MARSTON MIDDLE SCHOOL STUDENTS THINK OUT OF THE BOX TO MAKE AN IMPACT ON THEIR COMMUNITY

Read the story on page 11.
Mt. Everest Academy Senior: Founding Team Member promotes Social Fabric Initiative

My name is Madina Zermeño, and I am a senior at Mt. Everest Academy in Clairemont. Soon I will be attending the University of Southern California (USC) where I will be majoring in Global Studies with a Pre-Law emphasis. For the past nine months, I have assisted in spearheading the Social Fabric Initiative (SFI) at the Kroc Institute for Peace and Justice at the University of San Diego. As a senior in high school and the youngest team member and intern for SFI, it was truly an honor to witness the development of such a cutting edge program. But, you may ask, what exactly is SFI?

Over the past several decades, one of the most crucial problems facing local and global communities is the unraveling of our social fabric that connects us. Like a fraying blanket, the threads that once held tightly knit neighborhoods together are coming apart at the seams. Youth feel an increasing sense of isolation and social marginalization, and this creates a lack of opportunities to create positive change in their communities and a loss of dense social networks that pave pathways to success. We are yearning for more opportunities to engage with each other and our communities in positive ways through leadership, experience, and action, and that is why, this summer, the Social Fabric Initiative (SFI) emerges as a new project designed to bridge divides among youth within San Diego County.

With the Social Fabric Initiative, youth are leveraged as PeaceMakers that make real impact on issues that are relevant in their communities. Together, we build collaborative social networks and develop problem-solving skills so that we emerge as leaders and changemakers, prepared to reshape the environments in which we live. The goal of SFI is to build more connected, peaceful communities by engaging diverse teams in change projects built around issues that are important to them.

This summer, SFI will incorporate high school volunteers, university interns, field-based mentors and local organizations in designing and implementing small-scale projects centered around a common interest and aimed at positively impacting their communities. Through meaningful interactions and thoughtful collaboration, these diverse teams will help build momentum to creating a more connected and resilient San Diego.

SFI builds on the Kroc Institute for Peace and Justice’s fifteen years of collaborating with youth in San Diego and Baja, California through the WorldLink program, which has reached over 7,000 young people. The re-imagined program aligns with the Kroc IP’s new strategy to build powerful communities of peace-makers working to solve problems and create positive change in their societies. We recognize that there are many opportunities for youth in San Diego to develop skills and deepen knowledge through large wrap-around services like the San Diego Youth Development Office and robust educational services like San Diego Workforce Partnership. However, SFI offers a model of multi-level programming that allows youth to be in the driver seat - to design, lead, and implement projects that positively impacts their communities while strengthening their own self-efficacy.

I recently had the privilege of attending a trip to Tijuana, Mexico for a site visit to help promote SFI to our long-time WorldLink Youth Town Meeting partners. We went to Centro de Enseñanza Técnica y Superior (CETYS) school and pitched SFI to a room full of teachers, students, and school representatives from schools and universities all across Tijuana and the Baja California region. My major takeaway was during the feedback session, when I heard the most pressing issues facing youth and communities in Mexico, and realized how strikingly similar their issues are to ours in San Diego, and America. Even though we are separated by this man-made border, the issues plaguing both regions are identical. It was also very refreshing to hear students voicing their opinions about the issues, such as the sewage in the Tijuana Estuary affecting all of us, and how passionate they are to make a change. These students are just as excited for SFI and the opportunities it will bring them and our global communities.

So, how can you get involved? If you are a high school student interested in taking part in and being involved with our pilot year of SFI this summer, then definitely check out our website and apply today at www.krocsfi.org. The application is simple - show us you are interested with a statement of intent and submit a letter of recommendation.

Written by Madina Zermeño, MEA senior

Madina and other students from Mexico excited about SFI.

Mt. Everest Academy

Madina Zermeño, MEA senior

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SFI team promoting SFI to the schools in Mexico at CETYS School

SEEKING HIGH SCHOOL VOLUNTEERS FOR THIS SUMMER!

Check out the “Get Involved” section on the Social Fabric Initiative website: www.krocsfi.org
The San Diego Foundation Wins the Reality Changers Malin Burnham Award

The San Diego Foundation won the Reality Changers Malin Burnham Award for the Most Admired Foundation, which is given to the organization having the biggest impact on San Diego’s nonprofit community. The awards were presented on May 8 at the UC San Diego Mandeville Auditorium in front of hundreds of community leaders, students and philanthropists. For 90 years, Malin Burnham has represented the best of serving San Diego and the Reality Changers awards presentation honors his legacy of impact in the region. Proceeds from the Reality Changers event will help graduating seniors in San Diego pursue their higher education dreams.
Local Teen Leads Community Campaign to Encourage Volunteerism and Raise Funds

Inaugural SET High campaign encourages students, friends and family to raise funds and donate time to select community organizations on weekends in May 2018

Tayo Rhodes, a junior at The School for Entrepreneurship & Technology (SET High), worked with friends and staff to lead the school’s MayMatters campaign. The inaugural community service and fundraising initiative provided a hands-on opportunity to practice social entrepreneurship and create a new twist on school fundraising.

Rather than run laps, sell candy bars, or hold a car wash, SET High students gathered sponsors to pledge money for every hour a student worked. Not only do students, their friends, and their family members spend time volunteering, but also raise funds for the organizations as well. It was a new twist on school fundraising.

SET High’s MayMatters effort was a collaboration between students and staff. Rhodes co-led the effort with students Trinity Catlin and Jeremiah Kubota. The charities were chosen through a competitive process by a student committee, and included: Burundi Friends International (University City), Father Joe’s Villages (Downtown San Diego), Frosted Faces Foundation (Rancho Bernardo), Rare Science and Rare Faces Foundation (Ramona), Meals on Wheels (Old Town), Rare Science and Rare Bear (Encinitas), Reins Equine Therapy (Fallbrook), and San Diego Youth Services (Mission Hills). Rhodes and friends coordinated a kick-off event where students met with each organization and learned more about their mission. Then, students selected a day to volunteer on-site with the organization. Half of the funds raised go to the charity, and the other half goes to SET High, to support the school’s innovative programs.

“Watching MayMatters grow from an initial idea to a living campaign has been a rewarding experience,” says Rhodes, a resident of Tierrasanta. “It’s also been great seeing high school students working with nonprofits, which from what I’ve seen so far doesn’t happen very often. My hope is for MayMatters to continue to grow every year and for our students to keep developing the campaign to help nonprofits in need in our community.” Tayo and his mother coordinated a project with the Frosted Faces Foundation. Their mission is to deliver the promise of family and adequate veterinary care for senior animals whose love and lives are in jeopardy.

Another student, Jeremiah Kubota, who along with his mother Kathleen, also assisted the Frosted Faces Foundation, adds: “Helping to build and launch the first-ever MayMatters campaign at SET High has taught me a lot about how to produce an event, stay on track and organize a group around a common cause. This campaign has sparked my interest in philanthropy and I hope MayMatters branches out to other schools and to one day start a mutual trust and respect with organizations as well. It was a new twist on school fundraising.

