CULTURE CLUB

FERMENTED FOOD WILL CHANGE THE WORLD.

A ustin Durant places a jar filled with bright pink sauerkraut on the table, and then waits for someone to notice. “I pick public spaces such as breweries, restaurants, and farms to hold our meetings and workshops, so that people who may be walking by might notice the bright colors, or get a whiff of the pungent flavors. It catches their eye and piques their curiosity, and in such a friendly place like San Diego, people naturally come over and ask questions.”

In 2011, Durant founded Fermenters Club with a mission: To improve people’s lives by teaching them why and how to make and enjoy fermented foods; and to create communities that are connected through their guts.

Fermented foods like sauerkraut, kimchi, pickles yogurt, and kombucha are nothing new. The Chinese have been making sauerkraut for around 5000 years. But, due to the wonders of the modern age (such as refrigeration and global supply chains), fermentation as a necessary food preservation technique fell out of favor with large segments of the industrialized world. “That’s too bad,” says Durant, “because that little jar of naturally fermented sauerkraut or kimchi contains a whole galaxy of flavors, not to mention good microbes.”

Durant himself got bitten by the bug (pun intended) in 2010 after making his first batch of sauerkraut. “It was simple to make, and was salty, sour, delicious, and physically,

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FERMENTED FOOD WILL CHANGE THE WORLD!

Continued from page 1

and you're inspired to continue fermenting once you get home.” He even gives embroidered patches when people complete a workshop. “I see their faces light up like children— it reminds them of their younger days in scouting, when they would earn a merit badge.”

Through Fermenters Club, Durant also curates bi-monthly community meetings, where newbies and fermenting pros alike meet, discuss what they’ve been working on, bring in foods to share, and extra cultures to swap.

The Normal Heights resident also produces the San Diego Fermentation Festival (sandiegofermentationfestival.com), now in its fourth year. The Festival grew out of a desire to create a larger positive impact on the community. It represents the culmination of months of planning. Makers, volunteers, speakers, media, vendors and staff all work hundreds of human hours to prepare for the day long celebration. Durant sees the Festivals (he also produces a summer festival in Portland, Oregon) as a way to create stronger communities and promote civil society. “I’m particularly happy when I see people at the Festival from various socioeconomic, cultural, and generations all having fun and learning together. After all, everyone eats and deserves a healthy gut!”

The fourth annual San Diego Fermentation Festival will take place Sunday, February 11, 2018 from 11:00am to 5:00pm at Leichtag Commons (450 Quail Gardens Drive, Encinitas, CA 92024). Presale Tickets are $30 (plus fees) for General admission and $45 (plus fees) for an “Ambrosia Garden” ticket, in which guests 21 years old or older can sample tasters of local and regional craft beer, wine, kombucha, spirits, cider, and mead. Children under 12 are admitted free to the Festival with an accompanying adult.

There will be over a dozen workshops to introduce people to the culture (pun intended) of fermented foods and beverages. People can learn about how to make everything from cheese, to beer, to kimchi, miso and sauerkraut.

And for those who are interested in understanding how and why fermented foods are so good for us, the keynote panel represents some of the leading scientific minds in the world on the “human microbiome.” The keynote panel at the Festival will include Dr. Rob Knight and some of his colleagues at the American Gut Project (american-gut.org). Knight is a professor in the Departments of Pediatrics and Computer Science & Engineering at the University of California San Diego, and author of “Follow Your Gut: The Enormous Impact of Tiny Microbes.” Guests will have a chance to ask questions to this distinguished panel.

Durant waxes philosophical: “Your gut is a galaxy, containing trillions of microbes, each eating and breathing, warring and cooperating, living and dying. And each part of your body (your mouth, each hand, your toes) hosts similar galaxies. In that way, by celebrating fermentation, we are celebrating Life itself?” Think about that the next time you take a swig of kombucha.

Presale tickets can be purchased online at: sandiegofermentationfestival.com
A Kids’ Guide to Alzheimer’s

Local Girl Scouts create manual to help families

When Judith Sperry and Alexi Grabia first met when they were Brownies, they became fast friends. They grew even closer when they found out they each had a grandparent with Alzheimer’s disease — and they were even living in the same memory care facility. Now in their early teens (and still great friends), both girls were determined to use their experience to help others.

As part of their Girl Scouts Silver Award, Alexi and Judith decided to create A Kids’ Guide to Alzheimer’s to help other families going through the same thing.

Alexi said all the existing Alzheimer’s resources she could find were really depressing.

“It was so dark and dreary and it made me feel like I would lose my grandfather forever,” she said. “But I still found some good times with him, despite this disease! They didn’t tell the full story.”

So she and Judith met with a local nonprofit, Alzheimer’s San Diego, to get some information for the brochure. Alzheimer’s San Diego was so impressed, they decided to print the guide. It’s now available on their website and at their Kearny Mesa office.

“We went in pretty inexperienced... but we’re so glad Alzheimer’s San Diego was able to help,” Judith said. “Hopefully this will let other kids know they can still have a relationship with their grandparents, even if they have Alzheimer’s.”

To learn more and download a copy of the brochure, go to www.alzsd.org.
Beers & their San Diego Breweries

Living the HOPPY LIFE with Beau Schmitt

ACROSS:
2. Orange Ale Wit
4. Sweet Side Pilsner
6. Karftroton TIPA
7. Walk of Shame Coffee Blonde
10. CADM Imperial Stout
14. Soul Style IPA
16. Hop Board IPA
19. Hop-Put IPA
20. Dark Swan Imperial Stout
21. Beatitude Tart Saison
23. Purple Duck American Sour
25. Devotion Belgian Blonde
26. Table Beer
27. Green Hat IPA
28. Unplugged Oatmeal Stout

DOWN:
1. Mosaic IPA
3. Blood Orange IPA
5. Nelson Belgian Ale
8. Factory of Dreams IPA
9. Saturnic Chimp Amber Ale
11. Apple Pie Ale
13. Pig Nose Pale Ale
17. Contender IPA
18. Elos Sour IPA
19. Thule IPA
22. Coachman Small IPA
23. Speedway Stout
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The Trip to Spain (unrated) - This is the 3rd installment of the popular British sitcom series starring Steve Coogan and Rob Brydon. The first series, The Trip, was so popular it was re-edited into a 2010 feature film. This time the boys will entertain you with their comedic impressions and lively chat as they sample the gastronomic fare of Spain, ranging from ribollita to osso buco alla milanesa. Sometimes their constant chatter can distract from the beautiful countryside. It’s still very enjoyable and nice to watch if you’re thinking of eating some great Italian dishes.

