

Three delicious gluten-free vegan sauces created by three sisters represent the growing success of Sistry Foods, a homegrown wholesaler that has landed on the shelves in retailers such as Sprouts Markets and Harvest Ranch in Encinitas. The sauce line features Chili Chipotle, Ranch, and Jalapeno-Cilantro.

The products were craftily formulated by siblings Diane Zoura, Darlene Zoura, and Daphne Khairo a few years ago from a home kitchen

because of various food allergies experienced by different family members. The sauces, which can also be purchased via the website, contain “clean and healthy ingredients” such as avocado oil, chili peppers and herbs. sistryfoods.com.

The Duck Dive and WanderBars

Pacific Beach

This surfing-themed sports bar and family-friendly dining spot has become synonymous with American fare, cold margaritas, trivia nights and drag brunches, thanks to hospitality maven Rebekah Winn.

The entrepreneur co-owns Duck Dive with her husband, Tom, while playing a crucial role in



(Google Images)

A destination establishment in Pacific Beach

menu development, vendor relations and event planning. In doing so, she utilized her business savvy by starting WanderBars, a party-design and catering company that launched with a mobile cocktail bar converted from a 1969 double horse trailer. 4650 Mission Blvd., 858-273-3825; theduckdive.com and westcoastwanderbars.com.

Urban Kitchen Group



Urban Kitchen Group

San Diego-based restaurateur Tracy Borkum

Kensington/Bankers Hill/Del Mar/Balboa Park
Ever since she opened the former cutting-edge Chive restaurant in the Gaslamp Quarter two decades ago, Tracy Borkum went on to create a series of notable “Cucina” restaurants, which today fall under her Urban Kitchen Group enterprise. Locally, those kitchens include such hot spots as Cucina Sorella in Kensington, Cucina Urbana in Mission Hills, and Cucina Enoteca in Del Mar—all of which offer playful and innovative spins on Italian cuisine.

More recently, Borkum teamed up with the Mingei Museum in Balboa Park to open the stylish Artifact restaurant and the more casual Craft

Cafe. Those were followed by the Jewish-inspired Gold Finch in Torrey Pines and The Kitchen in the Museum of Contemporary Art San Diego in La Jolla. She also operates the Urban Kitchen Food Pavilion at The Rady Shell at Jacobs Park in Downtown San Diego. urbankitchengroup.com.

Cafe 222

Marina District Downtown



(Courtesy photo)

Terryl Gavre promoting her downtown cafe

In what was perhaps one of San Diego’s most effective and eye-catching image for branding a restaurant, Terryl Gavre’s self-styled photograph of herself donning a waffle on her head has become synonymous with her hip breakfast-lunch joint, Cafe 222.

The talented entrepreneur also owned other restaurants within San Diego County, including the former Bankers Hill Bar + Restaurant. But it is her longstanding cafe that continues garnering praise from local and national media for its enticing approach to hearty meals such as “green eggs and Spam,” pork patty Benedict, peanut butter and banana-stuffed French toast, and of course, her famous pumpkin waffles. 222 Island Ave., 619-236-9902; cafe222.com.

Soi 30th and Soi OB

North Park and Ocean Beach

Hailing from Thailand’s northeastern Isaan Province is restaurateur Khwanta Osanai, who gives us a taste of foods common to the streets of her native homeland.

Osanai opened the industrial-chic Soi 30th nearly six years ago after working at other local Thai restaurants such as Plumeria and Sab-E-Lee. Her bill of fare includes some rare finds such as Thai beef jerky, fried pork belly with creamy mint sauce, Isaan-style sausage made with pork and glass noodles.

Based on her success in North Park, she more recently launched Soi OB in Ocean Beach, where customers will find a similar menu and colorful pop art to create a welcoming vibe. 3442 30th St., 619-892-7300; soi30th.com, and 1916 Cable St., 619-230-5885; soiob.com.

POWAY SOROPTIMIST CLUB’S HATS AND HEELS FUNDRAISER SET FOR APRIL 16

Summer Stephan, SD District Attorney, Headlines the Annual Event

Poway Soroptimist Club, along with the San Diego North County Club, are hosting their annual Hats and Heels fundraiser April 16 at the Park Hyatt Aviara.

Poway Soroptimist Club is part of a worldwide federation with a goal to empower women and girls through education;

Funds raised at this event allow the organization to continue these programs.

This year’s speaker will again be Summer Stephan SD District Attorney, and Shout House will be providing the entertainment.

Several key Soroptimist programs are:

1. Transitional Housing program which moves survivors of domestic violence from dependency and abuse to a safe, self-sustaining life by providing housing, financial aid and mentoring. The clubs have helped 82 women and 197 children of domestic violence reclaim their lives in a positive, supportive environment since 1997. Currently subsidizing 5 apartments for the women and their children..

2. Soroptimists Together Against Trafficking! is a coalition of local Soroptimist clubs working with law enforcement, victims service agencies, and other community groups to combat human sex trafficking in San Diego County since 2011.

3. Last year the Live Your Dream Awards provided over \$28,500 in grants to 14 women who provide the primary source of financial support for their families by giving them the resources they need to improve their education, skills, and employment prospects.

4. A seven-module curriculum presented to at-risk young girls, gives them the tools they need to achieve their education and career goals. This course teaches and promotes self-awareness, self-esteem, goal setting, and career planning. For more information and to register for the event go to: sihatsandheels.org



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PROTECTING FARMWORKERS FROM CRIMINAL WAGE THEFT

By District Attorney Summer Stephan

After the mass shooting in Half Moon Bay in January, the deplorable conditions in which farmworkers live, work and how they are paid came to national attention. One of the points that was highlighted in the subsequent media coverage was the low pay the mushroom farmworkers were receiving. In his trip to Half Moon Bay, California's Governor saw firsthand the disgraceful working and living conditions of the farmworkers, noting that many were getting paid as little \$9 an hour – well below the state minimum wage of \$15.50 an hour.

California is often called the “breadbasket” of the world due to its bountiful harvests. In San Diego County, there are also agriculture and field workers who contribute to the state's abundance of commodities. California is able to yield such abundance, in part, due to the hard work of a group that is often unnoticed and unappreciated: farmworkers. Unfortunately, this group, which is so vital to our state, also includes some of our community's most vulnerable and taken advantage workers. They are often underpaid. My office has been at the forefront of protecting workers' rights. In 2020, we started the Workplace Justice Unit to investigate and prosecute employers who steal labor from their employees. Recent legislation made it clear that wage theft can be a felony crime.

Overtime pay is one of the main issues that affects farmworkers. In 2016, historic legislation was signed into law that gradually eliminated the farmworker exception that exempted agricultural workers from receiving overtime pay. These workers are now eligible for the same

overtime benefits extended to all other California hourly workers. This new law was phased in over the course of a seven-year period to give agricultural companies time to adjust their business models to account for increased labor costs.

San Diego County is home to its share of agriculture including avocado groves, flower fields, citrus groves, tomatoes and various vegetable and nursery crops. Here are quick facts for workers, employers, and consumers.

- Farm workers are entitled to the same protections as all other California workers.
- Farmworkers are entitled to paid 10-minute rest breaks for every four hours of work, and an unpaid meal break of at least 30 minutes if they work more than five hours.
- Failure to pay minimum wage, overtime, or to provide meal and rest breaks could amount to criminal wage theft.
- All employers are required to provide a pay stub to their employees upon request regardless of method of payment.
- Workers receiving cash pay are entitled to and should request a copy of their pay stub.
- A review of the pay stub would show the hourly rate, how the worker is classified and that the appropriate taxes are paid.
- Employees should keep records of hours worked, who they worked with, and any written documentation from their employer.

When it comes to which farmworkers would be most affected by employer theft, it can be anyone, but it's more prevalent in the murky quasi legal industries like marijuana grows. Those who work in large illegal grows are more likely to be victims of wage theft since there is less oversight of an illegal grow.



Although the focus of this column is farmworkers, wage theft laws are applicable to other industries where exploitation is prevalent, including:

- Construction
- Janitorial
- Nursing homes
- Restaurants
- Massage parlors

When wage theft is accompanied by force, fraud or coercion, it can be elevated to the crime of labor trafficking. If you suspect you have been the victim of wage theft, you can report it directly to our office on our Workplace Justice page at www.sandiegoda.com/workplacejustice, by email at workplacejustice@sdcca.org or by calling 1-866-402-6044.

As your District Attorney, I am committed to protecting all San Diego County workers, especially those in the agricultural industry, from criminal exploitation and wage theft. Only by safeguarding the rights of our most vulnerable populations can we ensure that those who help provide for us all can also provide for themselves and their families.

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DOES CBD LESSEN THE EFFECTS OF THC? RECENT STUDIES QUESTION A COMMON BELIEF

Cannabis research can be a fickle beast. Decades of prohibition created a lot of red tape for researchers, so scientific knowledge of the plant is still in its infancy. Because cannabis hasn't been studied extensively, research on it can yo-yo back and forth, and something proven one day can be disproven or reversed later on down the road, leaving cannabis consumers scratching their heads.

A recent example comes with two studies published in the past few months, which both claim that CBD does not reduce the psychoactive effects of THC, reversing a commonly held idea of one of CBD's benefits.

To figure out what cannabis consumers can take away from this new info, let's look at the history of research on this topic and what the new studies say.

What does past research on CBD and THC say?

Going back decades, a common belief has been that CBD can reduce the negative effects of THC—if you're too high or don't want to get too high, take a little CBD or consume a THC product that also has a little CBD to mellow out the high.

The idea is that CBD molecules block receptors in the body's endocannabinoid system so that THC can't fully activate those receptors, which lessens the feeling of being high.

Many older studies have made claims of CBD's ability to dampen THC: As early as 1982, a study said that CBD can diminish paranoia and anxiety brought on by THC; and a study in 2010 said CBD and THC have opposite effects, and that CBD can reduce paranoia in THC.

Notably, a review from 2013 looked at nearly 1,300 studies from the previous few decades and concluded that, "The few studies that exist on the effects of CBD show that this cannabinoid can counteract some of the negative effects of THC." However, the authors did emphasize that, "Their results have not always been consistent." The study also said there were surprisingly few studies to date on the interactions between THC and the potentially protective effects of CBD.

What do the recent studies on CBD and THC say?

Two studies published in the past few months disagree with the idea that CBD tempers THC. In a UK study from Nov. of last year, 46 participants vaped oil with various ratios of CBD to THC to determine CBD's effects on THC. They tested products with CBD:THC ratios of 0:1, 1:1, 2:1, and 3:1, with 0mg, 10mg, 20mg, and 30mg of CBD, and found no difference in effects.

According to the study authors, "We found no evidence of CBD reducing the acute adverse effects of THC on cognition and mental health. Similarly, there was no evidence that it altered the subjective or pleasurable effects of THC."

Another study from the UK earlier this month backs up this data. It looked at the effects of cannabis on teens vs. adults, and how THC and CBD affect both. Forty-eight participants, 24 teens and 24 adults, vaporized a product with 3:1 CBD to THC (24mg to 8mg) and a product with only THC, and found no difference in the subjective feel of effects in individuals.

The authors ultimately concluded that "Our results add further weight to the claim that doses of vaporized CBD, which are near to naturally occurring levels, do not mitigate the acute harms of THC." As a side note, the study also found no differences in effects between teens and adults.

How should consumers take this new info?

It is often assumed that products containing CBD are less potent or can reduce negative THC effects, but the findings from both studies suggest that CBD may not be a

determining factor in the strength of a product. Consumers who buy products with CBD thinking they are getting "weed lite" or less potent products may be incorrect in their thinking.

But because cannabis research is still so young, it's hard to know if these studies are the final word on the matter or just another bump in the road. There are still some caveats.

In the review from last Nov., the authors do note a previous study that shows CBD to lessen some of THC's effects, but the participants in it were given exceptionally large doses of 600mg of CBD to 5mg of THC—a ratio of 120:1 CBD to THC! The authors concluded such a large amount of CBD is impractical to put in a commercial vape cartridge. So CBD may temper THC's effects, but it may be that astronomical amounts of it are needed.

At the end of the day, it may be difficult to separate and clearly delineate these two compounds and their effects because of the entourage effect—or how all the compounds in the cannabis plant work together synergistically to create the feeling of being high, including cannabinoids, terpenes, and more. The sum is

greater than the whole of the parts, so it might be hard to study the individual compounds separately.

Cannabis research is getting better as more states legalize it, but there may not be a definitive answer to the interaction of CBD and THC yet. There is a growing body of research that sways toward the idea that CBD does not temper THC's effects, so buyers should keep that in mind the next time they're at the dispensary.