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Skills learned by students will set them up for life. “The MayMatters initiative aims to address the needs of our community as well as encourage SET High students to develop mutual trust and respect with the charities of their choice,” says Neil McCurdy, Ph.D., chief educational officer and principal, SET High. “These are key qualities successful social entrepreneurs should have and SET High strives to cultivate these characteristics with our students to prepare them for the future with new traditions like MayMatters.”

“This is the first year of MayMatters, and I’ve enjoyed being involved very early in the decision-making process to assist with the campaign logo as well as co-present during the MayMatters showcase where students got to meet each charity,” said Trinity Catlin, freshman at SET High. “The most rewarding part of MayMatters is the work that gets done. Not only do the participating charities receive volunteers and funds, but also the student volunteers receive community service hours needed to graduate. It’s a massive win-win situation with the added satisfaction of doing good.” Trinity and her mother Lisa are team led the MayMatters project with Reins Equestrian Therapy.

According to the “Youth Helping America” survey from the Corporation for National & Community Service, an estimated 15.5 million youth or 55 percent of youth ages 12 to 18 participate in volunteer activities. This rate is near twice the adult volunteering rate of 29 percent. Additionally, students who report doing better in school are more likely to be volunteers than students doing less well. And in San Diego County, more than 29.4 percent of residents volunteer to contribute more than $3.1 billion of service, ranking the region 15th among the 51 largest markets.

“Through MayMatters, we continue SET High’s mission to build socially-responsible students and community members,” said Sofia Zambalis-Lowenstein, English department chair at SET High. “We encourage our students to give back not only in May, but also year-round. Whether it’s volunteering with a local charity or creating sustainable solutions for community challenges like homelessness, school safety, or human trafficking, we hope to better prepare our students for the workforce by developing their interests now to contribute effectively to the community in the future.”

To donate and to learn more about SET High’s MayMatters, visit sethigh.org/maymatters.

About The School for Entrepreneurship & Technology (SET)
The School for Entrepreneurship & Technology (SET High) is a nonprofit, comprehensive, four-year public charter high school serving grades nine through 12. SET High inspires and enables students to thrive both personally and professionally in a global, technology-driven society. Through an immersive education that includes the highest academic standards and a focus on applied learning, entrepreneurship, technology, and leadership, SET High provides the mindset, skill set, and dynamic environment necessary to launch the next generation of global citizens and leaders. The school inspires students to disrupt the traditional idea of success and to lead a new generation of socially responsible trailblazers who will shape the way we work and live.

Based in San Diego, Calif., SET High is fully accredited by the Accrediting Commission for Schools, Western Association of Schools and Colleges (WASC). To learn more, please call (858) 874-4338 or visit www.sethigh.org. Connect with SET on Facebook and Twitter.
Children’s Opera Connects Kids from All Over California

Sweep Is Performed in San Diego

By Jeanne Rawdin

The Little Sweep, a children’s opera by Benjamin Britten, premiered in San Diego the weekend of May 18th – 20th. The production took place at the Performing Arts Annex in the City Heights Library on 3795 Fairmount Avenue, and featured many young performers and musicians from all over the San Diego region including Oceanside, San Carlos, Chula Vista, Rolando, the College area, Santee, Mission Valley, La Mesa, City Heights, University City, North Park, Carmel Valley, Scripps Ranch, La Mesa, and Poway.

Bodhi Tree Concerts sponsored the opera, which is a local nonprofit that presents musical performances and donates the proceeds to partner charities. The weekend’s performances benefited Friends of the San Diego Public Library.

The Little Sweep tells the story of a boy who is sold by his impoverished parents to a chimney sweep, because he is small enough to fit down the chimneys they need to clean. Six other children discover his plight and band together to help. Johnston herself is Johnston herself is a character in the opera. The orchestra, which included violin, piano, and other instruments, played during the performance.

In keeping with Britten’s mission to educate, Bodhi Tree Concerts also offered a free hands-on audience participation experience, where kids could discover different aspects of the opera, do artwork, and learn songs from the show. Children could take a quiz about what they learned and earn prizes.

The cast of The Little Sweep included five adults and six children, as well as a chorus and orchestra. For these roles, Diana and her husband and co-director, Walter DuMelle, auditioned students who were referred to them by music teachers from local schools, including Warren-Walker School (where conductor Michael Morgan teaches music and is the band director), the Language Academy, Dallard Elementary, Standley Middle School, and La Jolla Country Day School.

One young actor, Kaya Osgard-Moore from Dallard Elementary in San Carlos, said “Being in the opera makes me feel happy. It’s fun to rehearse with my friends. I love to perform and to watch the other actors perform, too.” And actor Saoirse Goodman from the Language Academy in the College district noted, “Being in an opera is fun and a lot of work. It teaches you to work hard!”

The orchestra included a string quartet, piano four hands, and percussion. Members of the La Jolla Country Day Upper School string program rehearsed under the supervision of their teacher, Joan Diener. And stage director Shirley Johnston headed up rehearsals at Culture Shock, Canyon Crest Academy, and San Diego Junior Theater. Johnston herself is a performer on stage with local theaters including Moonlight Stage Productions.

Joan Diener, the Orchestrator Director for the opera, also played violin during the performance. The orchestra musicians played a mix of instruments including violin, piano, and cello. According to Joan, “This event required a great deal of extra rehearsal time and commitment from students who are already very busy near the end of the school year, so it is very rewarding to see them appreciate and value this type of project and work really hard to accomplish successful performances.”

Joan adds, “The greatest challenge was learning a very complex score full of complicated rhythms and dissonant chords. The production went really well! We are all very proud of the hard work and efforts that everyone put into this collaboration.”

To check out upcoming performances in Bodhi Tree Concerts’ 2018 season, go to bodhitreeconcerts.org.
Summer Options For Youth & Families
Colina Del Sol Recreation Center, Chollas Lake, Colina Del Sol Pool, & Colina Park Golf Course

Brian Anthony the Area Manager for local park facilities writes, “We have a busy summer planned for the youth in Rolando and surrounding areas.” He is not overstating his plans. For more information or to sign up for San Diego Parks & Recreation programs, please visit www.SDRecConnect.com.