Nature: Parrot Confidential (PG) - This is a documentary on parrots kept in captivity. If you are an animal lover, like myself, you will find yourself heartbroken over the plight of many of these helpless birds. Fortunately, there are wonderful people out there that have dedicated their lives and money in helping to rescue, rehabilitate, and provide a safe sanctuary for these parrots. In addition to the message of owner neglect and abandonment, we learn how truly intelligent these species are. You will find yourself cheering for Baili and others as they embrace their new surroundings. PBS did a superb job at capturing the spirit of these fine creatures and why we should leave them in their native habitat. You will talk about this film with so many of your friends and appreciate the opportunity to better understand these beautiful birds.

Three Billboards Outside Ebbing, Missouri (R) - Martin McDonagh will surely have an Oscar nominee on his hands with this engaging drama. Frances McDormand, who will likely be nominated for best actress, plays a mother grieving over her daughter’s death and the lack of progress made by the local sheriff’s department. The excellent screenplay has you laughing, crying (just a bit), and getting angry at the wheels of justice. Woody Harrelson is also superb in his role as the local sheriff. In a short time, you feel the frustration of all the people who have opposing perspectives on the matter. I don’t want to give it away, but I do want you to go to the movies and see it. It won’t be on DVD until late February. It’s loved it, and I know that it made a million or two dollars at the box office, but it wasn’t the Nyquist that was making me doze off in my rocker. I really tried to figure out why we didn’t care for this film, and I think the film lacked a connection with the audience. We didn’t get to know any of them personally or understand their unique stories, except for the fact that they needed to get off of the beach or be killed. Sometimes there is too much movie action. It gets in the way of the story. For me, it just didn’t work. You may love it. Like my son always reminds me, we can’t all agree on everything.

Man on the Moon (R) - This is an older movie (1999) starring Jim Carrey as Andy Kaufman, the comedian. I had to write about this one because I had never seen it when it was released and ran across it just the other day. I only remember Andy Kaufman from Tootsi and a few appearances on the Johnny Carson show, but I guess I never appreciated his comic genius. Jim Carrey becomes Andy Kaufman in this movie with all of his insecurities, obnoxious behavior, and very childish antics. Normally, I would say “This is stupid,” but I kept watching it and gaining so much respect for Jim Carrey’s portrayal of this tragic comedian. As I watched the credits roll at the end of the film, I saw the talent behind this film: director Miloš Forman, and actors Danny DeVito, Judd Hirsch, Paul Giamatti, Carol Kane, wrestler Gerry Becker, and others. If you missed this or didn’t quite get it the first time, please watch it and let me know what you think. It’s a Winnie’s Pick.

A Man Called Ove (PG13) Ove is a curmudgeon whose unworthiness to live has been decided by Ove himself. Seeing that he has no purpose remaining in his life, he sets upon many failed plans to end it. The ironic feature is that the interruptions are caused by the needs of others who are also somewhat flawed. You will feel Ove’s pain as his life becomes empty following the death of his wife, forced retirement, and alienation from various acquaintances. It’s time to make new friends and see the beauty of old age and what
Women’s Museum of California Celebrates Women’s Suffrage
Revamped exhibit focuses on the activists who started a movement and changed history

The Women’s Museum of California will be opening our newly revised permanent exhibit, March to Empowerment, highlighting the fight for Women’s Suffrage on January 19. In the late 19th and early 20th century, courageous women mobilized, educated and persisted in an effort to change national law. This revised exhibit will focus on these brave women and their stories and will also look at the full context of the changes taking place at the state and national level. There is also an increased focus on the impact communities of color had on the suffrage movement and the righteous call for equal rights for all Americans.

“This exhibit will actively encourage viewers to place themselves within the legacy of the fight for women’s rights,” Diane Peabody Straw, executive director of the Women’s Museum explains the new additions to the exhibit. “Not only are we highlighting items from our Museum collection that visitors have never seen before, we have also added interactive components to bring the stories of these extraordinary women to life.”

Historical documents and artifacts on display will feature many from the Museum’s Alice Park collection. Alice Park was a suffragist, vegetarian, pacifist, and socialist who worked centered out of California but neverestared around the globe as one of the main voices advocating women’s suffrage. Included in the archives are correspondences from Alice Park to Susan B. Anthony, Carrie Chapman Catt, and Charlotte Perkins Gilman.

In addition to the Suffrage Movement, the exhibit will focus on the wider societal changes that spawned once women were able to vote. This exhibit will focus on an increased demand for social justice and the how the women’s vote impacted the Civil Rights movement and pacifism movement following World War 2.

About Us:
Founded in 1983, The Women’s Museum of California is one of only three stand-alone museums of women’s history in the country. With the help of many volunteers and a dedicated staff, the WMC features a variety of changing exhibits and displays on women’s history, sponsors workshops and lecture series. The WMC also develops and implements educational and cultural events, including art shows, live performances and presentations; maintains a library, archive & collections; and provides speakers for the community through its Speakers’ Bureau.

Website: womensmuseumca.org
Fostering Infants and Toddlers Will Change a Family

By ELIZABETH PERLIN

As an educator for Angels Foster Family Network, one of the questions I am consistently asked by families with children living at home is how fostering will affect their own kids. Parents are specifically concerned with the emotional toll it will take on their children when foster children are reunited with their biological families. Some even say, half in jest, that they fear their children will wind up on the psychiatrist’s couch later in life because they were constantly having their hearts broken by watching foster children come and go from their home.

At Angels, I meet people who are considering opening their homes to infants and toddlers who need a loving, stable environment. People who attend our information sessions always have thoughtful questions about how fostering works. They are curious about Angels’ unique approach, which asks foster parents to commit to one child (or a sibling set) for the entire duration of his or her stay in foster care. People ask about the research that guided us to focus on children five years old and younger. Prospective foster parents also wonder about their role in visits and reunification with biological families. But the question I hear most often is how fostering will transform the family dynamic.

The reality is that fostering will undoubtedly change a family. There is simply no way a family can open its heart to an infant or toddler, love him or her as a member of the family, then say goodbye, and remain unchanged. The good news is that the transformation families experience is overwhelmingly positive. Even the closest, most bonded families say fostering deepened their connection with one another.