As always, we tell our readers that every person has a different body chemistry and will experience weed differently. You could get incredibly high or paranoid off of a hit or two from a joint, while your friend will barely feel a thing; a certain strain may make you fall asleep, while the same one will make your friend go out for a walk. It's important to understand how your own body responds to weed.

CBD has shown tremendous potential in treating seizures and epilepsy conditions in children, however, CBD's medicinal benefits beyond that, or its ability to tame THC's intoxicating effects, are inconclusive to date

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EVENTS CALENDAR SPONSORED BY



MARCH-APRIL 2023 EVENTS

April Holidays

4/6-4/13 *Passover*
4/9 *Easter Sunday*

San Diego Latino Film Festival

A celebration of Latino Cinema, Arts & Culture. The festival will present over 160 films from Latin America, the United States, and Spain. Audiences will have the rare opportunity to meet filmmakers and actors from all over the world. Location: various. Info: www.sdlatinofilm.com
3/9 - 3/19 *various times*

San Diego Restaurant Week

This foodie-favored week is the perfect time to take a culinary tour throughout the diverse and thriving food culture of San Diego. With over 100 participating restaurants offering prix-fixe menu options throughout San Diego County, you're sure to find the perfect place to satisfy any craving. Location: various participating restaurants. Info: www.sandiegorestaurantweek.com
3/26 - 4/2 *various restaurant hours*

San Diego Crew Classic

2023 is our 50th Anniversary and we are looking forward to celebrating this historic milestone with all of our competitors and their supporters. This year will be our biggest year yet—with the addition of racing on Friday and eight new events—the Crew Classic is now a three-day rowing event on Mission Bay that brings together junior, masters, collegiate, open and para-athletes for an unparalleled spring regatta experience. Location: Crown Point Shores. Info: www.crewclassic.org
3/31 - 4/2 *various hours*

Goodguys 22nd Meguiar's Del Mar Nationals

Featuring over 2,500 of the west coast's finest 1998 & older hot rods, trucks, customs, muscle cars and classics! Location: Del Mar Fairgrounds. Info: www.good-guys.com/dmn
3/31 - 4/2 *8 am - 3 pm*

Race for Autism

Calling all superheroes! Be a superhero for autism! The Race for Autism takes place on a fast, scenic course through the heart of beautiful Balboa Park. Location: Corner of 6th Ave and Laurel Street. Info: www.raceforautism.org
4/1 *6:45 am*

East Village Opening Weekend Block Party

This free event honors all things East Village including local small businesses, live music and entertainment, tasty bites, beer and cocktails, local retail vendors, photo opportunities, a variety of fun family-friendly activities, and of course a celebration of East Village's very own San Diego Padres. Location: J St, from 7th - 10th Ave. Info: www.eastvillagesandiego.com/block-party
4/1 *10 am - 5 pm*

Boots in the Park

Experience a day, and night, full of live music, craft food and cocktails, line dancing, beautiful views and much more. Featuring Carrie Underwood, Walker Hayes, Jimmie Allen, and other

special guests. Location: Waterfront Park. Info: www.bootsinthepark.com
4/1 *1 - 11 pm*

North Park Festival of Beers

North Park Festival of Beers is BACK!!! Proceeds are donated to the San Diego Music Foundation, to fund the Taylor Guitars in Schools program. Location: El Cajon Blvd., in front of Lafayette Hotel. Info: www.northparkbeerfest.com
4/1 *1pm*

Bunny Ball 2023

A high energy, spring-themed, black-tie celebration where each guest is required to bring a new stuffed bunny for distribution to multiple kids' organizations. Location: Hilton San Diego Bayfront. Info: cruise4kids.com/bunny-ball
4/1 - 4/2 *7 pm - 1 am*

Carlsbad 5000

Known as the World's Fastest 5K, the Carlsbad 5000 features a fast and fun seaside course, where 16 world records have been set. The "Party by the Sea" starts after runners cross the finish line and celebrate in the Pizza Port beer garden. Location: Grand Ave., Carlsbad. Info: www.carlsbad5000.com
4/2 *7 am*

DreamHack San Diego

DreamHack is an immersive gaming experience where the community comes to life. At our festival, you come to experience professional esports tournaments, amateur and high school gaming tournaments, world-famous bring-your-own-computer (BYOC) LAN party, cosplay, art, activities, expo, screenings and more. Location: San Diego Convention Center. Info: dreamhack.com
4/7-4/9 *Fri & Sat 10 am - 1 am, Sun 10 am - 7 pm*

Uncorked Wine Festival

Enjoy over 150 wines and bubbly from across the globe plus some "outside the bottle beverages", a DJ, photo booth, favorite local food trucks and more! Location: Spanish Landing Park. Info: uncorkedwinefestivals.com/uncorked-san-diego-wine-fest
4/8 *1 - 5 pm*

Ragnar Road So Cal

On Friday, you'll start this 200-ish mile journey in San Diego and wind your way through world-famous cities like La Jolla, Encinitas and Cardiff-by-the-Sea. Bask in the peace and awe that only comes from seeing the ocean while running at night, and explore the gorgeous groves that gave Orange County its name. Then, you and your teammates will cross the new finish line in Huntington Beach (aka "Surf City USA"). Location: San Diego to Huntington Beach. Info: www.runragnar.com/event-detail/relay/southern-california
4/14-4/15 *times tba*

20th Annual Celebrate the Craft

Celebrate the Craft continues to be one of Southern California's premier showcases for locally grown ingredients, innovative cooking,

and winemaking. Location: The Lodge at Torrey Pines. Info: www.lodgetorrey.com/celebrate-the-craft
4/16 *11:30 am - 3 pm*

Tax Day

The due date to file your Federal and California state tax returns and pay any balance due is April 18. However, the IRS has announced that California storm victims now have until May 15 to file various federal individual and business returns. Info: www.irs.gov or www.ftb.ca.gov
4/18, 5/15 *(for California storm victims)*

101st Annual Coronado Flower Show

The largest tented flower show in the nation! Exhibits surround a central gazebo which stages continuous live music entertainment, announcements, and trophy presentations. Food pavilion and beer garden on site! This year's theme is "Hollywood in Bloom"! Location: Spreckels Park, Coronado. Info: www.coronadoflowershow.com
4/18 - 4/19 *Sat 1 - 5 pm, Sun 10 am - 4 pm*

La Jolla Concours d'Elegance

Visitors will enjoy 150+ exquisite, timeless automobiles, as well as a champagne & honey tasting garden and live music. Location: Ellen Browning Scripps Park at La Jolla Cove. Info: www.lajolla-concours.com
4/21 - 4/23 *Fri 6 - 10 pm, Sat 5 - 9 pm, Sun 9 am - 4 pm*

Free Entrance in the National Parks

Come experience the national parks! All National Park Service sites that charge an entrance fee will offer free admission to everyone on the first day of National Park Week. Location: All National Parks. Info: www.nps.gov/planyourvisit/fee-free-parks.htm
4/22 *various park hours*

Nature Night

Become a nature knight and advocate for the planet by going on a quest to save the earth! Celebrate our planet and find your passion for science, technology, reading, engineering, art, and math (STREAM). Location: San Diego Children's Discovery Museum. Info: www.sdcdm.org/NatureNight
4/22 *5 - 7:30 pm*

Walk MS: San Diego 2023

Walk MS brings together passionate people for a powerful purpose: to end MS forever. Feel the support that can only come from a community whose steps fuel breakthroughs, solutions, and a cure. Join the movement today to show that together, we are stronger than MS. Location: various. Info: mssociety.donordrive.com
4/22 *NTC Park, Liberty Station 8:30 am*
4/29 *Carlsbad 8:30 am*

Tequila & Taco Music Festival

This awesome weekend will showcase top-shelf tequila sampling, while you enjoy the best gourmet street tacos San Diego has to offer! Enjoy live music (featuring Lil Jon!), margaritas, craft beer, and vendors! Location: Petco Park. Info: www.tequilaandtacomusicfestival.com
4/22-4/23 *Sat 1 - 9 pm, Sun 12 - 6 pm*

San Diego Beach & Bay Half Marathon, 5K, & 10K

Run through some of San Diego's most beautiful beaches, bays and resorts, with this fast, flat and scenic half marathon, 5k and 10k. Stick around because the party starts at the finish line with live music, a beer garden (your first beer is on us!), snacks, photo opportunities, and much more. Location: Tecolote Shores Park. Info: sandiegoeachandbayhalfmarathon.com
4/23 6:30 am

The 15th Annual Campagnolo GranFondo San Diego

Southern California meets Italy in this celebration of cycling, food, and San Diego's picturesque waterfront. Held in beautiful Downtown San Diego, the two-day festival features a timed Gran Fondo with 3 route options, timed King and Queen of the Mountain competitions, The Bike & Fitness Expo. Challenging and inspiring routes, outstanding ride support, delicious food on course, followed by an Italian Feast at the Finish. Location: India St./Date St. Info: www.sdgranfondo.com
4/23 7:15 am

Fallbrook Avocado Festival

This rural community's celebration will feature the Everything Avocado shopping area, with plenty of guacamole and guacamole chips, avocado ice cream and other avocado culinary delights. Location: Main Avenue. Info: www.fallbrookchamberofcommerce.org/events-v2/avocado-festival.html
4/23 9 am - 5 pm

53rd Chicano Park Day

This year's theme is "Chicano Park Day 53: Kindling the New Fire." Visitors will experience traditional music and dance, speakers, numerous live bands, kids' activities, food, arts & crafts, and a display of classic lowrider cars. Location: Chicano Park. Info: www.chicano-park.com
4/25 10 am - 5 pm

Lakeside Rodeo

Each performance features the seven events of rodeo and fun filled action, including bull riding, bronc riding, barrel racing, plus so much more!! Location: Lakeside Rodeo Facility. Info: www.lakesiderodeo.com
4/27 - 4/30 hours tba

Without Walls Festival 2023

An annual multi-day, family-friendly event that bursts outside traditional theatre spaces, turning unexpected locations into an interactive stage. WOW is theatre at its most playful, immersive, surprising, and fun. Location: The Rady Shell at Jacobs Park. Info: lajollaplayhouse.org/wowfestival
4/27-4/30 various hours

Linda Vista Multi-Cultural Fair & Parade

Linda Vista is celebrating the diversity of its community with a cultural fair and parade that offers marching bands, marching groups, floats, food, performances, merchandise, climbing wall, and carnival rides. The theme for 2023 is "A Community Love Letter to Linda Vista!" Location: 6900 block of Linda Vista Road (between Com-

stock St. & Ulric St.). Info: www.lindavistafair.org
4/29 10 am - 5 pm

SoCal TacoFest

Enjoy your tasty tacos with live music, chihuahua races & beauty pageant, lucha libre wrestling, and more! Location: Waterfront Park. Info: socaltacofest.com
4/29 12 pm

Adams Avenue Unplugged

A free musical walkabout featuring live musical performances staged inside restaurants, bars, coffee houses, and galleries lining the neighborhood. Location: Adams Avenue (from University Heights on the West through Normal Heights, and into parts of Kensington to the East). Info: www.adamsavenue-business.com/event-info/adams-avenue-unplugged
4/29 Noon - 10 pm

San Diego Home/Garden Show

Home-product sales booths, real gardens, hands-on demonstrations, educational seminars, and face-to-face consultations with top experts. Location: Del Mar Fairgrounds. Info: www.springhomegarden-show.com
4/29 - 4/30 Sat 10 am - 5 pm, Sun 10 am - 4 pm

LIQUID CITY Cheese Expo 2023

This one-day cheese expo features unique one-off collaborations, educational presentations, demonstrations, and explorations with cheesemakers from across America and the world! Location: Brick, Liberty Station. Info: liquidcitysd.com/cheeseexpo
4/30 1 pm - 8 pm

EASTER 2023 EVENTS

Easter Bunny Photos in Fashion Valley

www.simon.com/mall/fashion-valley/stores/bunny-photo-experience/stream/time-to-book-easter-bunny-photos-6215743
3/17 - 4/8 various hours

Grossmont Center Easter Bunny Photos

www.grossmontcenter.com/easter-bunny-photos
3/25 - 4/8 11 am - 4 pm

Easter on the Farm - Valley Center

batesnutfarm.biz/ce-13084-easter-on-the-farm.html
4/1 9 am - 5 pm

Chula Vista Annual Easter Egg Hunt

www.cvfirefighters.org/posts/easter
4/1 9:45 am, 10:30 am, 11:15 am

Santee Spring Eggstravaganza

www.cityofsanteeca.gov/Home/Components/Calendar/Event/4876/8?curm=4&cury=2023
4/1 10 am - 1 pm

Easter Eggspress & Storytime - SD Model Railroad Museum

www.sdmrm.org/easter
4/1, 4/2 9:30 am - 11 am

Campo's PSRMA Bunny Train

www.psrma.org/bunny-train
4/1, 4/2, 4/8 10:30 am, 11:45 am, 1:45 pm, 3 pm

Palm Sunday Easter Egg Hunt - Ramona

www.fccramona.org/events/

palm-sunday-6tddc
4/2 10 am - 12 pm

Easter Art & Craft - North County Mall

northcountymall.com/event/Easter-Art-and-Craft/2145569758
4/7 4 - 7 pm

Solana Beach Spring Festival & Egg Hunt

www.cityofsolanabeach.org/en/events/childrens-spring-festival-egg-hunt-1?start=2023-04-08T10:00:00&end=2023-04-08T16:00:00
4/8 10 am

EGGstravaganza Spring Festival - Carlsbad

www.carlsbadca.gov/departments/parks-recreation/programs-and-events/special-events/eggstravaganza
4/8 10 am - 1 pm

Egg Hunt - La Jolla

www.mygym.com/lajolla/events
4/8 1:30 pm

Easter Egg Hunt at The Del

hoteldel.com/events/easter
4/9 10 am, 12 pm



SAN DIEGO COUNTY FARMERS MARKETS (UPDATED 10/3/2022)

MONDAY

Escondido 3-7pm
8860 Lawrence Welk Dr.