• Annual Chollas Lake Youth Fishing Derby: Open to ages 15 and Under. The City of San Diego Park & Recreation Department, California Department of Fish and Wildlife, Dan Hernandez Youth Foundation invite you to come to Chollas Lake to learn how to fish. Learn how to use a fishing pole, hook bait, and cast a line to catch fish. All activities are FREE and open to the public. Saturday, June 9, 2018 from 8:00 am – 1:00 pm. Activity Code: 50603

• A Full Summer Day Camp at Chollas Lake: The Chollas Lake Camp is for children ages 6-12. Activities include fishing, archery, canoeing, geocaching, junior ranger program, nature crafts, weekly field trips, free lunch during the summer lunch program, snacks, and group activities. Weekly fee of $125.00 for 9:00 am - 4:00 pm or $150.00 per week for 8:00 am - 6:00 pm. There are 10 weekly sessions June 18 – August 24, 2018. Various Activity Codes, look online for more information about weekly field trips destinations or call us at Chollas Lake @ 619-527-7683

• 3rd Annual Play Day at the Lake: Come out and explore Chollas Lake with the entire family. All activities are FREE. Kayak around the lake, selfie scavenger hunts, guided nature hikes, junior ranger program, geocaching, gardening projects, nature crafts, and reptile show. There will also be live music and dancing to entertain you will you visit the lake. Saturday, June 30, 2018 from 11:00 am – 4:00 pm. Activity Code: 50285

• Recreational Swim and Swimming Lessons at Colina Del Sol Pool: The Colina Del Sol Public Pool Summer programming begins on June 19. Search for Colina Del Sol Pool on-line and select the official site for more information. Programs include; swimming classes, learn to swim programs, water polo, and so much more. Come out and enjoy the pool with us. www.SDRecConnect.com

• Friday evening Teen Nite at Colina Del Sol Community Park. Teen Nite is designed for teens ages 12-17. It’s FREE and designed to give local teenagers a safe, fun and clean place to hang out on Friday nights from July 6th – August 24, 2018 from 5:30 – 8:30 p.m. Activities, games, crafts, field trips, and food. All activities are FREE. Activities will be supervised by the Teen Center staff and members from the San Diego Police Department. No registration needed, just come by and have a good time. Liability forms will be required for field trips.

• Movies in the Park. Bring your chairs, blankets, and snacks out to a Movie in the Park. Large inflatable movie screens will be set up and movies will start at dusk. Skip the theater lines and enjoy a FREE movie in your local park.

Despicable Me 3
Saturday, June 2, 2018 @ Chollas Lake Amphitheatre

Star Wars: The Force Awakens
Saturday, July 7, 2018 @ Chollas Lake Amphitheatre

Coco
Friday, July 20, 2018 @ Clay Park

Star Wars: The Last Jedi
Saturday, July 28, 2018 @ Chollas Lake Amphitheatre

Wall-E
Saturday, August 4, 2018 @ Chollas Lake Amphitheatre

Coco
Friday, August 24, 2018 @ Colina Del Sol Community Park

• Golf activities at Colina Park Golf Course. Come out to learn how to play golf or enjoy an afternoon of golf or disc-golf. Programs and lessons available for kids. Check out colinaparkgolf.com to learn about their programming and prices.

Who knew all these recreational opportunities are so close at hand? On-line registration is possible at www.SDRecConnect.com. You can also search for San Diego Parks and Recreation official site and scroll down to “ONLINE REGISTRATION”. Alternately, call the Colina Del Sol Recreation Center office (619) 235-1144 or Chollas Lake office (619) 527.7683.
Beating the Odds: Graduation Celebration Honors Minority Students in Higher Education

By: Jeannie Rawdin

The Community Graduation Celebration is taking place for the third year in a row on June 7, Thursday, at the Balboa Park Club. The event is unique in that it’s not a graduation or a graduation party, but something in between. The keynote speakers are the students themselves, who are graduates of high schools, community colleges, and universities who come together to celebrate a common goal -- educational success.

The event showcases the stories of graduates who fought hard to continue their education, despite seemingly insurmountable odds. These graduates, who are mainly African American and Latino, grew up in underserved communities where education wasn’t a priority.

Research indicates that Latinos and African Americans are minimally represented in higher education, and grossly represented in STEM (science, technology, engineering & math) industries (at only 12% of the workforce), but largely represented in correctional institutions. Event organizers aim to reverse those trends by creating built-in moments to applaud the students’ educational efforts such as college enrollment, college retention and degree acquisition.

Alberto "Beto" Vasquez, the founder of Community Graduation Celebration, is one such example. Beto was raised in Logan Heights, the youngest of four children born to Mexican parents. He overcame homelessness, time in prison, and addiction to eventually graduate from San Diego City College and UCSD with a Master’s degree in biology. Beto plans to get a doctoral degree at San Diego State starting in the fall. After that, he intends to pursue a career as a community college administrator, to be a role model to his four kids and his community. “Celebrating educational milestones is instrumental in shifting a dynamic in our communities that leads our families on paths to poverty and prison rather than a pipeline to college,” Beto explained. “Our celebration normalizes these accomplishments in higher education and provides financial means for families who otherwise would not be able to honor their student’s educational triumphs.”

Among the sixty graduates who will be speaking at the event is 39-year-old Cesar Ramon Garcia, a former prison inmate who is now a political science major. Cesar said, “I know the power of education, and I now know the liberation that comes from it.”

Another speaker, 23-year-old Samantha Arpallan, is a former foster youth and a single mother. She is pursuing a degree in social work at San Diego State.

And then there’s 42-year-old Saraka Smith, a single mom who battled homelessness and addiction. Now she is graduating with honors from UCSD with a Bachelor’s degree in global health. “The moment I thought it was over,” she recalls, “my son gave me life. He gave me purpose and now I can offer him hope.”

In addition to the testimony from students, the event includes a free dinner for family and friends, resource tables that provide information on accessing higher education, and raffle prizes like computers and student supplies. About 250 people are expected to attend.

The event is made possible by support from sponsors including the Andeavor Foundation, UC San Diego’s Office of the Vice Chancellor of Student Affairs, the San Diego Foundation, CDC Small Business Finance Group, San Diego ACLU, and the Latino City Employee Association.

Beto looks forward to this milestone event every year. “I get joy watching people begin new chapters in their lives - while using their hardships to inspire others and normalize their experiences. The intergenerational synergy that is created in the room is amazing! Education is transformative and can change trajectories.”

And Beto has a favorite quote: “Our pasts do not dictate our futures and we are not defined by our mistakes or circumstances.” Words to live by.

The Third Annual Community Graduation Celebration happens on Thursday, June 7, from 6 to 10 pm at the Balboa Park Club at 2144 Pan American Road West in San Diego. For more information on the event, you can email Beto at communitygraduation-celebration@gmail.com or call 619-787-4973.

By: Jeanne Rawdin

Graduates Honored at 2017 event

Audience at last year’s event

Graduates who participated in last year’s event

Musical entertainment at last year’s event
Jacob Home Care Center – A Home Away from Home

By Jeanne Rawdin

Jacob Health Care Center is a home away from home for seniors at all levels of care. They stake their reputation on this sentiment: “A house is a building … a home is what is created inside the house. It is the interaction between people that creates a sense of home.” Even their website says “It’s just the beginning …”

Jacob Health Center is located at 4075 54th Street. The original building was purchased in 1991. The center used to be called Hebrew Homes and was a pillar in the local Jewish community in that era. Today, the center offers all levels of senior care from assisted living to hospice care. Their list of third-party services is quite long including a clinical lab, dental and dietary services, an in-house beauty and barber shop, occupational therapy, speech and language care, wound management, x-ray services, and many recreational and creative activities daily.

The mission of Jacob Health Care Center is to make sure that their patients reclaim themselves, exercise their freedom of choice, have a voice, and take back control of their lives by offering a combination of natural and conventional options through an integrative medical and Non-Medical approach. They believe that people who are empowered in their health-care decisions heal better.

The center’s campus has the newest Sub-Acute care facility built from the ground up in the last twenty years. It’s a 56-bed facility with private and semi-private rooms with state-of-the-art equipment including piped-in oxygen and suctioning, a patient-centered nursing station, flat-screen TVs with cable, and regulated temperature control.