Take Ashley Jones, a fifteen-year-old, whose family has fostered infants and toddlers for more than five years. She says she wasn’t thrilled about the idea at first because she enjoyed her place as the youngest in the family. But she quickly changed her tune when the family’s first placement, a four-month-old baby boy, arrived. “This child needed me,” she explains, saying that her concerns about losing her spot in the family were quickly replaced by a realization that she had a new, better place in the family—the big and little sister. She says fostering four infants and toddlers over the years brought her family together because they shared a purpose.

Ashley’s mother, Terra Jones, agrees that fostering with Angels Foster Family Network has been a unifying force in their family. “It’s like you are all trying to put a puzzle together because you don’t have much information about the kiddos when they come to you,” she says. “You have to figure it out together.” Terra explains that this has helped her children recognize and develop their strengths. For example, the family realized that its oldest daughter, Sara, who is now seventeen, was incredibly observant and noticed behavioral details that no one else did. When she added her insights into the family’s discussions, it improved their ability to piece together the puzzle.

Paul and Rachael Garrison also say that fostering infants and toddlers gave their own children an opportunity to recognize and cultivate character traits. Rachael says her younger son, four-year-old Emmitt, is a born nurturer, but didn’t always have the chance to express that side of himself until the family began fostering. Now, he’s the one who scans every place the family visits to make sure it’s properly baby-proofed for his little foster sister. He checks baby gates at home to make sure they’re locked, and picks up small objects like his older brother, Luke’s Hot Wheels from the family room floor. The Garrisons say their older son, six-year-old Jack, isn’t as a natural caretaker like his younger brother, but fostering has helped him blossom in this area.

Children discover their innate gifts through fostering, but they also learn to be adaptable and creative. Becky and Jeff Brewer had an only child, Lucas, for ten years until they decided to start fostering. Lucas was very excited to be a big brother to ten-month-old Adrian. Sadly, the infant boy was terrified of men, having likely been physically abused. The baby was so scared of males he refused to let Lucas hold him. Instead of feeling rejected and discouraged, Lucas asked his mother to place the baby in a stroller so he could push him around the block. “This way Adrian didn’t have to look at Lucas, but they could still be together,” Becky explains. Two weeks later, the baby began to trust Lucas. The Brewers wound up adopting Adrian, who is now seven years old, and recently adopted a toddler who has been with them since birth. Not only does Adrian trust the men in his life, but his father, Jeff, and brother Lucas, who is now seventeen, coach his baseball team.

Nanci Weinstein says her daughters, fourteen-year-old Grace Anne and ten-year-old Rebecca, have also grown in compassion and adaptability through fostering. As an added bonus, “they don’t live in a bubble anymore,” she says. Their ability to understand the consequences of drug use is profoundly different than their peers, Nanci explains. “They have seen how it can destroy a family, but also that you can redeem and recover,” she says. The girls are both adamantly against drug use, and it has far less to do with what Nanci and her husband have told them than what they have witnessed, she says. “They also got to learn that there are humans behind these decisions. There’s compassion for and understanding for the humans behind the story and that we can show kindness and love and compassion for people without always agreeing with their choices,” says Nanci.

As a former foster parent myself, I know it was the most challenging, gratifying thing our family did together. Whether or not to foster infants and toddlers is a decision each family must make for itself. Only the families themselves know whether or not it’s the right choice. But what I do know for sure is that fostering will change a family forever. And it will probably change it for the better.

Elizabeth Perlin is an educator for Angels Foster Family Network. To find out more about fostering infants and toddlers — or supporting families who foster – visit angelsfoster.org.
Local Activists to March at Balboa Park to Stop Human Trafficking in its Tracks
Junior League of San Diego to teach crowd how to recognize and assist human trafficking victims

On Saturday, January 15, 1-3 p.m., community members will march side by side at Balboa Park to bring one of San Diego’s major human rights issues out of the shadows at Junior League of San Diego’s fifth annual Human Trafficking Awareness Rally. Local anti-human trafficking leaders will teach the crowd to recognize and assist victims before the marchers start their walk through the park with homemade signs of hope.

Human trafficking involves exploitation in many forms, from forcing people into prostitution to subjecting them to slavery or involuntary servitude. Sadly, the FBI names San Diego as one of the 13 areas with the highest rates of child sex trafficking in the nation. These advocates will spend their Saturday speaking out for the sake of those most at risk, including children who are homeless.

Speakers will include San Diego County District Attorney Summer Stephan, Assembly member Brian Maienschein, Free to Thrive President and Managing Attorney Jamie Quiroz, SAVED in America Executive Director and Private Investigation Manager Joseph Travers.

About the Junior League of San Diego
The Junior League of San Diego, Inc. is a member of an international organization of women committed to promoting voluntarism, developing the potential of women, and improving the community through the effective action and leadership of trained volunteers. Its purpose is exclusively educational and charitable. The Junior League reaches out to women of all races, religions and national origins who demonstrate an interest in, and commitment to, voluntarism. For more information visit www.jlsd.org.
New Year, New Start, ReNEWed Health

BY DR. SHOT MIRRO

There is no better time than the turning of the calendar year to create a fresh start for your health and life. As most of us do, you have likely over indulged this holiday season and are eager and ready to take better care of your body and health. At Good Vibrations Family Chiropractic, we offer two amazing tools to rapidly and efficiently restore your health, energy levels, sleep and mood.

The first is through the restoration and balancing of your nervous system. Your nervous system is your master control system. It controls and coordinates all of the functions of your body including your heart beat, breathing and digestion. When your nervous system is operating optimally, your brain can accurately communicate with your body what it needs to do and your body can also communicate with your brain as to where it is at and how it is doing. The speed, efficiency and precision of the nervous system is incredible.

The slightest interference in the functioning of the nervous system can have major implications to how the rest of the body is working.

There are three main categories of stress that cause the nervous system to function sub-optimally. They are Physical Stress, Chemical Stress and Emotional Stress. Physical stress includes any type of physical trauma such as a fall, car accident or injury. It also includes the more insidious types of physical stress like postural strain, sitting for prolonged periods of time, carrying a new baby, or driving. Physical stress creates tension and strain in the spine and motor nervous system creating abnormal energetic output of the stress activates the part of our autonomic nervous system known as the sympathetic nervous system. The sympathetic nervous system is sometimes referred to as the fight or flight nervous system. When our sympathetic nervous system engages we experience a release of stress hormones like cortisol that create large amounts of inflammation the body, increase appetite, and decreases our ability to sleep well. When our sympathetic nervous system fires we feel more anxious, fearful, unsettled and eventually depressed.