TUESDAY

Coronado 2:30-6pm
1st St. & B Ave.
Escondido 2:30pm-Sunset
200 N. Juniper St.
La Jolla 10am-2pm (Sep-Jun)
UCSD Town Square
Mira Mesa 3-7pm (Feb-Oct), 3-6pm (Nov-Dec)
Mira Mesa High School
Otay Ranch 4-8pm (7pm during COVID)
Birch Rd. & Eastlake Blvd.
Pacific Beach 2-7pm
Bayard & Garnet
San Marcos 3-7pm
250 North City Dr.

WEDNESDAY

Carlsbad Village 3-7pm (Mar-Oct), 3-6pm (Nov-Feb)
State St. & Carlsbad Village Dr.
Little Italy Mercato 9:30am-1:30pm
West Date St.
Ocean Beach 4-7pm (Oct-Mar), 4-8pm (Apr-Sept)
4900 Newport Ave.
Santee 3-7pm (Mar-Oct), 2:30-6:30pm (Nov-Feb)
Carlton Hills Blvd. & Mast
South Bay 3-7pm
4475 Bonita Rd.

THURSDAY

Linda Vista 12-6pm
6931 Linda Vista Rd.
North Park 3-7:30pm
North Park Way & 30th St.
Oceanside 9am-1pm
Pier View Wy & Hwy. 101
Scripps Ranch 3-7pm
10045 Carroll Canyon Rd.

FRIDAY

Borrego Springs 7-10am (May-

Oct), 7am-12pm (Nov-Apr)

Christmas Circle
Imperial Beach 2-7pm (Apr-Oct), 2-6pm (Nov-Mar)
Portwood Pier Plaza
La Mesa 3-7pm
La Mesa Blvd.
Rancho Bernardo 9am-1pm
Bernardo Winery

SATURDAY

City Heights 9am-1pm
4300 Wightman St.
Del Mar 12-4pm
1050 Camino Del Mar
Fallbrook 9am-1:30pm
100 S. Main Ave.
Little Italy Mercato 8am-2pm
West Date St.
Mission Valley 8:30am-12pm
7960 Civita Blvd.
Poway 8am-1pm
Old Poway Park
Rancho Penasquitos 9am-1pm
9400 Fairgrove Ln.
Santa Ysabel 10am-6pm
21887 Washington St.
Vista 8am-12pm
Melrose Dr., S. of Hwy 78

SUNDAY

Chula Vista 10am-2pm
300 Park Way
Hillcrest 9am-2pm
3960 Normal St.
La Jolla 9am-1pm
Girard Ave. & Genter St.
Leucadia 10am-2pm
185 Union St.
Rnch Santa Fe 9:30am-2pm
16079 San Dieguito Rd.
Santa Ysabel 10am-6pm
21887 Washington St.
Solana Beach 12-4pm
444 S. Cedros Ave.

Things are changing daily! For more info and location specifics for San Diego County Farmers Markets visit: sdfarmbureau.org or cdfa.ca.gov

SAN DIEGO'S 2023 WOMEN OF ACCOMPLISHMENT



TERESA CAMPBELL

Teresa Campbell is chief executive officer of San Diego County Credit Union (“SDCCU”). She is a dedicated, influential and innovative leader. SDCCU’s impressive blend of products and services are leading the way for overall credit union success. In her more than 11

years as CEO. Campbell has more than doubled the credit union’s membership from 204,000 in August 2010 to over 455,000 and, as a result, SDCCU’s assets have grown from \$5 billion to \$11.5 billion today. SDCCU’s net worth remains outstanding at 14 percent which is double the seven percent minimum capital level for “well capitalized credit unions” established by the National Credit Union Administration. Campbell oversees SDCCU’s guiding principle of, “people come first and profits second” and remains at the forefront of the company’s philosophy. SDCCU’s extraordinary involvement in the San Diego community is a direct reflection of Campbell’s dedication to making a difference. The credit union supports many nonprofit organizations, is a proud supporter of education, and is focused on making a difference in local schools. She is a graduate of the University of Maryland with an MBA from the Johns Hopkins University.



DR. LAUREN LEK

There is no greater illustration of a woman of inspiration than a woman who inspires the next generation of women leaders. Here in San Diego, the woman who embodies that is Dr. Lauren Lek, who is the leader at the helm of Academy of Our Lady of Peace (“OLP Academy”), the oldest high school

and only remaining all women’s institution in San Diego. Her focus is on providing a transformative and accessible education for young women. The mission of the OLP Academy is to “empower young women in an innovative learning environment, fostering community and forming leaders dedicated to loving the dear neighbor without distinction.” As the premier college preparatory high school, OLP Academy gives its students the confidence and skills to take on anything they can dream of. Dr. Lek is an accomplished educational administrator. She completed her doctoral degree from Pepperdine University in Educational Technology Leadership. When the pandemic hit, the Academy was the first high school to open and maintain COVID standards that consistently exceeded requirements and during the pandemic, Dr. Lek personally delivered groceries and sustenance to both employees and students alike. Under her guidance, the Academy has increased access to STEM courses which now including Engineering Design, Biotechnology, Architecture, Entrepreneurship, and AP Computer Science. This year, OLP Academy will celebrate its ninth annual Women’s Symposium.

DANIELLE C. HUMPHRIES

Danielle Humphries is a partner at Hahn Loeser & Parks LLP and is chair of the firm’s San Diego Trusts NS Estates Practice Group. She has earned a stellar reputation as a trusted legal ad-



viser with experience, insight and sophistication. She serves as general counsel for families, managing a multitude of legal issues, including trusts and estate-related concerns, wealth preservation and protection, philanthropic giving and tax planning. She has extensive experience representing fiduciaries and beneficiaries in complex trust and estate administration and litigation. She represents her fiduciary clients, both individuals as well as corporate, in matters including risk mitigation and duties and responsibilities in the administration of trusts and estates. She is an extraordinary role model and advocate for gender parity within the legal industry. Humphries is a steering committee member of the firm’s Women’s Leadership Initiative and is looked to as a mentor by women lawyers. She is a member of the Gift Planning Advisory Council of Scripps Health Foundation and is actively involved with Promises2Kids. She has won a San Diego Super Lawyers’ Rising Star designation and has been named a Best Lawyer in America for litigation-trusts and estates. Humphries is a graduate of the University of San Diego School of Law. year, OLP Academy will celebrate its ninth annual Women’s Symposium.



LEAH ROSENTHAL

Since joining the La Jolla Music Society 15 years ago, Leah Rosenthal has developed the artistic offerings of the company and guided its vision and mission with a strong hand. The company has more than doubled its concerts and events, to more than 70 a year, in addition to a month-long

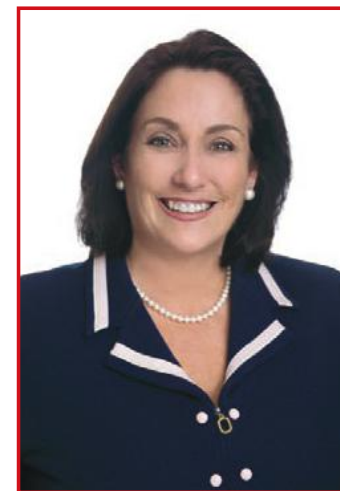
annual summer chamber music festival. Under her leadership new series developed include ConRad Kids series, ProtoStar Innovative Series and Speaker Series. She also guided the artistic programming of La Jolla Music Society during a major period of transition into its new state-of-the-art Conrad Prebys Performing Arts Center. Critics, audiences and performers alike rave at the artistic quality and entertainment value of the concerts and events she programs at The Conrad, including Yo-Yo Ma, Midori, Lang Lang and jazz artists like Wynton Marsalis and the Monterey Jazz Festival. Rosenthal is an alumnus of Boston University and Columbia College in Chicago.



LISA PAUL-HILL

Lisa Paul-Hill is president and CEO of Wheelhouse Credit Union. During her tenure she has directed the credit union to many incredible milestones including 62 percent growth in assets, loan growth at an astonishing 85 percent and 64 percent in membership growth, which grants more San Diegans access to some of San Diego’s best banking prod-

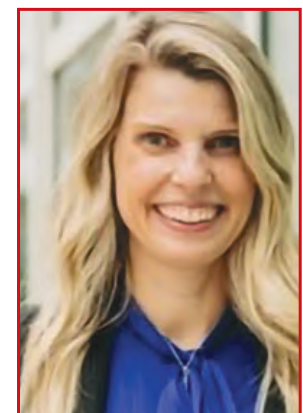
ucts. Wheelhouse celebrated a record-breaking \$12 million month in Solar & Energy Efficient financing in November 2022. Financing Solar & Energy Efficient projects help remove barriers to clean renewable energy for single-family homeowners and aligns with the City of San Diego’s binding commitment to switch to 100 percent renewable clean energy. She is currently vice chair of the Make-A-Wish San Diego Board of Directors and leads the Make-A-Wish Trailblaze Challenge, a single day, 28 mile-long endurance hike along the Pacific Crest Trail serving as a fund raiser that both physically and emotionally challenges participants. Wheelhouse also supports I Love A Clean San Diego, San Diego Zoo Global Alliance, Rady’s Children’s Hospital and the Water Conservative Garden. Paul-Hill has received the Make-A-Wish San Diego Power of One Award. She is a graduate of the University of San Diego.



DEBRA ROSEN

Debra Rosen is president and CEO of the North San Diego Business Chamber. She has been credited with the turnaround of the chamber through the development and implementation of strategic revenue strategies, restoring program profitability, and winning market share in

competitive regions. She has been the chamber’s president for 14 years. She managed the chamber out of massive debt and it is now recognized as one of the few 5-Star US Chamber accredited organizations in California and the only US Chamber accredited organization in San Diego. Her management team paid off enormous debt that had carried liens against the chamber, increased member retention to a consistent 87 percent and member engagement to 93 percent annually. She started San Diego Women’s Week which has grown to be a major event in San Diego. She is a graduate of San Diego State University.



JENNIFER NELSON

San Diego Volunteer Lawyer Program



SANDRA GRAMLEY, AIA, NCARB
Platt/Whitelaw Architects



Tierrasanta Village's Annual Cornhole Tournament.



Village members participate in Tierrasanta's annual Patriot's Day Parade.

AGING WELL IN TIERRASANTA

The U.S. Centers for Disease Control and Prevention defines aging in place as: "the ability to live in one's own home and community safely, independently, and comfortably, regardless of age, income, or ability level." Many older adults wish to remain in their current home and community as they age, instead of moving to a retirement community or assisted living facility. To do so takes planning and support because inevitably aging changes all of us. Older adults may no longer be able to drive to the doctor, the grocery store or social events that reduce the severe effects of isolation. They may no longer be able to clean, maintain their homes as easily, lift heavy objects or cook for themselves. Due to these unavoidable challenges, many older adults consider moving to a place where these services can be provided to them. However, the Village Movement is changing the way we age in our community.

What is a Village? A village is a not-for-profit organization connecting older adults, who want to maintain their independence, to the community, programs, and services they need to remain in charge of their lives as they age. Villages are created by members, for members. They are designed to be inclusive and to reflect the community in which they are located.