Amy Jeffers is the Administrator at the Residential Care Facility for the Elderly, also known as Assisted Living. She’s been there for eight years. Although Amy lives in Jamul, she loves coming to work near Rolando.

What do you like about working near Rolando?

Rolando is a beautiful little community. It reminds me of Jamul, actually. The great small shops and restaurants are owned by real people trying to support their families and dreams. I love the variety. There are residential streets lined with beautiful homes that are lived in and cared for by people who quite literally created the neighborhood.

How did you get your start at Jacob Health Care Center?

I worked in the payroll department for six years until I was given the chance to supervise the residential section. Payroll was fun, and very technical. I wanted to get out of the office and talk to more people every day. To become an administrator, I had to take courses to get certified. I loved it every step of the way. There was a staff to support and educate, there were residents to observe and socialize with. There were doctors and insurance that needed coordinating, and more information all the way around. Gosh, I thought I had hit the jackpot. So now, that’s what I do and I love it.

What sets Jacob Health Care Center apart from other centers?

We have many features that make us unique. We have the most private rooms in the San Diego area, both a Skilled Nursing facility and a Residential facility. We built a sub-acute care facility specifically for the purpose of housing a specialized respiratory/pulmonology unit inside our Skilling Nursing facility.

Although other companies in San Diego have what some may call a Continuing Care Community, we have two separate communities – one that specializes in skill nursing and sub-acute care, and one that specializes in care and supervision.

We plan on further integrating with the surrounding community by hosting seminars on our premises. This type of event will be held for our residents, their families, our staff, and community members. By doing this, we hope to build a better and more educated neighborhood.

How has this type of care changed in the last ten years?

The post-retirement section of the population has changed quite a bit in the last ten or even twenty years. We are making better choices for our bodies, we are getting more advanced and integrated health care -- both which mean we have the option to stay alive and active much longer than before!

Problem with that is we are in turn missing this section in our insurance coverage. Not everyone has long-term care insurance to supplement their income. Home care/living arrangement options are limited, and pensions and retirement funds were not created to provide care on top of the usual living expenses. Medicare wasn’t built to keep people in nursing facilities or on physical therapy for long periods of time, which means that our health care fluctuates.

What’s most rewarding about your work?

Making someone feel comfortable – seeing that I physically or emotionally helped someone feel at ease. When I walk through the halls and the residents all wave and smile at me, and I say “Good Morning, how is everything?” And they smile and say “Can’t complain,” that makes me happy. Unfortunately, not all days are free of grieving or pain, but when those moments come around, I soak them up and they fuel me!

What’s most challenging about your work?

The days that have pain and suffering are the most challenging. We are a family, and so we function like a family. Sometimes all it takes is a smile and witty quip from one of the spicier residents to get us through it, and sometimes it takes much more.

What’s the best advice you ever received?

This too shall pass.

Describe your ideal San Diego weekend.

So many great options! Camping in Julian, Lake Cuyamaca, Ocotillo Wells, or Superstition. I also like camping at Silver Strand or Campland by the Bay. All these places have so many great little spots to visit while we are there.

Jacob Health Care Center is located at 4075 54th Street, San Diego, CA 92105. You can call them at 619-582-5168 or go to their website at www.jacobhealthcare.com/assistedliving/.

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June 24 The Specials
Ska legends, The Specials perform at the House of Blues on June 24. Formed in 1977, the band still includes original members, Terry Hall (vocals), Horace Panter (bass) and Lynval Golding (guitar) with new backing members, including lead guitarist Steve Cradock, best known for his work with Paul Weller and Ocean Colour Scene. This music that will inspire a night of dancing. The Specials 1977, the band still includes original members, Terry Hall (vocals), Horace Panter (bass) and Lynval Golding (guitar) with new backing members, including lead guitarist Steve Cradock, best known for his work with Paul Weller and Ocean Colour Scene. This music that will inspire a night of dancing. The Specials 1977, the band still includes original members, Terry Hall (vocals), Horace Panter (bass) and Lynval Golding (guitar) with new backing members, including lead guitarist Steve Cradock, best known for his work with Paul Weller and Ocean Colour Scene. This music that will inspire a night of dancing. The Specials 1977, the band still includes original members, Terry Hall (vocals), Horace Panter (bass) and Lynval Golding (guitar) with new backing members, including lead guitarist Steve Cradock, best known for his work with Paul Weller and Ocean Colour Scene. This music that will inspire a night of dancing. The Specials 1977, the band still includes original members, Terry Hall (vocals), Horace Panter (bass) and Lynval Golding (guitar) with new backing members, including lead guitarist Steve Cradock, best known for his work with Paul Weller and Ocean Colour Scene. This music that will inspire a night of dancing.

June 24 Six String Society
Liberty Station is hosting a free summer concert series the fourth Sunday of each month, kicking off on June 24 at 5 p.m. with The Six String Society, a music theatre production featuring some of San Diego's top blues influenced talent, including Nathan James, Whitney Shay, Casey Hensley, Billy Watson and Sharifah Muhammad. All are gifted performers and headliners in their own right, but the evening's highpoint may be singer Casey Hensley. Newly signed to European label, Vizztone, Hensley is a vocal powerhouse, with a stage presence that's second to none. Currently on tour in Spain, Hensley is beginning to make inroads worldwide and is on her way to well-deserved national recognition statewide.

June 29 17
Rock fans will want to check out singer Lucky Bailey's latest project, 17, making its debut at the Landing on June 29. A veteran of such local combos as Dirty Puppets and The Touchies, where she played drums, Bailey's new band performs original hard rock with an edge, topped by her smoky vocals and a 'take no prisoners' stage persona. Bailey will be joined by several musical friends throughout the night, including Spice Pistol bassist Spike Mike Muellenberg, who will back her on an opening set featuring acoustic covers of songs by Stevie Nicks and Kim Carnes. thelandingelcajon.com

June 30 The Benedettis celebrate Paul McCartney
Matching the music of one of the world's greatest songwriters, Paul McCartney, with the guitar playing of one of San Diego's most talented musicians, guitarist Fred Benedetti, Dizzy's will be the place to be on June 30 for Beatles fans, or anyone who enjoys virtuosic musicianship. Benedetti will be joined by his daughter, Regina Moomjean and Julí Picone on vocals, as well as multi-instrumentalist/bassist Jeff Pelarek and percussionist James Morton with a set full of music from the Fab Four as well as McCartney's solo hits in the mix. June is McCartney's birthday month – it'll be 76 – and this show will be a great way for fans to celebrate.
dizzyjazz.com

July 3 Sue Palmer
The Queen of Boogie Woogie piano, Sue Palmer, celebrates the release of her latest album, Gems 1980 – 2018 Volume 1, with a CD release show at Tio Leo's Lounge on July 3. As can be ascertained from the title, the disc collects highlights from throughout Palmer's storied career, with further editions promised. Palmer is a gifted performer and one of San Diego's true musical treasures, never less than riveting on stage. Longtime fans won't want to miss this special event, while anyone who hasn't yet heard Palmer's amazing music, will find this show to be the perfect introduction.
tioleos.com