As a chiropractor, one of the most important parts of my job is to help the body get out of a sympathetically dominant state. We do this by helping the body engage the parasympathetic nervous system. The parasympathetic nervous system opposes the sympathetic nervous system. It is known as the rest and digest portion of the nervous system. It causes your blood pressure to lower, allows you to take deeper breaths, brings blood to your digestive system, allows you to go into labor naturally, among many other functions. The parasympathetic nervous system dramatically and naturally decreases the amount of inflammation in your body and allows you to experience a sense of peace and well-being.

The third and final category of stress that causes the nervous system to malfunction is chemical stress. One of the best ways to reduce the level of chemical stress is to do a purification, cleanse or detoxification. Dr. Google and many other social media sites are often bombarded with conflicting information about how best to cleanse and detoxify
nervous system. This abnormal output can be too high, resulting in stiff tight muscles or too low resulting in muscles that are unable to engage and support the structure of the body. Either result creates abnormal wear and tear on the spine and nervous system.

The second main category of stress that causes nervous system interference is emotional stress. This can be from major life events such as the death of a loved one, divorce or a major move. Emotional stress can also build up in the body over time. This stress can come from your work, significant relationship, or maxed out credit cards to name a few. Emotional stress can affect your body.

The body. If you are overwhelmed with all of this information or are new to the idea of cleansing the body, join me live at Good Vibrations Family Chiropractic on Tuesday January 9th at 12:00. I will have a survey for you to fill out to see how much chemical toxicity you have in your body and to help you understand what type of cleanse may be right for your body. I will also be doing an introduction to purifying your body on Facebook on Tuesday January 2nd at 2:00pm. Like Good Vibrations Family Chiropractic and join me then!

San Diego Women’s Foundation Raises $6,000 for Just in Time for Foster Youth

The San Diego Women’s Foundation (SDWF), a nonprofit organization dedicated to educating and inspiring women to engage in collective philanthropy, raised $6,000 for Just in Time for Foster Youth. The donation was raised at the Foundation’s annual, members-only holiday celebration. The party, held at the UCSD Audie Geisel University House, was hosted by SDWF member, and wife of UCSD Chancellor Pradeep Khosla.

“Each year, we select one of our Community Partners (grantees) to showcase and support,” said Katie Sawyer, Executive Director of the San Diego Women’s Foundation. “This gathering is a beloved SDWF tradition. It provides our members with the opportunity to connect with each other and provide further support for an organization that is near and dear to our hearts.”

Sawyer noted that, earlier this year, SDWF awarded Just in Time with a $25,000 grant.

Just in Time for Foster Youth engages a caring community of volunteers to help transition-age foster youth, ages 18-26, achieve self-sufficiency and wellbeing when they leave the foster care system without family support. The core of JITT’s philosophy is that the most critical gap for youth in foster care has been a lack of connection so the solution is resources combined with lasting relationships to caring volunteers and peers.

At the party, former foster youth and Just in Time participant, Victoria Willis, shared the challenges she has faced, including her birth while her mother was incarcerated, as well as the life-changing connections and opportunities that became available to her through Just in Time. Currently, Victoria is thriving as a senior at SDSU.

Don Wells, Executive Director of Just in Time, stated, “We are deeply honored that the San Diego Women’s Foundation felt so strongly about our mission. Our community partners like this that help us meet the vital needs of the youth we serve.”

About the San Diego Women’s Foundation

Founded in 2000, The San Diego Women’s Foundation educates and inspires women to engage in collective philanthropy. They invest in innovative solutions that benefit the underserved communities in the San Diego region. Contributions and talents of the 215 SDWF members have resulted in $3.2 million in grants that have been awarded to 85 nonprofit programs, touching hundreds of thousands of lives in and around San Diego. For additional information, visit www.sdwfoundation.org.
By Bart Mendoza

January 20  Burger Records Showcase
On January 20 the Tower Bar will feature two bands currently recording for Burger Records, featuring one combo from the 1960s, Los Angeles based group, The Slots, and one heavily inspired by the era, Arizona quartet, The Rehearsals. The Slots only released one single during their heyday, “Makin’ Love” (1965), and it wasn’t a hit. However in the ensuing years, the track has come to be regarded as a classic garage punk tune, giving the band a new lease on life, with tours of Europe and a reunion album, Back From The Grave, since their return. Meanwhile the Rehearsals got their start in 1992, with a string of sixties influenced albums that range in sound from Byrds jangle to Yardbirds inspired riffs, with plenty of novelty courtesy of frontman and songwriter, Matt Rendel. An excellent bill featuring two underated bands. thetowbar.com

January 31 Songwriters Acoustic Nights
Promoter Mitch Feingold brings his latest edition of Songwriters Acoustic Nights to Ocean Beach’s Holy Trinity Anglican Church on January 31. Featuring four singer-songwriters performing musical dichotomy, the show will include music from Jody Mulgrew, Justin Werner, the duo of Smrtty and Julija, plus Marie Haddad. All are great performers, but Haddad is the standout, with a beautiful clear voice and a set list full of introspective piano based pop tunes, as heard on her new album, Stories from Atlantia. Haddad’s voice is a standout in any venue, but this particular setting, with the churches tall ceiling, should give extra power, Haddad’s music has recently started to show up on national television, one of a host of current San Diego’s artists deserving of far wider attention then they are afforded at home. mfpresent.com

January 29-31 Pinback
Indie rockers Pinback return to the Casbah for a three night run, January 29-31. The shows close out a two week tour of the Southwest, following closely on the release of the band’s latest album, Some Offkilter Voices, which collects two rare EP’s, from 1999 and 2003. Recent set lists have included material from throughout their nearly twenty decade run, with the homecoming nature of the shows sure to turn up some gems from the repertoire. Openers for these shows will be, Major Entertainer (29), Shades McGool (30) and The Color Forty Nineteen (31). caboommusic.com

January 27 Mundell Lowe Memorial
Dizzy’s will be the site of a special memorial January 27 (4 p.m.), in honor of iconic jazz guitarist Mundell Lowe, who passed away December 2, at the age of 93. Lowe was one of the most important guitarists of the 20th Century, an indelible part of pop culture. It’s a testament to how iconic his jazz work is that a side bar would include playing on hits such as Johnny Ray’s “Cry”, the soundtracks for TV’s “Wild Wild West” and “Hawaii 5-0” or films such as “Billy Jack”, just to startane. While there will be live music, the focus of the event is as an opportunity for family, friends and fans to pay their respects, as well as celebrate the music Lowe created. dizzyjazz.com

February 15 Yacht Rock Revue
Although much maligned by critics, the 70’s era of Top 40 radio was actually full of music that still resonates with pop fans today, as artists tried to get their most hook filled material into tracks that timed in at three minutes, or less. Most serious rock fans have long filed these tunes as guilty pleasures, but Atlanta’s Yacht Rock Revue, presenting at the Music Box on February 15, instead celebrates them with near-perfect
to be in the music biz,” she remarked. “What keeps me going is two things: First, I believe wholeheartedly, unreservedly in my product. I have the best country band in town. Secondly, I have a responsibility to the guys in my band. They love to gig out as much as I do, so it’s my job to make that happen. I never ever give up, as any talent buyer I’ve worked with can tell you. The only way to keep moving forward is to do just that.”