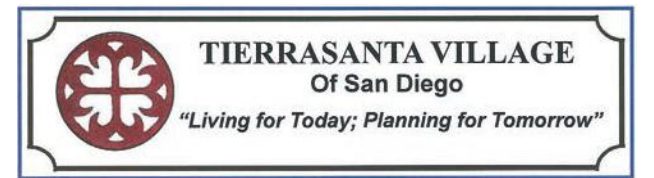
Fitness instructor Merilee Post guides members through balance and core strengthening movements.

Tierrasanta Village is one of these non-profits, helping its members to age successfully. Members create a strong network of friends who support one another and together enjoy

an active, engaged, and independent lifestyle. Members design activities that support them mentally and physically. Exercise classes of varying levels occur daily at the Village Clubhouse. The Village Golf Group plays 9 holes weekly at local courses. Villagers enjoy lunch bunch outings and happy hour events each month. Members meet weekly for Bridge and Mah Jongg and various other card and board games. Healthy aging educational opportunities include topics such as Brain Health, Care Giving Support, Reducing Cognitive Decline, and Nutrition As We Age.

To learn more about the Village approach to healthy aging, Tierrasanta residents age 50+ are invited to join members for Happy Hour on March 22nd, 4:00 - 5:30. RSVP with a call/text to 858-569-9119 or email tierrasantavlg@gmail.com.

To learn about future Tierrasanta Village events and educational seminars follow the group on Facebook @TierrasantaVillage or visit www.tierrasantavillage.org.



Grand Reopening!!
for 10% off any order
 Not Valid with other offers Expires: April 1, 2023
 858-569-7499
 5250 Murphy Canyon Rd, Suite 116
longislandmikespizza.com



The Kiwanis Club of Tierrasanta, The Tierrasanta Junior Women's

PROUDLY PRESENT

35th Annual



35th Annual TierraFest Schedule:

- 9:00am Craft Fair: Tierrasanta Newbreak Church
- 10:00am Patriots Day Parade: Starts at Canyon Hills High School
- 4:00 pm BBQ Dinner, Live Music and Game area: Tierrasanta Lutheran Church parking lot
- 8:15pm Fireworks

Plans are in process for the 35th Annual TierraFest to be held on Saturday May 20, 2023 that will bring fun and celebration for all Tierrasanta/Murphy Canyon families.

The TierraFest is a joint endeavor of the **Kiwanis Club of Tierrasanta**, the **Tierrasanta Junior Women's Club**, the **Tierrasanta Community Council**, **Newbreak Church** and the **Tierrasanta Lutheran Church**. All net proceeds support Tierrasanta & Murphy Canyon youth activities and community projects. To financially support this community event, contact **Hani Shatila (858) 268-4184** or drhani09@gmail.com.

Craft Fair 9am-3pm

Visit the very popular Craft Fair at the **Tierrasanta Newbreak Church** parking lot on **10791 Tierrasanta Blvd.** It is sponsored by the Junior Women's Club. You can still participate, for a booth contact **Amy Hall (858) 531-3955** or ahall4970@gmail.com

BBQ Dinner & Games begin 4pm with Music at 5pm

4pm: The BBQ Dinner at the **Tierrasanta Lutheran Church parking lot, 11240 Clairemont Mesa Blvd.** Many refreshments available including: hot dogs & hamburgers, water, soft drinks, beer & wine, & dessert. The Girl Scouts will also be serving pretzels and nachos. Games available for the youngsters. Youth, community organizations, and school booster clubs are invited to sponsor a game booth for \$30 and then keep all the net proceeds as a fundraiser. If interested, contact **Irene Cannon (619) 787-9527** or iscannon@earthlink.net
5pm: Music by **The Shadow of Sounds Band** led by Tierrasanta resident George Lewis.

BBQ Dinner Menu:

- | | |
|--|---------------------------------|
| 1/4 Pound Burger w/Cheese, Chips & Salad \$10.00 | Dessert \$3.00 |
| 1/4 Pound Hot Dog w/ Chips \$6.00 | Coffee/Water/Soft Drinks \$1.00 |
| Pretzels/Nachos \$5.00 | Beer or Wine \$6.00 |

Fireworks 8:15pm

Grand Marshal of the "Tierrasanta Charitable"

"Amazing" and "awesome" are a few of the words that you will hear to describe the ever generous Joyce Muinos.

Joyce never predicted this role when she bought her Tierrasanta home way back in 1977. Fast forward through almost 50 years of Tierrasanta growth, helped along by Joyce's love and care for our town.

Known for her smile and helpful mindset, volunteering is in Joyce's blood. She volunteered part time for decades, until her retirement in 1995 freed up her to volunteer full time. Her unrivaled love of Tierrasanta, and her decades of volunteering in our community, has shaped Tierrasanta into the thriving town that we all love today.

A chance meeting at the Tierrasanta Craft Fair in 1997 led to Joyce's interest in the Tierrasanta Junior Women's Club where, after 25 years of membership, she held just about every board position, including President and CEO.



We would like to thank our supporters that make this event possible.



TIERRASANTA Community Council



SUPER PLATINUM SPONSORS:



SUPERVISOR JOEL ANDERSON



COUNCIL MEMBER RAUL CAMPILLO

MARTY & JANE CARY



TQMFS.COM
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CHRISTIE WRIGHT

Club, The Tierrasanta Community Council and The City of San Diego

Tierrafest

SATURDAY, MAY 20TH, 2023



35th Annual TierraFest: "The Champion" Joyce Muinos

In September, 2008, Lee Campbell and Eric Germain approached Joyce about the new Tierrasanta Foundation being started to benefit this beloved Tierrasanta community. Another opportunity to serve the neighborhood! ...The Foundation hosts events to raise...Happy Hour. Joyce is currently Secretary of the Board of Directors and has also served as President.

In case she wasn't busy enough, Joyce joined the Tierrasanta Village of San Diego in 2011 and served as President, Treasurer and Community Liaison over the next 10 years years. She also helped establish and lead the Tierrasanta 50th Anniversary Party.

For the organizers of this year's 35th Annual TierraFest, the decision to have Joyce as Grand Marshal was an easy one. "Tierrasanta wouldn't be the wonderful town that it is today without Joyce's decades of love and dedication," one organizer said.



Patriots Day Parade 10am

The Patriots Day Parade is made up of local residents, civic organizations, youth groups and sports, San Diego dignitaries, local businesses, and auto enthusiasts. The parade route will be the same as recent years: **10am start from Canyon Hills High School, 5156 Santo Rd**, south along Santo Rd, east along the south side of Tierrasanta Blvd. where it will turn right at La Cuenta Drive, left on Baroque Lane ending at the Legacy Church parking lot. Duration approximately 1.5 hours. Please contact Event Chairman **Hani Shatila (858) 268-4184** or drhani09@gmail.com if you would like to be in the parade.

Merchants: Promote your business at the Patriots Day Parade

Join the parade as an opportunity for you to showcase your business to potential customers by offering special in-store promotions or by setting up booths along the parade route. For more info: Event Chairman **Hani Shatila (858) 268-4184** or drhani09@gmail.com

Convertibles Needed for the Parade

Show off your treasured convertible by driving dignitaries and community members in the parade that would like to wave to the crowd. **10am Saturday May 20, 2023**. To help please contact Event Chairman **Hani Shatila (858) 268-4184** or drhani09@gmail.com

Road Closure & Bus Service Route 927 on May 20, 2023

From **9:30am to 11:30am** the following roads WILL BE CLOSED: TIERRASANTA BLVD Between Santo and LaCuenta; SANTO ROAD Between Tierrasanta Blvd and Porto Ct. ESPLLENDETE BLVD Limited Access LA CUENTA South of Tierrasanta Blvd. San Diego Transit bus patrons please note that Route 927 buses will be detoured approximately **9:30 - 11:30 Saturday May 20, 2023**. For more info: call San Diego Transit information (619) 233-3004

 COLDWELL BANKER ROY COLOSIMO BARBARA LOTWIS	 north island credit union RYAN CARVALHO LLP	 TEAM BOURDA REAL ESTATE SERVICES	 Michael Baker INTERNATIONAL	 TIERRASANTA FOUNDATION	GOLD SPONSORS: VONS BLUM & CLARK CERTIFIED PUBLIC ACCOUNTANTS JIM & LYNDA COTE	SILVER SUPPORTERS: CATHY CHESIRE JEFF OTT
 THE UPS STORE	 ideal	 STADIUM CLUB	 HomeStreet Bank	 BRAND-ORTHODONTICS	 ES3	 Cul N Core Inc.



THE BEST OF BOTH WORLDS

By Vince Meehan

Tierrasanta resident Frederic Bertheas, Freddy, is an artist who knows how to utilize both old-fashioned craftsmanship and modern technology to his advantage. You see, Freddy is an artist who creates magnificent designs that showcase all different styles and mediums. His works all possess an expert's touch in color design as well as a basic earthy element of natural textures such as cloth, metal and wood. But Freddy's designs are created digitally and printed digitally on everything from canvas, to cloth and recycled aluminum. And with his own Etsy store, Freddy's art can be seen and bought throughout the U.S. and even the world.

Freddy has a background in graphic arts designing websites and logos. With this experience, he was able to see the potential of the Internet as a viable medium to create and sell art. Now he creates digital art and posts his designs on the web. Then, viewers can select an image and have it printed on everything from framed wall canvas to bed sheets or mouse pads. And the customers can pick from various sizes as well.

Freddy creates his art utilizing programs such as Adobe Photoshop or Illustrator, then, sends the images to various digital printers across the U.S. who specialize in various mediums. He has a printer in Colorado who specializes in canvas, and one in Los Angeles who does aluminum or metal. The beauty is that none of these pieces exist until they are ordered, so he never has to be worried about inventory.

"Dragonflies are a huge source of inspiration for me," Freddy revealed. "I am lucky to see some almost daily flying around in my backyard. I love that, for many cultures, they symbolize change, transformation, adaptability, and self-realization. What a fascinating insect! My image of a silver dragonfly on a stone background printed on framed canvas seems to be a crowd favorite and one of my best sellers. It is my first ever

design – the one that got me in business!"

Freddy, a French native still has a thick accent after over 30 years of living in the U.S. after moving here in the late 80s. "I was born in France, and back in 1987 I went to San Diego to finish my studies. I found out it is a beautiful city, but then I had to go back to France. I went back to France and I was always, always, missing San Diego; so I finally moved back in 1990. And then I became a U.S. citizen in 1997, and I've been in San Diego ever since!"

Freddy designs are striking in the simplicity of some of the images such as a guitar or Buddha head, but it's the blast of color and texture that sets his works apart. They are a perfect motif for a modernistic décor, but can be at home in a rustic wood interior as well.

And the wide array of mediums from canvas to metal help create a catalog that has something for everyone. But like any true artist, Freddy follows his passions as inspiration such as Hindu imagery and music.

"I am also a bit of a guitar nut. I have been playing the instrument for the last 30 years or so and it is an absolute passion. Of course, it is also a source of inspiration for me. I love my picture of a Flamenco Guitar printed on a sheet of recycled aluminum. Whenever possible, I try to work with fabricators and printers that are not only USA based but also use recycled or up-cycled materials. It is good for Mother Earth! Another source of inspiration are Buddha and Ganesha – gosh, I love that Elephant Goddess – the remover of obstacles. Two of my favorites are a large Buddha Head on a denim blue background and a golden Ganesha on a lava red background. Both are printed on canvas and framed, I like to create large prints as it allows me to show as much detail as possible and the art will really pop and brighten your wall. But with my designs being digital, it is also very easy to resize and print them on a postcard size print if needed."



Art by Freddy B.



his original works, he can also create pieces by utilizing images sent to him by clients such as a pet or motorcycle. "I also create digital watercolor prints, usually based on pictures that a client will send me. Often it will be a picture of a dog – I am a huge animal lover – and have had the privilege to rescue countless "fur babies" over the last decades. For these types of prints I use a completely different set of techniques, tools, filters and effects and I try to digitally render the effect of watercolor prints.

I guess, like every artist I go through phases, periods and right now find myself more in a steampunk/industrial period. Steel with the right amount of rust, copper with the perfect patina, or even plain concrete appeal to me. I see a bare concrete wall and it becomes a canvas screaming for color, shadows, ombre, and depth. I let my imagination go wild and see what comes out. My two latest designs reflect that phase. One is a chunk of concrete with crazy gold, red and blue color. The other depicts a set of distressed, patinated riveted copper sheets. I wanted to give it a bit of that 1930's sci-fi vibe."