July 19 Brian Posehn
The Casbah is well known for its music offerings, but on rare occasions the beloved local venue branches out into to comedy, as it will on July 19 with an appearance from Brian Posehn. Although he may not be a household name yet, you've certainly seen his face as an integral part of such sitcoms as "Just Shoot Me" and more recently, "The Big Bang Theory," his presence alone enough to make any scene that much funnier. As wonderful as his sitcom appearances are, his standup comedy is where the real magic lies, full of observational humor and plenty of "nerd" references, making him the perfect choice to kick off San Diego's Comic-Con week. casbahmusic.com

Ken Rexrode Productions
The toughest job in music? It's not making it, it's promoting it. Music promotion can be a thankless task, but San Diego is fortunate to have several independent promoters whose love of music and the arts helps keep the tunes flowing in San Diego. Top of the list is easy Ken Rexrode. His passion for the local music scene, his tireless support for the area's musicians and a policy of aiming high when it comes to productions. Not content with typical coffee-house and bar gigs, he has hosted events at such venues as The Poway Performing Arts Center and the The Oceanside Museum of Art. He's even taken his "Six String Society" music to Laughlin, Nevada for a five night run. He even hosts an annual Mardi Gras cruise around Mission Bay.

Upcoming events include San Diego Live at Tio Leo's Lounge on June 20th, with the Farmers and a Six String Society show at Liberty Station on June 24th, featuring Steve Miller Band guitarist Greg Douglass, blues singer Whitney Shay and more.

Originally from Orange County, Rexrode made his way to San Diego in 1993, "looking for change" and eventually settling in Fallbrook. His entry into the world of music was pragmatic, "I was approached by a local musician who thought I could help him," Rexrode said. "Since I came from a sales and marketing background and always loved music I thought I would give it a try." In 2012, he co-created the Outlaw country "Highwayman" Show, which has had significant success at the Belly Up and other national venues.

Uniquely, many of Rexrode's shows have a storyline and even a touch of acting. "My brand is a little artsy," he remarked. "I'm mixing a little theater with the music and having the theater tie it all together, so it feels like one piece instead of five different bands playing. As you know, much of life is in the transitions and details," he said good-naturedly. While he is open to all music for his shows, he does look for certain things in performers. "Besides great talent, I find myself gravitating towards humble, giving and open musicians," he said. "People who are willing to collaborate and willing to take a chance."

It's clear that Rexrode believes San Diego's music community has all the potential in the world. "There is an incredible mix in diversity with world class talent here," he pointed out. "Those who know me probably grow tired of me saying that my overall goal is to help San Diego emerge as a real international music destination. Although it takes a long time to turn a battleship around I believe we have started the turn." He notes that North County's music community is coming into its own at the moment. "It began to evolve several years ago," he said. "Although the Belly Up has been a launching pad for several local performers there are now scores of other smaller venues dedicated to live music."

Rexrode is thrilled by the current musical renaissance taking place in San Diego. "I'm quite proud of what we have created as a community," he said. "It has also given me so much pleasure helping so many of our fantastic local musicians with a chance to be heard on some of San Diego's most noteworthy stages. I also believe some of our productions have proven that our great San Diego community will in fact come out and buy a ticket for a good locally produced show." In addition to the productions mentioned he also produces two monthly music showcases named Fallbrook Live and San Diego Live. "These showcases have given literally hundreds of local musicians a chance to perform in a professional environment with great sound and lighting and in front of large audiences. Several of the performers in the bigger productions have emerged from these events, I typically produce and promote 4-5 shows per month. Yes, things have gotten busy!"

Despite the hard work, Rexrode is happy with his life and his move into promotion. "Honestly, the part I love most about being active in our music community are all of the priceless friendships," he has, "Not just with the musicians but with so many of people that attend the shows. I truly believe we are building a beautiful music community, one show at a time." www.thesixstringsociety.com
Monuments, Rare Sightings, and Connecting Children to Nature

By: Jennifer Morrissey, Mission Trails Regional Park Foundation

In May, Mission Trails Regional Park (MTRP) staff and volunteers installed a new monument sign at the park’s South Fortuna Summit. A long time in the making, this is the first of four new monument signs to be installed in the coming months, with the others to be placed at the summits of Rosecrans, Pyles, and North Fortuna. Cowles Mountain has had a summit marker for many years. With the completion of these monument installations, all of the peaks in the 5-Peak Challenge will be represented. Since the kick off of the 5-Peak Challenge in November 2015, more than 8,000 hikers have participated, receiving a certificate, lapel pin, and discount coupons from REI and Adventure-16. To learn more about the 5-Peak Challenge, visit www.mtrp.org. Even if you’ve completed the Challenge, lace up the hiking books and come see the new monument at South Fortuna.

A few weeks back, MTRP volunteer and photographer David D. Cooksy got lucky, having a rare sighting at MTRP of a California Long-tailed Weasel (Mustela frenata). A nearly daily visitor to the park, Cooksy was photographing hummingbirds one morning when from behind a rock, up popped a California Long-tailed weasel. Since his camera was at-the-ready for the next hummingbird visit, he was able to capture several images before the weasel darted off.

The elusive California Long-tailed weasel can be seen from southern Canada, throughout the United States and south through Central America into northern South America. Though small, it is a voracious eater and will consume a wide variety of smaller, live animals for its diet. It will also climb trees to raid nests of bird eggs or other nest dwelling creatures such as squirrels. While the California Long-tailed weasel exists within Mission Trails Regional Park, it is seldom seen.

Though the school year is coming to a close, we at MTRP reflect on the thousands of San Diego County students who have visited the park through field trips and overnight campouts, taking what they’ve learned in the classroom to experience it firsthand at MTRP. Even if you’ve never seen before or step out onto the MTRP Visitor Center terrace and experience the stunning, panoramic view of Mission Gorge for the first time.

As we look ahead to fall, we at MTRP are already looking to this fall’s visiting students, coming from all corners of the County. MTRP Rangers and the Foundation partner on our education programs, and the MTRP Foundation—through grants, and corporate and individual gifts—provides bus transportation and educational programming to thousands of visiting students. In addition, the MTRP Foundation organizes and provides overnight camping experiences for local youth, from booking the campsites and loaning equipment to providing guided nature hikes as well as visits from an astronomer and/or a Kumeyaay storyteller. To ensure that we can continue to give children the gift of a visit to MTRP, please consider making a donation of any amount to support the educational programs of the Mission Trails Regional Park Foundation. We thank this past school year’s donors and funders, including SDG&E, for underwriting thousands of students’ visits to the park. For information about how you can support Mission Trails Regional Park, please contact Jennifer Morrissey, MTRP Foundation Executive Director, at (619) 582-4502 or jmorrissey@mtrp.org.

Call for Artists Closes June 30

The Mission Trails Regional Park Art Program offers artists the opportunity to show their work at the MTRP Visitor and Interpretive Center.

The exhibitions display wall-hung, two-dimensional and three dimensional works, and the exhibition can showcase one artist, as well as small or large groups. Two exhibitions are organized each year that combine the work of artists wishing to exhibit but who are not part of a formal group and who do not wish a solo exhibition.