Future plans for Three Chord Justice include a follow-up album to 2014’s SDMA nominated album, “One Four Five,” and a U.S. tour with The Carolyn Sills Combo. “After that, we’ll start working on crossing the pond for a European tour,” Grace said. “Until then we are happy as clams playing 100 shows a year for crowds young and old, drunk and sober. It’s all good.”

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students can actively be engaged. For everyone, it is a huge step forward and needs to say we are very excited.

Do geographical boundaries play a role in who attends the sessions?

They do. Our model is predicated upon what we describe as a “School Shed.” City Heights was our choice because we wanted to go into an underserved community where in fact we actually find young people who just want the opportunity. It is amazing to see the results that can come from the experience. Within that “School Shed” there are a number of schools where our staff attends to teach within the classroom and from that pool of students parents desperately want a better life for their children so it is such a great thing to envision and experience.

Is it strict attendance or strict volunteer?

In school it is strict attendance, at the institute it is voluntary.

Was it an instant success within the community or were there growing pains?

Definitely there were growing pains. Working within a community, it takes trust and trust takes time. You have to prove that you are not within the workforce, many become donors themselves and some have joined our board.

The Institute has become an overwhelming success. What do you consider to be the prevailing factor in achieving that mark?

There are several. The critical one would be the passion that is involved within the organization. The staff and volunteers truly are driven by what is possible and the results that they have seen. Commitment is another by following through on that passion. Clarity of mission is key as we help young lives transform through science. Our staff is focused and it helps us to create the model and that is a huge challenge. Building our community of donors is a big part of it.

What has been your greatest disappointment over these many years?

For me it is an all learning process, so whatever setbacks there may be along the way, I use that experience to better understand the process and make the necessary adjustments along the way so that it is an overall positive experience.

What goals have you in mind for the Institute in the coming years?

We know that we have something that works
come those who choose to continue lessons at our facility.

Are the youth that attend considered students and are they receiving credits for their participation?

We do consider them students, however, they do not receive school credits, but they are learning. They also have the opportunity to come to sessions at the institute itself. We do have students come for additional sessions, however, we have had limited resources. As previously mentioned. Once opened, The Living Lab will greatly increase our space and we will even be able to expand on our programs.

Are the parents of those who attend the added sessions required to be an active participant?

Yes they are and have become willing participants. We consider it tuition free, but no commitment free. The parents must also participate. We find in this community that the going anywhere. With the schools, we started with one and grew the program to all schools within the “School Shed”.

How many students actually attend during the course of the school year?

In all of the programs we are serving 6,000 today, but once The Living Lab is open we will be able to handle the 10,000 that are in the school community and also grow our program with additional staff, additional lessons, etc.

Is Oceanography the main focus of the learning sessions?

We use the ocean sciences as a platform to teach every area of science, technology, engineering, math, and conservation.

Have there been success stories among the students?

Certainly. Once they go through the program and hopefully enter college, we find that some come back to work as mentors, all are

get really good at what we do. Culture would be another. Paying attention to what we do and paying attention to our culture within our organization. We believe that our students will succeed. That shapes everything we do.

In 2016, you received the CNN Hero Award. Did that come as a surprise or did Anderson Cooper call you well in advance?

He did not. We knew that we were one of the finalists and a member of his staff called for more information and references. We then learned that we received the award among the thousands of candidates.

What has been your greatest challenge overseeing the operation of the Institute?

Not knowing what you don’t know. I started this at a very young age and I have had a lot of experts come in to teach us as we have strove to grow it stronger. We try to be ready to learn how to better the system. We also want to repli

— our students know it. We will see kids moving out of poverty and moving into positions of leadership in science and other fields of endeavor. My goal is to replicate the process and grow the model.

What has been your greatest satisfaction in overseeing the Institute?

The graduates. Watching the students move on to successful careers. They are committed to making a difference in the world. They are the ones who want to give back to their communities and having followed our graduates over the years, convinces me that they are and will continue to be the role models for others to follow.

Mission Trails Regional Park Foundation

By Leslie Perkins, Executive Director

Mission Trails Regional Park has been called the third jewel in the City of San Diego Park System. Along with Balboa Park and Mission Bay Park, it provides San Diego residents and visitors a way to explore the biological, cultural, historical, and recreational aspects of San Diego. Encompassing 7,223 acres of both natural and developed recreational areas, Mission Trails Regional Park is centrally located in San Diego and provides an easy escape to a natural outdoor environment.

Started in 1974, Mission Trails Regional Park has become one of the largest urban parks in the United States. Mission Trails Regional Park offers something for everyone. You can hike over 60 miles of trails, camp overnight at Kameyana Lake, mountain bike and rock climb, boat and fish on Lake Murray, participate in informative trail-guided hikes, and explore the educational exhibits at the Visitor and Interpretive Center. The park is home to the registered historic landmark, “Old Mission Dam,” built to store water for the Mission San Diego de Alcala in Mission Valley. A full schedule of free activities to enjoy can be found at mttrp.org/events.

Since 1988, the role of the Mission Trails Regional Park Foundation is to foster and promote public patronage and community support for Mission Trails Regional Park. The 501(c)(3) non-profit operates in partnership with the City of San Diego to preserve and protect the natural environment of Mission Trails Regional Park, while providing educational and recreational programs for the public to enjoy. Key work by the Mission Trails Regional Park Foundation includes cultivating donations and partnerships to fund specific projects within the park such as habitat restoration and interpretive exhibits. It also generates promotional materials, and hosts Arbor Day tree planting, the Annual Amateur Photography Contest, a volunteer recognition event, and free art shows and concert programs. An important program is the outdoor educational education for local school students, funded through generous support by San Diego Gas & Electric. Half-day and overnight camping field trips provide up close learning through guided hikes and interactive presentations, along with curriculum about the San Diego River and watershed, animal species, open space habitats, and Kameyana storytelling. Bus transportation funding for students to travel to Mission Trails Regional Park is also provided by the Foundation. We want to give kids from across San Diego an exciting opportunity to experience firsthand this beautiful park!