Other printed items customers can order are car mats, pillows, cell phone covers and even puzzles. At this point, Freddy generates half his income with his online sales, and relies on website consulting work for the other half. But he would definitely love to make art his main focus and is well on the way to doing so. 🌈

At a Glance:
Frederic Bertheas
 Etsy: <https://artbyfreddyb.com>
 Also featured on
 eBay and Amazon
 ArtByFreddyB

READING PAYS BIG FOR SAN DIEGO SOCCER FANS

San Diego Loyal SC announced today it has teamed up with local nonprofit Traveling Stories to launch “Loyal Readers”, a new program to inspire youth in San Diego to read more often.

Students in Kindergarten to 12th grade are invited to become “Loyal Readers” by submitting book reviews online. Each month, between March and October, one book review will be selected and its author will win a 4-pack of tickets to any SD Loyal home match during the 2023 regular season.

Launched in 2019, San Diego Loyal Soccer Club is a member of the USL Championship, a United States Soccer Federation sanctioned Division II league and one of the most competitive pro soccer leagues in the world. The club plays at Torero Stadium and is engaged in the community year-round.

“Reading has the power to change your life and can even make you a better athlete,” said SD Loyal Executive Vice President of Soccer Operations Landon Donovan. “Our club is proud to partner with Traveling Stories and we can’t wait to see what youth in San Diego are reading.”

Traveling Stories is a San Diego-based nonprofit that helps children build confidence and strong reading skills through personalized reading support and mentorship. Since it was founded in 2010, Traveling Stories has helped over 7,000 children across San Diego County.

“Making reading fun is our top priority,” said Emily Moberly, founder and CEO of Traveling Stories. “We’re excited for our partnership with SD Loyal because it frames reading in a new way and shows that you can be interested in both athletics and books. For youth who don’t yet enjoy reading, we hope the Loyal Readers program makes it a bit more enticing.”

Local Umbrella Media will support the Loyal Readers program as a co-promoter. Local Umbrella Media serves communities, kids, & causes throughout Southern California with 30+ hyper-local direct mailed newspapers and magazines, reaching over 125,000. It reaches 150,000 households every month.

Students who would like to submit a book review may do so online through the Traveling Stories website at www.travelingstories.org/loyal. The website also has free, printable flyers that can be used to encourage more students to participate.

For more information about the Loyal Readers program or to submit a book review, please visit www.travelingstories.org/loyal.

www.travelingstories.org/loyal

ABOUT TRAVELING STORIES

Traveling Stories is a 501c3 nonprofit organization based in San Diego that exists to empower children to achieve their dreams. Through its Virtual Story-Tent program, the organization matches students in 1st-3rd grade with trained reading mentors for weekly one-on-one reading sessions via video. Since it was founded in 2010, Traveling Stories has impacted over 7,000 children in San Diego County. To learn more about Traveling Stories’ programs and volunteer opportunities, visit www.travelingstories.org.

ABOUT SAN DIEGO LOYAL SOCCER CLUB

Launched on June 19, 2019, San Diego Loyal SC is a men’s professional soccer team that competes in The USL Championship, the fastest-growing professional soccer league in the world. In its third season in 2022, San Diego Loyal SC saw



Emily Moberly CEO Traveling Stories



Courtesy credit: San Diego Loyal SC

Landon Donovan



Courtesy credit: San Diego Loyal SC



Courtesy credit: San Diego Loyal SC

record crowds at Torero Stadium (University of San Diego) and secured a second consecutive playoff spot. The club is led by Chairman Andrew Vassiliadis, the youngest principal owner in The USL Championship. Landon Donovan, one of the most decorated soccer players in the

U.S., leads the technical side as Executive Vice President of Soccer Operations and veteran soccer executive, Ricardo Campos, serves as Club President. On the field, the club will be led by first year Head Coach Nate Miller. For more information on the club, visit sdloyal.com.

SHAKING HANDS WITH JALISCO'S MÁGICO

San Sebastian del Oeste, Punta Pérula, and Tamarindo

Words and photos by Marlise Kast-Myers

In my senior year of college, my friends suggested a week-long voyage to Mexico. With student debt at the forefront of my mind, I agreed to join them on the condition that the trip was affordable. For \$600, we sailed on what felt like a geriatric cruise to Mazatlán, Puerto Vallarta, and Cabo. Days were spent playing shuffleboard, ballroom dancing, and perfecting napkin folding. That was my first (and last) cruise, but my love affair with Mexico was just getting started.

To date, I've probably crossed the border more than 50 times, dipping into new destinations with each trip. Now, two decades after that initial Mexican Riviera jaunt, I was on a quest for a getaway overshadowed by the cool kid.

I wanted to shake hands with the underdog, one with great potential to become the next Tulum or San Miguel de Allende. And so, my five-day journey took me back to Puerto Vallarta from where I would web out to three Jalisco destinations: San Sebastian del Oeste, Punta Pérula, and Tamarindo. It would provide a sampling of town, coast, and preserve with a smack of Mexican culture to boot.

A direct flight from San Diego had me landing in Puerto Vallarta at 2 PM and at my hotel by 4. On previous visits, I had explored the crowned parish of Nuestra Señora de Guadalupe, Vallarta Botanical Gardens, the mosaics of Lázaro Cárdenas Park, and Casa Kimberly—the home that Richard Burton bought for Elizabeth Taylor following their Vallarta love affair.

No matter how many times I've visited "PV", it's always the Braille-like streets of Zona Romántica that remind me I'm far from home. Draping across cobblestone alleys are floating umbrellas and banner flags back-dropped by mindful graffiti telling stories of Mexico's past.

In all directions, traffic halted for processions honoring the Virgin of Guadalupe when thousands of pilgrims take to the streets to demonstrate their faith. Their commitment to religious tradition dramatically contrasted with the atmosphere of the Hilton Vallarta Riviera where a lively DJ transformed the pool deck into a dance club.

Albeit far from tranquilo, this getaway between Bahía Banderas and downtown Puerto Vallarta lured me by its central location and sparkling pools. Washing off the day's flight, I swam laps between gyrating bodies, oblivious to the girl in goggles who craved a swim and siesta.

This all-inclusive hotel heard my cry, giving me a top-floor room with Club-Lounge access for post-flight peace and Pacific Ocean views.

The owner, "Lali" gave me a micro-education on the distilled spirit produced from agave plants, similar to tequila or mezcal. There are 169 varieties of agave, five of which are designated for raicilla. Lali should know. In 2021, his small-batch beverage won national awards despite the primitive process in a small clay oven.

Nearby this smoky haven—at the mouth of El Progreso Bridge—is Panaderia Bakery (aka "Carmen's") where carb-ivores can find warm empanadas, sweet cakes, flaky pastries, and what some call "the best bread in Mexico." Just beyond this farming community of La Estancia was my destination, San Sebastian del Oeste.

Founded in 1605, the town was officially recognized as one of Mexico's Magical Towns some 400 years later. From the moment I crossed the narrow bridge, there was no doubt San Sebastian was mágico. Teetering at 4,800 feet, the former mining center still winks at its prosperous past with stately haciendas framed by barrel-tiled roofs and French balconies.

In its silver-and-gold heyday, the town was a commercial center busting at the seams with



Templo de San Sebastián with Spanish Baroque architecture



Tacos with octopus and crab are on the menu at Nacho Taqueria in Tamarindo.

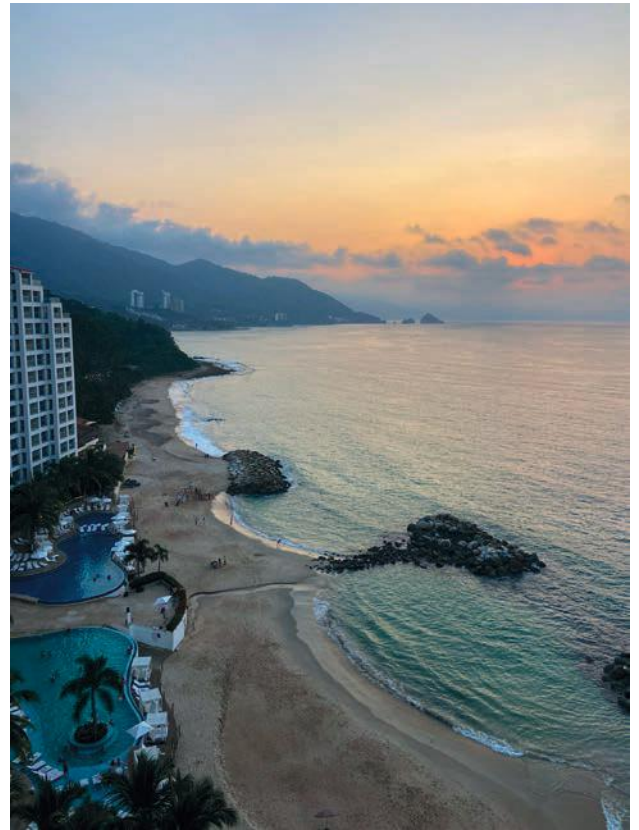
over 20,000 residents. Today, it's made up of just 700 locals who cling to its historical, cultural, and architectural value, ignoring the fact the mines ran dry in 1921.

I too saw its richness—in the zocalo where a farmer tossed corn to pigeons beside a French-inspired gazebo; in the adobe houses where roosters crowed, gardens flourished, and dogs basked in the sun; and in the porticoes where coffee, dominos, beer, and tacos were topics of the day.

Veining out from this plaza are narrow, winding alleyways where stone walls shelter small orchards of avocado, coffee, guava, peaches, walnuts, oranges, and more. The weight of their branches bowed in bountiful defeat, which is why the town is void of grocery stores. There's certainly plenty of produce to go around, from one neighbor to another, trading goods for services to keep the corporate boys at bay.

Destinated a UNESCO World Heritage Site, the town seems locked in time with its local jail, City Hall, old haciendas, and Templo de San Sebastián boasting ceiling frescos and Spanish Baroque architecture. Weaving between church pews was a white cat with blue eyes, and for some reason, his presence seemed appropriate. I thought of my own four dogs, and for a split second, wondered what it might take to move my pack to San Sebastian.

My reverie broke with the roar of a wide-open throttle. This dusty motorbike was one of many that zipped through town toward La Bufa, the highest point in San Sebastian. Accessible only by – 4-wheel drive, those without



Sunset views from Hilton Vallarta Riviera

off-roading access can lean on Malibrí Turismo, a local agency that drove me 45-minutes to the peak. Mid-climb was Real Alto, a small town with just 20 residents and a noteworthy church, Iglesia Nuestra Señora del Rosario.

Of course, the star of the show was the view from La Bufa, teasing clear-day panoramas spanning all the way to the Pacific. From 8,530 feet, I winded back toward town where I over-nighted at Hacienda Caudillos. This boutique hotel pays tribute to Mexico's past with antique decor and memorabilia from the revolution. Historic yet cozy, there are in-room fireplaces, a courtyard jacuzzi, and a lovely dining room serving steak, seafood, and pasta.

For dinner, I reserved space for two local restaurants: Villa del Nogal, a French restaurant with valley views, and Jardin Nebuloso, the benchmark for gourmet Mexican cuisine. The latter delivered a work of art with each course, with seasonal ingredients sourced from their biodynamic farm and ecological reserve.

Two days in San Sebastian allowed plenty of time to dabble in handcrafted cigars, mining tours, distillery crawls, waterfall hikes, and chocolate tasting. The richest of the five was sinking my teeth into authentic Mexican chocolate at Villa Cocoa. Dark bars, creamy truffles, jams, and spreads tempt from their first aroma.

Next stop, Punta Pérula. It was worth the painful wake-up call to tackle the 4-hour drive to Costalegre's capes, beaches, and bays. Midway, I grabbed breakfast in Puerto Vallarta and continued south to the secluded town of Pérula. On the northwest end of Bahía de Chabela, its relatively void of tourists who would rather opt for upscale communities like Playa Rosa.

My hub (and pillow) of choice was at Casa Timacalli, a modern hotel within walking distance to the town, pier, and beach. Third-floor rooms overlook a pool and restaurant serving Hawaiian-Mexican fusion and impressive breakfasts (the French toast is next level).

Offshore are 11 small islands including Isla Cocina, the diamond of the destination roughly 20 minutes from shore. A \$60 boat trip took me there-and-back to an undeveloped, tranquil, island that has likely appeared in a former dream or two. Sands are powder white, the water is 50 shades of blue, and the cove itself is sheltered from wind and waves. Good thing I had my goggles . . . and water, and beer, and an umbrella. There is nothing out there, literally, as it should be.

Other than that idyllic island afternoon, time was spent napping and sampling tacos from every cart, stand, and truck in town.