Artworks are on view for a period of six weeks, and the artists have the opportunity for an “opening” at the Visitor Center. Certain jurying criteria must be followed, and all funds raised are used to support programming and park improvements.

For more information and a link to the Call for Artists application, please visit mtrp.org. Applications for 2019 will be accepted through June 30, 2018.

Ranger Levi Dean with Mission Trails Regional Park volunteers Bob Graham and Roy DeRego pause for a photo after placing a new monument sign at the park’s South Fortuna Summit along with Senior Ranger Ryan Roberson (not pictured).

A California Long-tailed Weasel (Mustela frenata), photographed by MTRP volunteer David D. Cooksy.

Students from Horace Mann Middle School learn how to put up at tent at the Kumeyaay Lake Campground from MTRP Foundation educator Haynes Pitts.
Marston Middle School Students Think Out of the Box to Make an Impact on Their Community

By Jeanne Rawdin

Fifteen students from Marston Middle School participated in a school project that brought the school, the community, and local businesses together in a special way. All sixth through eighth graders, the students made handcrafted wooden boxes to store Local Umbrella Media’s community newspaper, the Clairemont Connection, at various locations throughout Clairemont. Both Local Umbrella Media and Red Tree Realty played a big part in the project.

The boxes will be distributed to nineteen area schools, the Boys and Girls Club of Clairemont, and all Clairemont libraries. Other businesses in Clairemont can also request a box. The box project was part of Marston Middle School’s Construction Technology program, an elective course organized by Engineering and Construction Technology teacher, Lawrence Laughlin. During the class, students get to construct items that can help their community. They’ve made 70 height-adjustable desktop risers for the school district’s Special Education Department, ten ring-toss games for a Physical Education program, and 75 assorted bird boxes for endangered species for the Department of Forestry, using lumber donated from Palomar Junior College Urban Forest program.

According to Principal Jon Gollias, this is just one of many community-oriented projects that Marston Middle School has been involved in. A few examples – students made toys for the San Diego Humane Society; they wrote letters to veterans through the Veterans’ Village of San Diego; they completed a year-long environmental project with San Diego Coastkeepers; and they attended science field trips to Sea World, Scripps Institution of Oceanography, Qualcomm Thinkabit Lab, and Raytheon Integrated Defense. Gollias said, “These partnerships are a win-win because students get a more meaningful and relevant learning experience while the businesses scale their presence in the community and invest in tomorrow’s workforce.”

The Process

Students had an assembly-line approach to make the wooden boxes by using assorted machines, hand tools, painting techniques, and a laser printer to create the wooden logos. Jigs were used throughout the process to ensure safety and quality. Students first sawed the lumber pieces, then sent those to the router table to cut rabbit joints for installing the bottom of the boxes. Nail guns were used to assemble the four sides, then the boxes were sanded and painted. Teacher Lori Holland designed and programmed the laser cutter to produce the logos that were glued to the front of the boxes.

Student Sebastian Hernandez felt a great sense of satisfaction after the project was completed. He said, “I learned how to use a nail gun, assorted tools, and teamwork to build the boxes. It was hard, yet fun.”

Mrs. Holland believes the students’ hard work will have a lasting effect. “The kids will be able to see their handiwork in the community, which will bring a lot of pride and a sense of achievement to them,” she said.
COUNCILMEMBER CHRIS CATE HONORS THE CLAIREMONT FRIENDSHIP SENIOR CENTER

On May 18, 2018, Councilmember Chris Cate presented the Clairemont Friendship Senior Center with a Proclamation from the City of San Diego in honoring the month of May as “Older Americans Month.” In recognition of the numerous contributions of past and current older persons who have helped build the greatness of our City. About 60 guests were on hand for the Lunch & Learn Program, sponsored by Mason-McDuffie Mortgage and Sonia’s Healthy Corner. Older American Month theme is “Engage at Every Age” emphasizing that no matter where you are in your life, Americans are never too old to participate in activities that enhance their physical, mental and emotional well-being. Seniors had fun taking selfies of themselves with various props, provided by Adriana Enloe from Mason-McDuffie Mortgage Corporation.

Clairemont Town Council Bike to Work Day Pit Stop

Thrilled that our first CTC Pit Stop for Bike to Work Day had over 60 bike riders come by to say hi, grab some refreshments and get a t-shirt. Thank you to Barbarah Torres for organizing an outstanding community event.

Schedule of Activities for June 2018

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<td>Scramble on Mondays! 1pm</td>
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<td>Exercise w/ Education 7 – 9</td>
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<td>Exercise w/ Education 7 – 9 Bingo: 12:30-2:30</td>
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<td>Pinnacle on Tuesdays! 9am</td>
<td>Ask about our Lunch &amp; Learn Program</td>
<td>Feeling Fil 9 – 10:30</td>
<td>Exercise w/ Education 7 – 9</td>
<td>Exercise w/ Education 7 – 9 Bingo: 12:30-2:30</td>
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For more information about events at the Friendship Senior Center, call 658-483-4007.
We provide SELLERS with tangible solutions.

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K-Co Construction, Inc. has been building homeowners’ dreams in the Clairemont neighborhood for over 20 years. We believe in fair pricing for a high quality product built in a reasonable time.

If you have a project in mind, please visit us online or call us at 858-274-0005 to schedule an appointment.
FREE HOME BUYING WORKSHOP
6/9/2018 9:00am
Are you a First Time Home Buyer? Are you getting back into homeownership? Learn about programs that 11085 Woodside Avenue 800-449-9818 Santee, CA credit.org

PRINCESS ACADEMY
6/10/2018 10:45am
Princess Academy is every little princess’ dream come true! Your little princess or prince will 11220 Clairemont Mesa Boulevard San Diego, CA www.eventbrite.com

EPIC BOX LACROSSE PICK-UP GAMES
6/10/2018 5:00pm

RELATIONSHIP RED FLAGS/WITHIN MY REACH
6/12/2018 8:30am
This three-session program focuses on relationship skills and decision-making to help participants Behavioral Health, Bldg 2274 San Diego, CA www.eventbrite.com

VETS2BSN PROJECT

OPEN HOUSE
6/12/2018 6:00pm
The nation faces an urgent need for more trained nursing professionals. Corpsman and Military Medic 9388 Lightwave Ave San Diego, CA www.eventbrite.com

POSITIVE PARENTING 0-12 YRS (CLASS 1-3)
6/13/2018 11:30am
This class will provide an understanding of the five key principles of positive parenting. Using as Behavioral Health, Bldg 2274 San Diego, CA www.eventbrite.com

2018 NFPA 70E - THE STANDARD FOR ELECTRICAL SAFETY IN THE WORKPLACE
6/15/2018 7:30am
This 8-hour class takes place Friday, June 15th 7:30am - 3:30pm 2018 NFPA 70E helps to assess risks 13825 Kirkham Way Poway, CA www.eventbrite.com

JUNIOR NATURE RANGER
6/16/2018 8:00am
Share family time while connecting with nature! Docents lead children through a series of activities 16275 Espola Road Poway, CA poway.org