Longtime community members Michael R. Pent, Jean Hatton, and Dorothy Leonard were the founding members of the Mission Trails Regional Park Foundation. The current Board of Directors is made up of dedicated people who care deeply about Mission Trails Regional Park—President Joe Mose (who has helped the park since 1978), Vice President Nancy Acevedo (who has been involved in the park for decades), and Secretary/Treasurer Dorothy Leonard, Beth Bruton, Bruce Folkman, Ruth Gautier, B. Lane MacKenzie, Neill Moe, A. Carlson Mose II, Betty Ogilvie, and Alan Ziegus.

Board Members provide leadership and make recommendations based on their unique backgrounds and perspectives. From oversight of policies and budget management, to program and project development, along with fundraising outreach, the Foundation greatly appreciates its hardworking Board of Directors who support the park through their time and talents.

If you would like more information on how you can help the Mission Trails Regional Park Foundation please contact (619) 668-3280 or leperkins@mttrp.org. We hope to see you at the park soon!

Preventive Dentistry
• Home care education/hygiene re-care program
• Night Guard
• Athletic Guards

Cosmetic Dentistry
• Smile Design
Kids Korner: Cali Life Co Coloring Contest

Enter our Cali Life Co Coloring Contest to kick off 2018 and win $25 from Ike’s Place!

Color in the picture below to make it your own masterpiece. Then send us a photo of your art for a chance to win!

Submit entries to Info@LocalUmbrella.com

Art by: Kaian! He made a ship.
The Super Dentists’ Epic Grand Opening Party!

There are great parties and then there are parties worthy of being called EPIC! The grand opening last month of The Super Dentists new mega-campus in Kearny Mesa on Aero Drive was just that, EPIC! The Super Dentists pulled out all the stops, offering up everything young and big kids alike could wish for.

The Super Dentists’ mega-campus turns a visit to the dentist into a whimsical day of fun, changing for its young patients their experience and relationship with dentistry. Instead of fear and apprehension, young patients learn to enjoy their visits with this innovative approach.

For the grand opening, the fun poured all the way out past the parking lot to the edge of the street. When you walked up, a stunning fire truck that had been built out with a wood-fired pizza oven in the back was kicking out gorgeous pies for everyone to join.

You could hear the music bouncing out from the stage with 94.1’s very own DJ Jessie Lozano emceeing the event. Santa was there for pictures with the kids and families. There was a game truck, tours of the facilities, holiday crafts, and to wow us even more... there was an actual ice skating rink with real snow being blow over the ice.

It was an incredible event at an incredible facility. Jessie Lozano kept the energy high and honored our military with Military Family Giveaways.

The Super Dentists also offer discounts to military families. The Super Dentists also received their Proclamation as an official Live Well Partner for Live Well San Diego. Live Well San Diego is a remarkable organization dedicated to the betterment of health, safety and thriving for all San Diegans. Through the collective effort of all the partners, tangible change can be made. It was really cool to see The Super Dentists receive their official proclamation and know they are fully dedicated to seeing San Diego thrive.

If you have not yet checked out The Super Dentists’ newest and most impressive location, stop by and ask about their exclusive Parent Dentistry. This first class experience allows parents to not only be treated, but have the entire family hit the dentist all at once. The perks of the Parent Dentistry program are well worth it.

The Super Dentists
9739 Aero Dr. #100
San Diego, 92123
(619) 336-8478
TheSuperDentists.com

There was even an ice skating rink with real snow!
The grand entrance to The Super Dentists new mega-campus on Aene Drive.

Incredible live music kept the energy levels high and the fun going.

It’s not just a fire truck. Wood fired pizza is cooked in the back.

The game truck had a continual line of curious kids ready for their turn at the fun.

Coffee Break

Crossword and monthly horoscope

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Your monthly Horoscope

Aries
Aries, set the past to rest. What you need and want ask for it. Look for signs around you that affirm you’re on the right path. Release your desires and your fears to the universe allowing things to unfold in their own time.

Taurus
Taurus, be generous with your forgiveness and also with your gratitude. You are a leader with skills and knowledge that’s powerful. Share them.

Gemini
Gemini, there are times when you simply must move on. Do you have a vision for your future or a dream you feel you must follow but you fear others will be unsupportive? Think.

Cancer
Cancer, when you can’t relate to another person, you can connect with animals for emotional healing. Prayer and meditation are good practices for you today. Write down a personal mantra to reflect on and use it as a focus point for this week.

Leo
Leo, be optimistic. Play music that connects with you on a deeply spiritual level. In those moments when you are listening to positive messages, you hear what you need to hear and nourish your spirit.

Virgo
Virgo, it’s okay to love from a distance. You can find your own way and happiness without being shown where to look.

Libra
Libra, take time out to learn from the past and use it for good. Focus on healthy aspects of your life and the theme.

ACROSS
1. Gosh!
4. Papa’92s partner
8. ’93How do I love _______? ’94
12. Pussy cat’92s pal
53. Part of ETA
54. Strong anger
55. Individuals
56. Moved quickly

DOWN
1. Clump
2. Flock female
3. North Pole helper
4. Parcel
5. Biblical brother
6. Fellows
7. Gettysburg ___
8. Lunge
9. Holler
10. What ___ is new?
11. Sight organs
16. Melon leftover
20. Alternate
21. Duos
22. Optimism
23. Tad
24. Debris
26. Ruin
28. Puff up, as bread
29. Served perfectly
30. Certain evergreens
33. Stops
36. Aircraft
38. Bungles
41. Data
42. Name word
43. Garden tube
44. Appeared
45. Impersonated
46. Pinch
49. Camouflaged
50. Unpurified metal
51. Bowling number