Cobblestone streets in historic San Sebastián del Oeste

Tacos Carmelona, Tacos Minni, and Taqueria Cecy flipped tortillas like a card trick, pinching piles of carne asada, chorizo, chicken, pork, fish, and shrimp onto tacos that could be devoured in two bites. Agua fresca came in massive Styrofoam cups, and food was served on plates wrapped in plastic bags. Color went global with salsas, cilantro, beans, pickled carrots, and grilled onions the size of eggs.

From Pérula, I headed two hours south to Tamarindo. Not to be confused with the Costa Rican surf town by that same name, this natural sanctuary is on the verge of major discovery now that the Four Seasons Resort set up shop in November 2022. Set within a 3,000-acre private reserve, the luxury hotel is built into cliffs overlooking a secluded peninsula bookended by jungle.

The entrance alone is worth noting since it's a 20-minute drive from the gate to the lobby. Along the way is Rancho Ortega, a 35-acre working ranch with zero-mile sourcing for root-to-dish cuisine. With over 17 varieties of fruit, the farm is reaping the benefits of its harvest with pomegranates, figs, cocoa, guava, and even agave that distills its way into private label tequila. Lamb, chicken, and goat are in the works, and while the farm is still in its infancy, the goal is to support roughly 30 percent of the hotel's ingredients.

I for one, could certainly taste the difference at Nacho Taqueria, yet another excuse to eat tacos. Seasonal mushrooms came straight from the farm, as did the cilantro, onions, lemon, chilis, and corn for the hand-made tortillas.

Unlike other Four Seasons properties, this new resort offers reasonably-priced food and services. A taco was \$7, a beer \$8, and a round of golf on the oceanfront course was \$250. Cheap? No, but by Four Seasons standards, it was worth a doubletake. The financial shock of course, comes in the price of the room, with standards starting at \$1,300 a night, and suites—with private pools—at a ghastly \$2,300.

Many would say it's worth every peso. Fourteen years in the making, the Four Seasons Tamarindo is the brainchild of Owner Roberto Hernández Ramírez, the former CEO of Banco Nacional de México. He stacked hands with the architectural firm LegoRocha, who leaned heavily on pre-Hispanic culture, colonial heritage, and contemporary Mexican design to shape the 157-room resort. Concrete, wood, marble, and rock are the materials of choice, virtually camouflaging the property into the landscape.

Handcrafted fabrics and local art round out the style, right down to the staff uniforms in cool earth tones by famed designer, Kris Goyri. Reminiscent of ancient pyramids, several tiers



Costalegre on the western coast of Jalisco is home to capes, beaches, and bays.



The desolate island of Isla Cocina



Four Seasons Tamarindo delivers a room with a view.

lead to staggered infinity pools and pockets of coastline where guests can kayak, snorkel, and try their luck at traditional fishing with local villagers. Cooking classes, hiking, golfing, birding, and nature tours are all on the agenda.

With only 2% of the reserve developed, this natural sanctuary is best explored with resident biologists who guide guests through hills and winding paths in search of flora and fauna. As one of Mexico's largest private reserves, the jungle is also home to 195 species of animals including whitetail deer, puma, and ocelots.

In true Four Seasons fashion, there's a 5-star

spa, four restaurants, and a ratio of three staff to every guest. Perhaps the real treasure lies in the five secluded beaches or the nearby towns like La Manzanilla—a small fishing village offering a taste of tradition. Here, on the Bay of Tenacatita, you'll find plenty of creature comforts like hotels, markets, and restaurants under leaky palapas.

By dinner time, I was back in Pérula, and by the next day, I was checking emails at Puerto Vallarta's international airport. During those brief five days, I had escaped my fast-paced lifestyle, to embrace a new one rich with Mexican culture, protected wildlife, and authentic connections. I had walked the cobblestone streets of once-wealthy pueblos, time warped by their commitment to the past; I had buried my toes in the sand of desolate coves where

only sailors, birds, and fish knew I was there; I had hiked with the guardians of natural sanctuaries where more animals had roamed than humans.

I had become friends with the unsung pueblos of Jalisco, one life-giving moment at a time. Now, I wondered, what would become of these three new amigos of mine, and would they change into the next Tulum, Cancun, or San Miguel? For now, I would put my faith and hope in their ability to stay true to the past, stand firm in the present, awaken the future, and never compromise the *mágico*.

MARCH 2023

Jonny Tarr / The Rules



JONNY TARR



BY BART MENDOZA © MUSICSCENESD // MUSICSCENESD.COM

Soul influenced multi-instrumentalist Jonny Tarr celebrates the release of his latest Pacific Records album, *The Rules*, with an album release show at The Holding Company on April 7.

"The rules I am referring to, on the title track, are what some might consider the rules of love or the rules of dating," Tarr said. "Although the song is not about one person in particular, it's about an experience that all, or at least most of us have been through in our lives. The realization that the girl or boy who just broke up with us was out of our league. More importantly, they considered themselves out of our league. It's about not kidding ourselves that this was going to be the likely outcome and that we should have just enjoyed it while it lasted instead of feeling sorry for ourselves."

Tarr's top notch band on April 7 will include Ken Dow (bass), Miles Clowminzer (drums), Matt Clowminzer (guitar), Monette Marino (percussion) and George Logemann (keyboards) with Matt Dibiasse (vibraphone) sitting in. "My band are like family now," Tarr said. "We have been very tight for a few years now and they are the best musicians I know." He points out Logemann is the group's latest addition. "We also play together in a Chicago Tribute band and when it came to the point where I had to admit that my keyboard playing was not good enough to be able to play and sing my songs at the same time, George was the only choice," Tarr said. "He always comes prepared and is a calming and confidence inspiring presence in the band."

What sets "The Rules" apart from his previous releases? "I have been taking lessons in music production and mixing for the whole time I have been writing the songs on this release and it is my first self-produced album," he explained. "I

have a way's to come with mixing and mastering but I am working towards being a fully self-contained music producer. I have been playing live for my main income for over ten years now and soon I want to be able to step back from a lot of those gigs to be able to add music production to my skill set," Tarr added. "I also feel that because I had full control of everything that went into this album, it is more a distillation of what I might consider my own personal sound signature than on previous records."

He cites a broad spectrum of artists as influences. "Sonically, there are influences from so, so many artists. From Depeche Mode, INXS, John Farnham, Chicago, The Police, Roy Ayers, Nuyorican Soul, Maxwell, Don Henley, Steely Dan, The System, Level 42, Prince, Hall and Oates, Pink Floyd, Massive Attack, Vangelis. The list goes on and on!" He notes that there is a very strong 1980s theme there. "I also always try to weave in elements from my jazz upbringing so there are lots of improvised solos

and horn section features peppered in there but I am very big on electronics, too. I was introduced to a whole range of synthesizers that you can just download free from the web which are genre and era specific and they feature very prominently on the album, so I can say that my audio tutor has been a pretty big influence, too. Shout out to Matthew Bentley over there in the UK."

What is Tarr looking forward to the most on April 7? "The Holding Company is a venue close to my heart and the vibe is always strong," he said. "I am really looking forward to sharing the songs that my close friends and family know I have been working on full time for over a year. Special shout out to my beautiful wife Aleicia, who is one of the main reasons this record got over the line. Without her support, I might have given up more than once. It's been an arduous process with some real big bumps in the road along the way, but I am finally there. It's time to celebrate. and celebrate hard!"

www.jonnytarr.com

El Cajon Guitars & Music

Guitarists in San Diego County will be happy to hear about a relatively new retail location, El Cajon Guitars & Music (172 E Main Street, El Cajon). Owned by Frank Cogliano and Maria Hart, the shop has been open six months, drawing notice from both local as well as international players.

Notably, El Cajon Guitars & Music specializes in new instruments, leaving the used market to others. El Cajon was their first choice for opening the shop. “With many events in the area involving music, and a community with a rich musical history, we decided that the old historic downtown of El Cajon would be a great fit for us,” Cogliano said. “El Cajon is not without its challenges, but we are hopeful that things will continue to improve, especially with all of the great people in the region that love music and supporting locally owned and operated small shops like ours.”

Ideally the shop is situated close to The Magnolia, which has resulted in a few artist visits. “We are located in walking distance to the Magnolia,” Cogliano said. “We have been grateful to meet some world class professional musicians that have stopped by before their shows, in particular, Steve Vai’s band members, Philip Bynoe and Eric Weiner, stopped in the shop one day shortly after we opened. It was extremely meaningful to us because they were as amazingly personable, approachable, and as kind as they are talented....and to keep up with Steve Vai, we know they are as talented as they get. We had a great time with them and they even asked us to ship a product to them after their tour.”

Others who have stopped in include Belinda Carlisle’s guitarist James Nisbet, and Mumford and Son’s band members who “stopped in briefly, and they bought some spare acoustic bridge pins. We are also located next to the Downtown Cafe, and we have met many local musicians with great talent and kindness. We are additionally inspired by the local working musicians and we pride ourselves on our ability to get them anything they need at affordable prices to keep them performing. We’ve changed strings on guitars while guitar players ran down to our shop and the band kept playing,” Cogliano said.

In a tough business climate, post pandemic, what inspired the opening of the shop? “We are passionate about helping others and supporting



musicians at all levels, beginners, intermediate, and professionals. We believe that community service, especially through inspiring others to learn and enjoy making music, is meaningful and we think it is important for people to have a local brick and mortar music shop.” He acknowledges it’s been difficult. “We knew that starting a small business on a shoe string budget as regular working people would be hard, especially in an era where people have become accustomed to purchasing everything and anything online for cheap and delivered right to their front door. We decided to go against the grain and start our shop because we believe communities, especially ones like El Cajon, and the people in those communities need real music shops to come to. We believe that studying musical instruments keeps kids away from drugs and saves lives through music therapy and positive mental health exercises.”

Though it’s doors have barely been open a year, Cogliano is happy with El Cajon Guitars

progress. “The most exciting part is all of the kind, talented, fun people we have had the pleasure to meet, play music with and serve,” he said. “But, our favorite thing about the business so far has definitely been the enjoyment of helping people find the perfect guitar, bass, ukulele, amplifier, and other gear for their needs. People connect with their instruments and its fun for us to see the look in their eyes when they find something perfect for them. We see it when people purchase their 20th guitar to add to their collection and we see it when someone comes in for their first guitar, and it’s fun and exciting for us to be a part of that experience.” He considers that music shops occupy a special place in musicians’ lives. “I think the amazing google business reviews we get are a testament to the magic that happens in those moments, and we are grateful for the opportunities we’ve been given by our great customers. It doesn’t happen every day, but we love it when it does.”

www.ecgmusic.com

Slack Key Ohana

Hawaiian themed band, Slack Key Ohana has picked up an endorsement deal from Romero Creations, makers of high-end ukuleles and classical guitars. The company was founded by master luthier Pepe Romero, of famed musical family The Romero’s. “A Romero Creations Grand Tenor Koa ukulele is featured on every song of our debut album,” said the group’s Brian Witkin.

In addition to a residency at The Luau, the group will be touring throughout Southern California for the remainder of 2023, with key dates including an opening spot for Kanekoa at the Belly Up Tavern on April 19, Tiki Caliente in Palm Springs on May 6 and the Southern California Slack Key Festival at the Redondo Beach Performing Arts Center on January 14, 2024.

All of the road work is part of the build up towards a new album, Hawaiian Cowboy, due later this year. He notes the new release will feature fewer traditional covers.

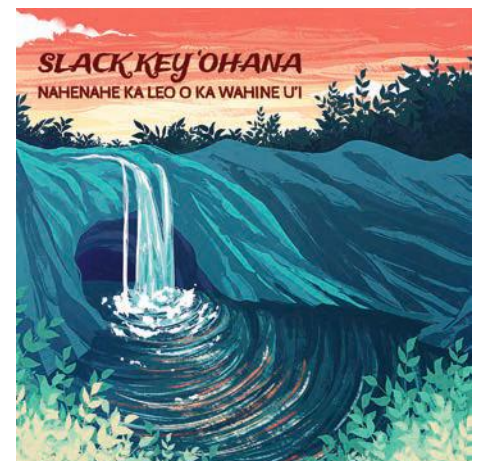


“On our upcoming album there are going to be a lot of new original tunes,” Witkin said. “Some we’ve never even performed live. We are aiming for an early summer release.”

He’s been in bands before, why does he feel Slack Key Ohana has

struck a chord with audiences?

“This one is very different from any group I’ve been a member of, and I think that’s one of the big factors- we are different. There’s not a lot of people out there doing what we do and it turns out people dig it.”