HOT RHYTHM LOUNGE
6/16/2018 8:00pm
SWING DANCING SAN

BASIC LIFE SUPPORT (BLS)-HEALTHCARE PROVIDER-KEARNY MESA CAMPUS
6/18/2018 9:00am
This American Heart Association approved course is recommended for healthcare professionals who need 9388 Lightwave Ave San Diego, CA www.eventbrite.com

POSITIVE PARENTING - TEENS (CLASS 1-3)
6/20/2018 12:00pm
In this class, you will receive an understanding of the key ingredients to raising responsible Behavioral Health, Bldg 2274 San Diego, CA www.eventbrite.com

INTERNATIONAL INSTITUTE OF BUSINESS ANALYSIS SAN DIEGO CHAPTER
6/19/2018 5:30pm
International Institute of Business Analysis San Diego chapter IIBA-SD Website: Meets at CareFusion 6055 Lusk Blvd San Diego, CA sdtechscene.org

POSITIVE PARENTING - TEENS (CLASS 1-3)
6/20/2018 12:00pm
In this class, you will receive an understanding of the key ingredients to raising responsible Behavioral Health, Bldg 2274 San Diego, CA www.eventbrite.com

PS - BEFORE YOU SAY "I DO" - MILITARY MARRIAGE PREPARATION SEMINAR
6/21/2018 8:00am
P.S. Before You Say I Do Help to make sure you and your fiancé(e) are ready to tie the knot 5305 Miramar Way San Diego, CA www.eventbrite.com

PRE-HOSPITAL TRAUMA LIFE SUPPORT (PHTLS)
JUNE 21 & 22 - KE-

INTERNATIONAL INSTITUTE OF BUSINESS ANALYSIS SAN DIEGO CHAPTER
6/19/2018 5:30pm
International Institute of Business Analysis San Diego chapter IIBA-SD Website: Meets at CareFusion 6055 Lusk Blvd San Diego, CA www.eventbrite.com

SMART DECISION MAKING
6/27/2018 11:30am
Brand new for 2018! This extremely interactive and skill-based experience will allow Marines Behavioral Health, Bldg 2274 San Diego, CA www.eventbrite.com

SDMEDIAPROS - SAN DIEGO CHAPTER OF MCA-L
6/27/2018 6:00pm
http://sdmediapros.org http://www.meetup.com/ SDMediaPros-Meetup Who We Are SDMediaPros is the San 8969 Kenamar Drive San Diego, CA sdtechscene.org

PEDIATRIC ADVANCED LIFE SUPPORT (PALS)-KEARNY MESA CAMPUS
6/29/2018 8:00am
This course is designed for healthcare providers who respond to emergencies involving pediatrics and 9388 Lightwave Ave San Diego, CA www.eventbrite.com
The Story Behind Kathryn The Grape

We Talk to the San Diego Children’s Book Author & Musician Kathryn Cloward

Kathryn Cloward is the author of the award-winning seven-book series “Kathryn The Grape.” Like most women, Kathryn wears many hats. She is a writer, musician, and a mom. Kathryn shared with me her personal journey, and how it led her to her calling as a children’s book author. When her son was a baby, Kathryn went through a tough time, meditation, daily affirmations, and prayer helped her through that period in her life. She started taking one day at a time, using self-help tools. That’s when it dawned on her to educate children on self-empowerment. It is also the thesis behind the Kathryn the Grape book series and music.

“Overall I desire for children and adults to understand that they are responsible for their own choices. Being mindful about the words we choose to say, the things we choose to do, and the thoughts we choose to think impact every aspect of our lives…”

— Kathryn Cloward

concerts are intergenerational as parents, grandparents, and kids sing and dance to her music with a positive message. Her books and songs have won a number of awards including five Family Choice Awards, five Mom’s Choice Awards, and a San Diego Book Association Award for her book “Kathryn the Grape Kindness Confetti.” She even won an Indie Music Channel Award for her Kathryn the Grape song “I’m Happy Being Me.”

As for the name Kathryn the Grape, Kathryn says her childhood softball coach nicknamed her that after her affinity for the color purple. “Yes, my softball coach nicknamed me Kathryn the Grape when I was 11 years old because I wore purple all the time. Using that nickname to be the central character in a book was actually my mom’s idea. My mom has been incredibly helpful to me with the development of the series, as has my (late) Dad. In regards to symbolism, there’s symbolism weaved into everything Kathryn the Grape. For example, Maggie the magical butterfly is representative of my beloved Grandma.”

Kathryn the Grape books give kids one heck of a lesson in kindness, positive self-esteem, and celebrating diversity. “Love, Compassion, and Understanding are the tools,” says Kathryn. “When we feel authentically good about ourselves, we are able to ripple that out into the world. Through Kathryn the Grape I am really intent and purposeful about simplifying life lessons into relatable accessible stories and songs affirming messages for people of all ages.”

For More Information About Kathryn the Grape Including Upcoming Concerts and Books Visit: www.kathynthegrape.com

Courtney Daly-Pavone is a Freelance Writer and publisher of Central San Diego Macaroni Kid, a parenting website. She lives in San Diego with her husband, son, and a menagerie of pets.
Son of Jaspal
How an ambitious farmer paved the way for a San Diego doctor

By Leila Vinaimont

Long ago, in the northern part of India, in a place called Punjab, lived a man named Jaspal Singh. Raised in a farm, by a long line of farming families, Jaspal’s intellectual hunger pushed him to study law in Rajasthan, an ancient region 120 miles away from home. “He broke the mold,” says son Sukh, an emergency physician at the University of California San Diego School of Medicine and affiliated centers.

The life of Jaspal would have taken a different course, had he not encountered civil unrest during his studies, when violence and political discord engulfed the nation, as the state of Punjab sought independence from India. With mounting persecution of Punjabis, Jaspal gathered his belongings and bade farewell to a life in the police. Democracy reigned by a long line of farming families, Jaspal’s intellectual hunger pushed him to study law in the new frontier of urban California, where the halls of democracy reigned like never before.

They went straight to Fresno, California, where Jaspal and his wife joined the line of workers at Foster Farms and the children grew in a diverse community of immigrants working for a better day. “I wasn’t the most Indian by a long shot, I was probably the most American,” says Sukh of his newcomer experience, which he characterizes as both stabilizing and inclusive. It was in this environment that Sukh found certainty in the sciences, in this environment that Sukh deepened his conviction to “problem-solve” aligned with the “logical process” of the scientific discipline. “A chemical equation, you have to not only balance it, but you also have to calculate what the production will be, and put in what kinds of orbits it will exist in, so I’m like, oh sweet, give me that equation!” exclaims Sukh playfully, in the remnant tone of a 19-year-old.

By the year 2009 medicine had won him over, and so it was that Sukhdeep Singh, son of Jaspal, began to mark his trajectory in the science of healing, and soon swore to uphold the Hippocratic Oath—a sacred text from the Greeks that doctors read promising to do no harm. 

In Massachusetts he specialized in “point of care ultrasound,” a screening technique that “basically augments a physical exam with an actual ultrasound machine,” explains Sukh. “Instead of just listening to the heart, you can see the heart, you can look at the valves, look at the contractility, look at how the fluid’s flowing, look for regurgitation jets, there’s lots of things you can do within seconds to minutes,” he elaborates in practical MD mode, citing how activity may be inferred.