Happy
THE LIVING LAB - DESTINATION CITY HEIGHTS

By Jonathan Lancaster

Years of development, planning and funding are about to culminate in the Grand Opening of The Living Lab, a partnership between the Ocean Discovery Institute and the San Diego Unified School District to build a state-of-the-art facility dedicated to the study of science and conservation with its location in the heart of City Heights. Understandably ecstatic about the opening is the Executive Director and Founder of Ocean Discovery Institute, Dan

from a variety of groups. We know that children coming from low-income families really needed to have full year mentoring beyond just a summer class. We saw how the children began to get excited about what they could do in science and have them actually began to think about college. The eventual goal from those summer classes was to provide a tuition free model that would provide science to those who would otherwise never find it in their school. We then began to look for a new location with the ultimate end of creating the City

ANSWERS

13. Snoozing
14. Sacred
15. Act as a pal to
17. American Beauty, e.g.
18. Unwell
19. 66 and 1
21. Slender
24. Drenches
25. Forest
27. Smoker92's receptacle
31. Select
32. Outdated
34. Skating-rink surface
35. Harbor town
37. Darn again
39. Former Italian money
40. Cincinnati baseball team
41. Breathe
44. Horseless carriage
46. Lunch hour
47. Photo
52. Circuit breaker

Solved!
How and when did the Ocean Discovery Institute come into being?
Having completed my Masters in Marine Management at the University of Miami, I chose to return to San Diego to join the faculty at USD. My hobby was riding Dressage and of course I wanted to be by the ocean, so San Diego seemed the perfect venue. While on the faculty, I was contacted by a group associated with Upward Bound that helped children from low-income families succeed at school. I left USD and worked with some of these students, which led me to realize that my passion was focused on helping children in these neighborhoods. In 1999 I founded Aquatic Adventures with its main focus on engaging children in science.
We were first housed on Mission Bay in a little kayak closet that construction volunteers put together for us. We did this during the summer months having children sent to us with the ultimate goal of locating in City Heights. It was then that we renamed it the Ocean Discovery Institute.

Was it purposely located in the City Heights neighborhood in San Diego?
Absolutely. Our goal was two-fold. Empower children to break the cycle of poverty and provide them with a vehicle to move toward better schooling and job placement.

How is it financed?
We are tuition free so we knew that we had to create a relationship with our donor community. Consistent donors are our base and it is they who truly do so much to fund the program. We also have our annual gala and do seek support from both private and federal grants. All play a key role and without their support we could not have accomplished the great results that we have seen in recent years.

How large is your present staff?
At the moment we have 28 on staff. It will grow some when we open the new lab. We have a large number of volunteers who receive a stipend from AmeriCorps, which is a federal program. With the expansion in space, not only will we be able to add staff, but also the number of volunteers who play a positive role, as importantly we will be able to add programs and increase the number of days that

Sharp HealthCare Holds Blood Drive to Meet its 1,000-Unit Pledge to San Diego Blood Bank

Sharp HealthCare will hold a blood drive on Saturday, Jan. 20 from 8 a.m. – 6 p.m. at its system headquarters, 8695 Spectrum Center Blvd. Join Sharp in fulfilling its pledge to collect 1,000 units of blood in 2018 to support the community through the San Diego Blood Bank. Donors are advised to drink plenty of fluids prior to donation. Also, maintain usual eating habits on the day of donation, avoiding fatty foods if possible. All donors must schedule an appointment online and show picture identification at the donation event.

Saturday, Jan. 20
THE BÁNH MÌ ARE BACK!
Hugely Popular K Sandwiches in Linda Vista Reopens after fire

After a long rebuilding process the Tran family, with siblings Jennifer, Natalie and Man running operations, will debut a refreshed and modernized space, with more indoor seating, a new outdoor patio and an open kitchen where baguettes and more are baked. All of the original menu items are back, from the Vietnamese banh mi to croissant sandwiches, spring rolls, pate chaud pastries and smoothies. New espresso and tea drinks are available and the owners tell Eater that other new items, including sandwiches, will be rolling out in the next week or two. K Sandwiches’ hours of operation are now 6 a.m. to 9 p.m. Monday through Saturday and 8 a.m. to 9 p.m. on Sunday.

News crews and loyal customers gather in celebrating the grand re-opening of K Sandwiches. The popular eatery, which first opened in 2006, burned down to the ground in a devastating fire back in the summer of 2015.

by Candice Woo - originally appeared on sandiego.eater.com
Urban Coyotes: Living with our Crafty Canine Neighbors

BY MARK BERNINGER

No matter if you love seeing coyotes in our urban landscapes or if the very sight of one makes your blood boil, the urban coyote is here to stay...

Let’s start with a little back-ground about our wily neighbors. Well before the Looney Tunes cartoonist Chuck Jones popularized the coyote back in the late 40’s with his crazy hijinks, coyotes already had a reputation as cunning tricksters. Before WB-E-Coyote was ordering rockets from the ACME Company, many Native American creation stories tell the tale of a trickster or a liar often taking the shape of a coyote. The legends of this cunning and highly adaptable canine run the gamut from light and silly to dark and dangerous. There may not be another animal in the United States that is more persecuted and misunderstood than the coyote.

The first settlers in the west had likely heard stories of coyotes from early pioneers and fur traders, but coyotes were historically only found in the central great plains of the United States and northern plains of Canada.

The prairie is a harsh and unforgiving area, with thundering herds of bison, fairs, vast distances and little water. These grasslands were the crucible where survival skills were forged for this highly adaptable member of the dog family.

It really wasn’t until the late 1800’s and early 1900’s that coyotes started to expand their range following human development and western expansion. By the 1990’s coyotes had taken advantage of shrinking populations of wolves, bears and mountain lions and expanded into those habitats that were now devoid of large carnivores. Because of the lack of competition and their highly adaptable nature you can now find them coast to coast, from Alaska to Central America.

The coyote is an extreme opportunist – where technically a member of the carnivore family they have a diet that can vary from entirely meat, to almost entirely plant material, and nearly everything in between. This highly adaptable diet has allowed them to exploit any number of local food sources. Their typical diet includes small mammals, lizards, bugs, and ground dwelling birds. Coyotes live semi-solitary lives within a small family unit. They are not like wolves that form large packs; they usually prefer the company of only one or two siblings or just their mate.

Being a smart adaptable hunter has put them at odds with humans on many fronts, from ranchers to backyard chicken enthusiasts here in Rolando. In our urban landscape, it is important that we try and understand what factors we can control in order to try and limit our negative interactions with coyotes.

Like much of our urban wildlife, coyotes have an impressive array of skills at their disposal. Much like your family dog, they have an amazing sense of smell. The average coyote’s nose is about 10,000 times more sensitive to odors than ours and their night vision and hearing also are much better than ours.