Look for the band to widen their touring circuit. “We already play a ton of shows regionally and we are starting to expand,” Witkin said. “Our next mini tour is in Palm Springs this month, we’ll be heading there for three dates starting on March 18th at The Reef followed by performances at Alohana Festival and Le Fern later that weekend.”

In the meantime, the band is excited about the Romero Creations endorsement. “I’ve been using Pepe’s instruments for years,” Witkin said. “This endorsement is validating for us because we really believe in the instruments, so it’s great to be an official artist with them.”

www.slackkeyohana.com

Top 5 Concerts

March 21 - **The Trials of Cato** / Winston's, Ocean Beach. 9 p.m.

Acclaimed Celtic folk trio, The Trials of Cato performs at Winston's on March 21, in support of their second album, Gog Magog. They sing in Welsh and English, with traditional folk sounds, new sounds and plenty of melody, as heard on their latest single, "Aberdaron."

March 25 - **Laurie Beebe Lewis & The Electric Underground** / Grand Ritz Theatre, Escondido. 7 p.m.

On March 25, The Grand / Ritz Theatre will host the debut of Lewis' multi-media show, singing classic 1960's era tunes, including some from her stint in the Mamas and Papas and The Buckingham. Also taking part in the night are guitarist Mike Pinera (Blues Image / Iron Butterfly) as well as Robert Zapata and Charlie Munoz of Cannibal and the Headhunters.

March 29 - **Jason Hanna & The Swinging Bananas** / Riviera Supper Club, La Mesa. 7 p.m.

Top notch, trumpet led jazz from Hanna and his cohorts at the intimate Riviera Supper Club, every Wednesday, including March 29. Old style cool, somewhere between Herb Alpert's hip sixties vibe, Blue Note cool and Ratpack soundtrack.



April 7 - **Kenny Metcalf as Elton: The Early Years** / The Magnolia, El Cajon. 7 p.m.

There are plenty of tribute bands, but few are as on the money as Kenny Metcalf as Elton John. Appearing at The Magnolia

on April 7, Metcalf specializes in Elton's 1970's era with a great mix of deep cuts and classics. Best of all, the band even includes doppel-gangers for Elton's longtime band members.

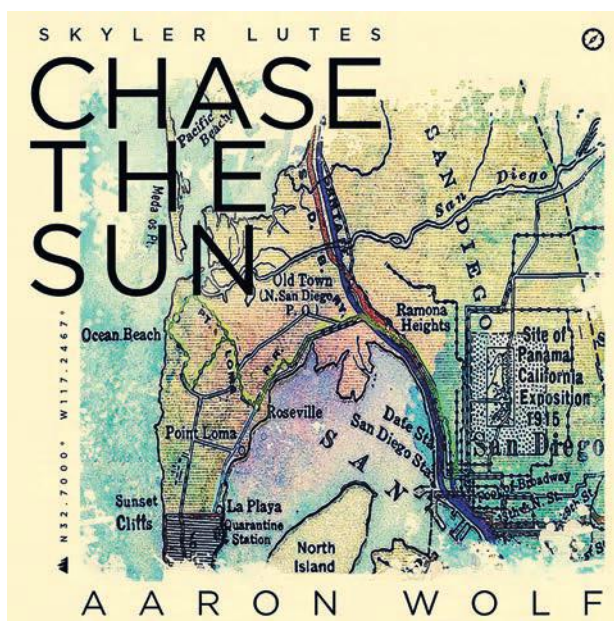
April 8 - **The Farmers** / Navajo Live, San Carlos. 7 p.m.

True San Diego legends, The Farmers are one of the busiest bands in town for one simple reason: They never give less than 200% when they're on stage! The band, which includes local icons, guitarist **Jerry Raney** (Glory), bassist **Chris Sullivan** (The Penetrators) and drummer **Joel Kmak** (The Hitmakers), stops in at Navajo Live on April 8, playing four sets, starting at 7 p.m.

New Releases



New and Upcoming Albums / EP's: **Crocodiles** - Upside Down In Heaven (April 7), **El Ten Eleven** - Valley of Fire, **Mattson 2** - Peanut, **Jason Mraz** - Mystical Magical Rhythmical Radical Ride (June 23), **Chuck Schiele's Quatro** - Square Peg, **Safety Orange** - Positive Flow, **Satanic Puppeteer Orchestra** - Do Geese See God?," **Jonny Tarr**- The Rules, **True Stories / Alvino & The Dwells** - Capitulo Uno (July / Split Vinyl LP), **Scott Weiland** - 12 Bar Blues (25th Anniversary Reissue)



New and Upcoming Singles: **Crocodiles** - "Degeneration," **El Ten Eleven** - "Not Even Almost," **Skyleer Lutes** - "Mary Loves Me" & "Chase the Sun," **Chuck Schiele's Quatro** - "Get Down," **Slack Key Ohana** - "Nahenahe Ka Leo o Ka Wahine U i," **Jonny Tarr** - "Gonna Be There For You," **Emilia Vaughn** - "Dead Bouquets," **Sean Witkin**- "Collide"

New and Upcoming Videos: **Rebecca Jade w/ Dave Koz** - "My Reason," miniaturized - "Riots," **Jason Mraz** - "I Feel Like Dancing," **Satanic Puppeteer Orchestra** - "Please Scream Inside Your Heart," **The Silent Comedy** - I Am Alright: Music, Madness, and the Fall of The Silent Comedy,

San Diego Music News

Voting is now open for the 2023 **San Diego Music Awards!** It's quick, free and easy – It's multiple choice. Anyone, from anywhere can vote once a day. The ceremonies take place at Humphrey's Concerts by the Bay on April 25. This year's Lifetime Achievement Award goes to guitar legend, **Mike Keneally**. www.sandiegomusicawards.com

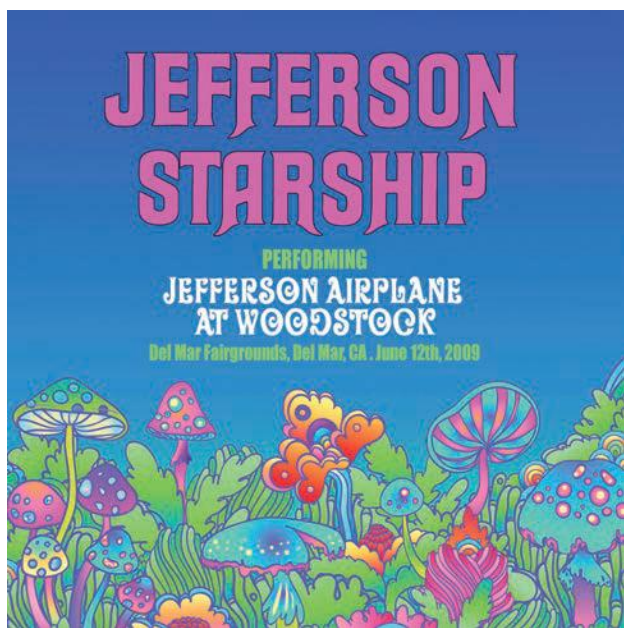
The San Diego music community was saddened last month with the passing of guitarist/photographer/skater / producer, O, aka Otis



(c) Sandra Castillo

Barthoulameu on February 16. O is pictured here with Earl Thomas. It would be the rare band or artist in San Diego that didn't feel his influence over the past thirty years. He will be missed.

Violinist **Alicia Previn** is working on an unreleased, as yet untitled, album, a collaboration with her late stepfather, jazz guitar icon **Mundell Lowe**. The project was started in 2014, with eight standards set for the track listing.



Alvino & The Dwells and **True Stories** will have a split album, *Capitulo Uno*, released on 12" vinyl this spring via Spain's SNAP! Records. Each band will have a side with five songs, with the album's packaging having two front covers. Look for a black vinyl as well as a limited-edition colored vinyl version.

Blink-182 and **Pierce the Veil** are amongst the bands taking part in this year's *When We Were Young Festival*, taking place on Oct 21-22, 2023, in Las Vegas. Each band will play both dates, which also include Green Day.

Kendrick Dial (Lyrical Groove) is featured in a key scene from the new film, *First*. He performs a spoken word piece, "Best For Us," a co-write with singer **Brisa Lauren**.

Legendary band Jefferson Starship has reissued their album, *Performing Jefferson Airplane at Woodstock*, which was recorded on June 12, 2009 at the **Del Mar Fairgrounds**. Notably, in addition to original JS members, Paul Kantner (guitar), David Freiberg (guitar) and Donny Baldwin (drums), the album also features former Grateful Dead keyboardist Tom Constanten, with the band performing two of that band's classics, "Deal" and "I Know You Rider."



A few details are in on **Mark Langford's** new all-star project. "The album will be called, *A Passage*," he said. "It consists of sixteen Irish poem's, mainly from the 19th century, put to melody, chords and rhythm." The album will be released under Langford's name, with the band including bassist John Avila (Oingo Boingo), guitarists **Greg Douglass** (Steve Miller Band / Greg Kihn Band) & **Johnny Vernazza** (Elvin Bishop Group) and drummer **Larry Grano** (Richie Furay / *Back to the Garden* / *Four Eyes*). The album was recorded at Avila's studio in San Gabriel. "We had fun making this music and we hope listeners have as much fun listening to it!" Langford said.

Jason Mraz's eighth album, *Mystical Magical Rhythmical Radical Ride*, is due out on June 23, with the first single and video out now: "I Feel Like Dancing." Mraz is on tour through August 17 when he wraps up at Forest Hills Stadium in Queens, NY with special performance accompanied by the New York Pops, under the direction of conductor Steven Reineke.

Nickel Creek will be supporting their new album, *Celebrants*, with a two-month long tour, kicking off on April 15 in Cincinnati, OH, and wrapping up in Telluride, CO, on June 17.

Death metal combo, **Nukem**, heads out on a month long tour opening for Death For All, from March 2 (Seattle) through April 1 (Denver).

Saxophonist **Daniel Nielsen** has a Friday night residency at Côte D'Azur, each week from 6:30 p.m. til 8:30 p.m. You can also find Nielsen performing at 9 a.m. on March 19 with **The Rhythm Ranchers** at Day at the Docks, and solo at Seaport Village's East stage on March 25

from noon – 3 p.m.

The **Wayne Riker** Gathering will be recording the follow up to the album, *Alphabetical Blues Bash Volume 1* at Studio West this spring, award winning guitarist Riker joined by **Oliver Shirley III** (bass) and **Marty Dodson** (drums). It's going to be a star-studded session. Guest vocalists on this edition include **Debora Galan, Stacy Antonel, Shelle Blue, Josh Taylor, Rebecca Jade, Deanna Haala, Heather Nation, Lauren Leigh, Nathan Raney**, with backup vocals provided by **Cassie B.** and **Staci King**.

Troubadour **Steve Poltz's** BaHOO Tenzie! Song School and Folk Fest, returns to the Joshua Tree Lake Campground on May 2-4 (Song School) and May 5-6 (Folk Fest). Artists taking part include Keller Williams, Glen Phillips (Toad The Wet Sprocket), Rainbow Girls, Tim Bluhm (The Mother Hips), Maya De Vitry, Amber Rubarth, and Lisa Sanders.

Meanwhile Poltz, as well as Sanders and **Brown Sugar**, are amongst the performers at this year's *Mariposa Folk Festival* in Ontario Canada, taking place July 7 through 9. Also, in addition to his never-ending U.S. tour, in 2023, Poltz will be touring Australia March 10 through April 9, with October 3 through 8 set for Songwriting Camp in Illasi, Italy.

The Spice Pistols will be playing a series of dates with *Metalachi: The World's First and Only Heavy Metal Mariachi Band*.



Dates include April 2 (The Continental Room / Fullerton), May 7 (The Coach House / San Juan Capistrano) and locally, on July 1 at The Music Box in San Diego.

In related Spice Pistols news, bassist Spike Muellenberg has joined *A Month of Sundays*, which includes Carl Froelich and Ron Rice (guitars) as well as Delwyn (drums)

Surfdog Records first standalone digital title from its recent Eric Clapton catalog acquisition it out now, an eight song collection titled, *Rarities 1983 – 1998*.

Blues favorites, singer **Earl Thomas** and guitarist **Anthony Cullins**, have joined forces to form a new duo.

Scott Weiland's 1998 solo album *12 Bar Blues* is getting an expanded edition for it's 25th Anniversary. Available on blue / green vinyl, the reissues updated track list includes an unreleased demo of the song, "Barbarella."

IT'S GREEN MADNESS MONTH!