These skills coupled with their curious and inquisitive nature allow coyotes to expertly navigate a new and challenging habitat, the urban jungle. It is this same set of skills that leads coyotes into direct interactions with people and our pets. They will continue to expand their range from our open spaces and canyons into increasingly suburban and urban areas, as long as there is shelter, water, and an easy meal.

Eliminating easy feeding opportunities will quickly have an effect on local populations. Coyotes are smart animals and won’t stay long in an area that doesn’t have easily available resources. If we make it difficult for urban coyotes to exploit our neighborhood as a source of food, we can help reduce unwanted encounters with them. By following these simple rules we can both enjoy and respect our crafty canine neighbors.
Simple Guidelines For Keeping Coyotes From Becoming A Nuisance Or A Danger

**DO NOT:**

- Leave food or water outside: EVER! Bring in pet food and water at night. Even bird seed can become a dinner bell for a coyote: the seed will attract rats and ground squirrels which are high on a coyote menu. Coyotes themselves may even eat the seed in times of need. Water will also attract unwanted wildlife especially in dry weather.

- Leave your pets outside: Many house cats and small dogs are lost every year to coyotes. Even cats that are so called “outdoor” cats don’t have the survival skills needed to avoid becoming prey. Coyotes have adapted for hundreds of thousands of years to hunt small animals; your house cat is no match. Even small to medium sized dogs may fall prey to coyotes. They have been seen jumping over 6 foot fences with 20 pound dogs in their jaws. If your pet is less than 40 pounds, old, or disabled please go out with your pet at night.

**SHOOT:** Shooting a coyote with a firearm even a pellet gun is dangerous AND illegal inside the city. Fish and Game laws also limit coyote hunting. You are far more likely to hurt another person or pet with a firearm than the coyote, especially in an urban environment.

- Poison: Poisoning coyotes is also very bad. These poisons can often impact family pets and raptors who see an easy food source.

- Trap a coyote: The bait will likely attract your neighbor’s cat. Leave this to the professional animal control or wildlife rehabilitation folks.

- Touch a wild coyote: Any wild coyote that allows a person to get close enough to touch it is likely sick or injured and could be very dangerous. Again, leave this to the professionals!

**DO:**

- Install sonic deterrents: Coyotes just get used to the sound and it has only managed to lighten your wallet.

- Cover your garbage cans and don’t put out anything particularly appetizing (like those turkey bones or fish carcasses) until garbage day.

- Get fence rollers for the top rail of the fence, this will make it extremely difficult for coyotes to grab onto the top of the fence and pull themselves over.

- Secure your chicken coop or rabbit hutch with sturdy wire fencing and a childproof latch.

- Watch your small pets at night and bring your cats inside.

IMAGINE POSSIBLE:

How Sci-Fi Influenced Real-Life Innovation

Contributing Writer, Molly Hintlian

One may question if science fiction movies can influence innovation. For those who may remember the 1974-79 TV series, The Six Million Dollar Man that evolved into The Bionic Woman, a bionic person seemed far-fetched. But was it really? This is the story that inspired Sabrina Johnson, CEO and Founder of Del Biocience.

Sabrina Johnson’s high school days were active pursuing theater and the arts. She was passionate about drama and wanted to continue this creative direction, when one day her science teacher sent her home with a movie called The Real Bionic Man. But this was the lesser-known bionic man movie released in 1979. The documentary was about a man who was an early recipient of human replacement parts. He became the true bionic man. It was this movie that influenced Sabrina’s path to pursue her studies in science.

“Being nominated for the Pinnacle Awards is a statement and an honor to be recognized for your contributions. You are able to build awareness on the importance of supporting, mentoring and advancing women leaders in the workplace.”

Fast track a few degrees later – an undergraduate degree with a major in Biomedical Engineering, followed by a Masters in Biochemical Engineering and then a Masters in International Management. Sabrina’s creative side definitely followed her along the way. She received the 2017 Pinnacle Award for Individual In Life Sciences for her pursuits in founding an innovative biopharmaceutical company and her dedication to fostering the personal and professional growth of women in the business community.

Sabrina offers some valuable advice for women on her career journey and how Athena San Diego played a part.
MH – How did you learn about Athena and the Pinnacle Awards?

SJ – In 2011, when the company I was then with sold, I was considering my next professional move and realized I wanted to be better connected with a network of like-minded women in San Diego. I heard about Athena, and the opportunity to join their FEW group program, (Forum for Executive Women). Joining a small personal network of women, within the larger network of the Athena organization, provided the professional resources and support I needed. I am still an active participant in the same FEW group and enjoy how we have evolved.

MH – The 2018 Pinnacle Awards nomination process just started. You mentioned you have been nominated five times; prior, can you share insights about past nominations that might be helpful?

SJ – Each nomination was at a different point in my professional career, for different reasons and by different people. One time it was for volunteer work I did in the community mentoring professional women; another time it was for supporting and advancing women leaders in the workplace. My most recent was for being a founder of Daré, a company focused on products for women’s reproductive health. It is a great reminder that there are several ways that we can influence the rise of talented women in the business community.

Being nominated for the Pinnacle Awards is a statement and an honor to be recognized for your contributions. You are able to build awareness on the importance of supporting, mentoring and advancing women leaders in the workplace.

MH – Now 8 months later, how has winning the Individual in Life Science award affected you and your business?

SJ – Winning the award was not only an external validation of all the work that went into building Daré Bioscience, but the timing of the award was incredible as it came in the final stages of completing a reverse merger transaction that provided funding to further the development of our non-hormonal monthly contracepive, Ovaprep®. It was meaningful for me to introduce this soon to be publicly traded company, led by women, and focused on developing new biopharmaceutical products for women in the San Diego community.

MH – What advice would you give today?

SJ – Follow your dreams and never give up.

To learn more about the Athena 2018 Pinnacle Awards and the award application process, visit www.AthenaSD.org.

Daré Bioscience is a clinical-stage biopharmaceutical company committed to the advancement of innovative products for women’s reproductive health. Daré’s first product candidate, Ovaprep®, is a monthly non-hormonal contraceptive ring that is currently in clinical studies. For more information, visit www.DaréBioscience.com.

Athena San Diego is a 501(c)(3) professional development association serving women in STEM. Athena is a community of dynamic women that provides inspiration, education, networking and leadership programs. For more information, visit www.AthenaSD.com.

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