The Performing Arts

By Bob Morey

Ayyyyyyyy! Top O' the Month to you mi Ladies and Lasses! It's the very green and mad month of March that we are so glad to see. The reasons are numerous, but heading up the list is Spring arriving, the plants blooming and the days getting longer as the clock jumps forward (for those of you that can't remember, you can't blame the clock for being late for work this time around). We are all Irish for a day on **St. Patrick's Day** on the 17th when we all will drink green beer or Guinness, maybe some Jameson while eating corned beef and cabbage.

March is also a big month for sports. Major League Baseball's spring training is underway, with opening day speeding at us like a fastball, it also means our local **Little Leagues** are getting started, check the leagues in your community and sign your kids up if you haven't already.

Annnnd the biggie is back – **March Madness!** The brackets get seeded on March 12th with the First Four on the 14th & 15th, and the First and Seconds rounds play on the 16th through the 19th, which really means no work will be getting done for 3 days. The Tournament Final is on April 3rd, and you all know the most common question being asked the last half of March is 'How are your brackets doing?' We have made it easy for you to join the fun and excitement with our **Invitational Madness** and claim your bragging rights, just scan the **QR Code** at the bottom of this page, or by **copying and pasting our link into your browser**. Now, the next big question is, who will be the Cinderella team this year?

I know some of you aren't into the Madness of checking your brackets after every set of games, and you'll need something else to fill your time. With the **Padres** still out in Yuma prepping for what will be an exciting season (so exciting that odds-making are talking about them in the same breath as the Dodgers, Yankees, and Astros as World Series favorites!). Baseball is already underway with The Old Globes '**Under A Baseball Sky**', which will be stealing hearts through the 12th.

Under A Baseball Sky is by **José Cruz González**, the author that brought us American Mariachi, a Globe-commissioned story about baseball's deep roots in the Mexican American community. When troublemaker Teo is put to work cleaning up a vacant lot belonging to his elderly neighbor, this unlikely pair forms a bond forged in history and America's pastime. Inspired by San Diego's Logan Heights neighborhood, and directed by Globe Resident Artist **James**

Vásquez, this beguiling world premiere celebrates communities and individuals coming together to find hope, healing, love, and the occasional home run.

I'm one who also often says, "The Globe never sleeps", because it's a fact that they never do. Opening on the 17th is '**The XIXTH**' (**The 19th**). Inspired by real events from the historic 19th Olympic Games in Mexico City in 1968. Two Black American sprinters, the fastest men on Earth, raise their fists in protest. Directed by **Carl Cofield** (Seize the King, The Bacchae), this suspenseful world-premiere play by **Kemp Powers** (Pixar's Soul, One Night in Miami) chronicles the intersection of sports and activism and shows the life-changing repercussions of being a champion who chooses to speak out.

Giacomo Puccini's Tour de Force '**Tosca**' returns to the Civic Center for the first time since 2016. Tosca is an epic drama filled with torture, treachery, lust, execution, and suicide. Here are the Cliff Notes -- Scarpia, the chief of police, wants only two things: to recapture the escaped prisoner Angelotti and to seduce Tosca, an opera singer of incredible voice and beauty. Tosca is in love with Cavaradossi, an artist and sympathizer of Angelotti. After arresting Cavaradossi for harboring Angelotti, Scarpia plays with Tosca's emotions, promising to free Cavaradossi if Tosca will succumb to Scarpia's desires. But Tosca has a plan of her own, all of which unfolds with tragic consequences from which no one can escape.

Tosca welcomes the return of soprano **Michelle Bradley** in the title role, and **Greer Grimsley** in his signature role of Scarpia. Argentinian tenor Marcelo Puente makes his San Diego Opera debut as Cavaradossi. Directed by **Alan Hicks** and with the San Diego Symphony conducted by **Valerio Galli**. Soaring and sensuous, filled with such beautiful arias as Tosca's "Vissi d'arte", Cavaradossi's "Recondita armonia" and the powerful choral piece "Te Deum", Tosca has some of opera's most beloved music, and one of opera's most gripping plots. Tosca takes to the stage just four times starting on the 25th.

Not to be left out, The San Diego Symphony gives us two nights of **Mozart and Rachmaninoff** on the 10th and 11th and closes the month out with an evening of **Schumann and Brahms** on the 30th.

Over in Old Town, The Cygnet Theatre brings the howling revolving-door comedy with **Noel Coward's Present Laughter**. Opening on the 29th, Present Laughter is a lighthearted farce that celebrates playwright Noël

Coward's legendary wit and larger-than-life persona. Based on Coward himself, actor Garry Essendine is the star of the London theatrical scene at the height of his fame and adored by legions of admirers—perhaps a little too much. Fans regularly throw themselves at Garry's feet, drawn in by his charm and charisma, throwing his household into chaos. In the week before Garry is set to embark on an African tour, he is forced to juggle a besotted young woman with stars in her eyes, an unhinged young playwright obsessed with being in Garry's presence, his best friend's wife who is determined to seduce him, his manager, his producer, his secretary, his estranged ex-wife, and an impending mid-life crisis.

Still playing up the road at The La Jolla Playhouse is the groundbreaking musical '**The Outsiders**'. This is the story that defined a generation that is set in Tulsa Oklahoma in 1967. The hardened hearts and aching souls of Ponyboy Curtis, Johnny Cade, and their chosen family of 'outsiders' are in a fight for survival and a quest for purpose in a world that may never accept them. A story of the bonds that brothers share and the hopes we all hold on to, this gripping new musical reinvigorates the timeless tale of 'haves and have-nots', of protecting what's yours and fighting for what could be.

On the coast, the North County Rep brings to the stage Anton Chekhov's beloved masterpiece '**The Cherry Orchard**', in a version by **Jean-Claude van Itallie**. Director **David Ellenstein** stages a rich tapestry of the human condition woven into a humorous and haunting tale.

With universal themes of societal upheaval, love, loss, grief, envy, and ambition, **The Cherry Orchard** remains as relevant and powerful today as it was when it first premiered in 1903. Serious theatre lovers will not want to miss this classic tale of heightened human drama. **The Cherry Orchard** will entertain us through April 2.

Now you have all the names and places for our local outings, we saved the biggest for last, **The Granddaddy** of all the Award Shows – **The Oscars**. **The Red Carpet Show** rolls out on Sunday, March 12th at 1:00, with the little golden guys getting handed out starting at 5:00. If you haven't had enough by then, following the Oscars will be **Vanity Fair's Post Oscar Party Show**. This will take you to all the best parties where all the stars that didn't attend the Oscars but still want to go out to be seen all dressed up at the trendy places we mere mortals can only dream about. Of course, those trendy events are always for a good cause. In case you are keeping a score of who wins what, we have provided you with an **Oscar Checklist** to you can make your picks and keep track of the winners. Get your munchies and popcorn in advance so you're ready for the long night.

If that's not enough, **The Padres'** open opener is on the 30th against the Rockies, and tickets are getting snapped up faster than tacos on a Tuesday night. Remember, **The Padres** are on the shortlist of favorites to take it all. Until next month, may your brackets not bust too early, and may all your Shamrocks have four clovers.

SCAN THIS CODE TO ENTER MARCH MADNESS BARCKET CHALLENGE





CHILDREN'S CLOTHING FAIR FOR MILITARY FAMILIES

Sponsored by the Military Outreach Committee of Tierrasanta Lutheran Church(TLC).

We are excited to be able to continue the Children's Clothing Fair (CCF) which provides our military families with gently used clothing for their growing children.

Date: Thursday, March 23rd; Time: 10:00 – 12:00 pm; Place: Murphy Canyon Chapel (MCC), 3200 Santo Rd.

This event provides a venue where the Tierrasanta/Murphy Canyon/Serra Mesa communities can donate clothing that their

children have outgrown and make those items available to local military families for their growing children. So, please check your children's and grandchildren's closets for items in clean and good condition. Box or bag them, then deposit them in the boxes located just inside MCC and TLC front doors starting Monday, March. 6th. PLEASE - Clothing items only (including shoes)! Sizes from infant through teen are appreciated.

Please do not donate toys, books, or bedding. Do share this with your neighbors and friends. Donation receipts will be attached to the donation boxes for your convenience and tax purposes. We thank you for all your support in the past and ask you to continue your commitment toward helping our military families. Contact Jessie Wallace at 619-446-9146; jesslw54@yahoo.com for questions or more information.



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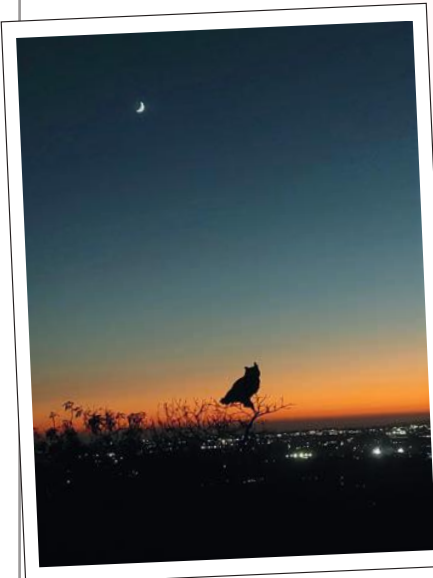
Please help fill the Tierrasanta Pulse Community Calendar with local events: fundraisers, sports sign ups, community group meetings, etc. **by emailing the title of event, date, time and location to info@tierrasantapulse.com.** If you're a local business owner, inquire about discounted advertising rates. The Tierrasanta Pulse is delivered to 10,500+ mailboxes in zipcode 92124 four times a year (seasonally) and is online at www.tierrasantapulse.com. With your expressed permission we will share your social posts on our FB & IG. Follow us! @pulsetierrasanta  

THE PULSE PHOTO CONTEST



ENTER TO WIN
\$100 GIFT CARD

Capture a creative photo of Tierrasanta. Email the photo referencing "Tierrasanta Pulse Photo Contest" in the subject line to info@tierrasantapulse.com. Winner to choose a giftcard from a local business. Photo will be printed in the next quarterly Tierrasanta Pulse publication and highlighted on our website.



WINTER EDITION WINNER Don Zatyko
"Horned Owl Watching Over Tierrasanta"
Mission Trails Regional Park

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Watch the community calendar for upcoming Real Estate workshops.

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92124 home sales
Tierrasanta
NOV 9 - FEB 27 | AVG DAYS ON MARKET 31



SCAN TO SEE YOUR HOME VALUE

SOLD PRICE	ADDRESS	SOLD PRICE	ADDRESS	SOLD PRICE	ADDRESS
\$475,000	11233 Tierrasanta Blvd Unit 30	\$750,000	11343 Cascada Way	\$1,075,000	4612 Seda Dr
\$505,000	6116 Calle Mariselda Unit 104	\$750,000	10280 Melojo Ln	\$1,079,000	4638 Terraza Cir
\$505,000	6106 Calle Mariselda Unit 101	\$760,000	11018 Portobelo Dr	\$1,100,000	10854 Corte Playa Solana
\$550,000	11255 Tierrasanta Blvd Unit 76	\$785,000	4798 Seda Dr	\$1,100,000	10877 Pesos Pl
\$600,000	11360 Portobelo Dr Unit 6	\$800,000	10793 Cariuto Ct	\$1,100,000	10456 La Morada Dr
\$635,000	9932 Pineknoll Ln	\$815,000	10861 Hijos Way	\$1,105,000	11290 Corte Playa Azteca
\$645,000	5055 Ducos Pl	\$825,000	9884 Apple Tree Dr	\$1,145,000	5135 Montessa St
\$650,000	5222 Edge Park Way	\$835,000	5837 Menorca Dr	\$1,150,000	4094 Tambor Rd
\$650,000	10860 Caravelle Pl	\$845,000	10728 Cariuto Ct	\$1,154,000	11645 Vaca Pl
\$650,000	10829 Carbet Pl	\$860,000	11590 Faisan Way	\$1,210,000	11114 Via Temprano
\$650,000	5322 Caminito Velas	\$890,000	4835 Valdina Way	\$1,240,000	5365 La Cuenta Dr
\$659,000	11386 Camino Playa Cancun Unit 6	\$908,000	6089 Portobelo Ct	\$1,260,000	11295 Via Carroza
\$663,000	5022 Ducos Pl # 136	\$925,000	5655 Guincho Ct	\$1,275,000	4712 Calle De Vida
\$675,000	5283 Marigot Pl	\$930,000	10351 Matador Ct	\$1,280,000	5129 Montessa St
\$680,000	10846 Lamentin Ct	\$950,000	10757 Gabacho Dr	\$1,300,000	4365 Via Sorpresa
\$689,000	10834 Macouba Pl	\$1,010,000	5370 La Cuenta Dr	\$1,365,000	10894 Uvalde Ct
\$700,000	10362 La Duena Way	\$1,037,500	10872 Avenida Playa Veracruz		

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