Returning home to his apartment in San Diego, Sukh meets his partner—a pediatric endocrinologist—and Watson, their Golden Labrador pup whose quest for mischief stands paramount. As for his father, he may have journeyed west to safeguard education, but most likely Jaspal Singh paved the way for a caring provider to treat San Diegans—and sail the harbor on blue sky Sundays.


By Jeanne Rawdin

Five San Diego piano students are among the winners of a statewide piano competition sponsored by Steinway and Sons Pianos. The competition was the first-ever of its kind and it was held at SoCal Pianos Recital Hall, Home of Steinway & Sons Pianos, in San Marcos.

Seventeen finalists performed at the competition on May 3rd after a lengthy elimination process that started in April. Nine esteemed judges from universities across California observed 95 auditions in three days to choose the first round of participants. From there, the competition was whittled down to 17 finalists for three age-group categories – Ages 7-9, Ages 10-13, and ages 14-18. The contest was one of dozens of similar competitions taking place across the country – all sponsored by Steinway.

“Steinway had the idea for this competition to keep young artists in cities across the country excited about playing the piano, and to reward them for their practice and study time, said Rick Rice, the manager of SoCal Pianos. “With the large database of piano teachers that we have and Steinway & Sons’ national media campaign, we were able to connect with teachers to create this opportunity for young artists.”

In the 7-9 Division, Amy Guo from Brea took first place, Melody Chen from Rancho Bernardo took second place, and Gavin Li from Carlsbad took third place.

Melody Chen from Rancho Bernardo is nine years old and loves doing piano competitions. She’s been playing piano for five years, and also enjoys martial arts, reading, and animals.

Gavin Li from Carlsbad is eight years old and has been playing for five years, too. Gavin loves Kung Fu, and competed in the Texas National Kung Fu competition in April and won a Gold Medal!

In the 10-13 Division, Malvyn Lai from Scripps Ranch was awarded first place, Jaden Wu from Mission Viejo was awarded second place, and Ally Ngeuleescu from Temecula was awarded third place.

Malvyn Lai from Scripps Ranch is 13 years old, and he’s been playing the piano for eight and a half years. He loves sports, video games, and participating in math competitions.

In the 14-18 Division, Tyler Kim from Temecula won first place, Annie Liu from Carmel Valley won second place, and Michael Chen, also from Carmel Valley, won third place.

Annie Liu from Carmel Valley is 16 years old and she’s been playing the piano for more than ten years. She has auditioned for Curtis Conservatory and Juilliard, both in piano performance and conducting. Annie also loves tennis, drawing, and reading.

Michael Chen, also from Carmel Valley, is 17 years old and has been playing the piano for more than ten years, too. He plans on having a double major in college in computer engineering and music. He also loves to play chamber music and table tennis, and he teaches computer programming.

Fresh from the performance, twelve-year-old Ally Ngeuleescu described the experience of being a pianist. “The thing is that when you play piano, it just takes you into a different world. And each different piano has a different thing to say. So when you play one piano, it wants to say something and the other piano wants to say something else. So it’s just a wonder.”

Fifteen-year-old Tyler Kim said, “It’s like a fine line between being in the zone and being really concentrated, or being out of it. The goals always to be in the zone and play your best. It feels good once you’re in it. It feels like nothing can stop you.”

And eleven-year-old Jaden Wu likes to share his talent with a variety of audiences. “I like to perform and I especially like to play in convalescent homes for the old people who most of the time have never heard music before.”

First-place winners received a cash prize – $400 in the 7-9 Division, $700 in the 10-13 Division, and $1,000 in the 14-18 Division. All first, second, and third-place winners received a Steinway lyre medal, and all finalists were given a certificate from Steinway & Sons and free tickets to the San Diego Symphony.

The outstanding young pianists were judged in five categories – Musicality and Artistry, Technical Mastery, Adherence to the Score, Stage Presence, and Memory, Each performer had to memorize a six-minute piece. Chopin, Prokofiev, Ichaïnovsky, Beethoven, Mendelssohn, Haydn, and Liszt were among the composers chosen.

Dennis James, the owner of SoCal Pianos, noted, “Witnessing the dedication and passion that all of the young artists who participated in this and other competitions never ceases to inspire me. That’s why we continue to support programs like these for music makers at any level.”

About SoCal Pianos

Since 1990, SoCal Pianos has been the leader for pianos in San Diego. SoCal Pianos’ priority has been with Education and the Arts. SoCal Pianos partners with over 600 piano teachers, the San Diego Symphony, La Jolla Music Society, California State University San Marcos, and many other institutions to develop artists of the future.

About Steinway & Sons

Since 1853, Steinway pianos have set an uncompromising standard for sound, touch, beauty, and investment value. Because of a dedication to continuous improvement, today’s Steinway remains the choice of 9 out of 10 concert artists, and it is the preferred piano of countless musicians—professional and amateur—throughout the world. For more information, visit www.steinway.com.

Fun facts about the Piano

There are 7,500 working parts in the body of each piano.

The name “piano” is actually a nickname for the full Italian name of the instrument which is “pianoforte.” The longer name was given to the instrument based on its ability to play notes very quietly (piano) or very loudly (forte).

There are 230 strings required for a piano to make its full range of sound. There is an incredible amount of pressure on these strings – for example, over 30 tons of pressure is exerted on a concert grand.

A Steinway grand piano can cost up to $130,000 and only goes up in value over time!

Even though piano keys are referred to as “ivories,” they have not been made out of ivory since the 1940s to protect endangered species. Now they’re made out of plastic.
4 Aesop was a famed storyteller who lived in ancient Greece. He wrote fables—stories and characters that described right and wrong behavior. Read one of Aesop’s Fables today. Aesop’s Birthday.

5 Make a list of things you would like to do during your Summer Vacation.

6 The United Nations designated this as World Environment Day. Celebrate the day by cleaning up litter around your school.

7 Find a local activity that is happening in your neighborhood and volunteer to help.

8 Design the house you would like. Today is the birthday of the famous architect Frank Lloyd Wright.

9 Find a flock of ducks. Bread is bad for ducks. Feed them grapes cut in half, birdseed, rice, oats or lettuce.

15 Take your kites out on a hillside, park or beach. Have a friend run the string. Take turns flying your kite. Fly a Kite Day.

16 Find a baseball game happening in your community and cheer on a local team.

18 Plan a summer picnic today. Who will you invite? What food will you need? Where will you hold your picnic? International Picnic Day.

19 Offer to help cook dinner tonight, set the table or clean up afterwards and include your meal your favorite vegetable. Eat Your Vegetables Day.

20 Combine chocolate syrup, milk, carbonated water, ice cream and whipped cream to make an old-fashioned ice cream soda. Ice Cream Soda Day.

21 The theme for the Collaborative Summer Reading Program for kids is Libraries Rock. Visit your local library and find a book to read on music.

22 Have a family sleepover, watch movies, eat pizza and sleep on the floor.

23 Take a field trip to a museum with a family member today. First plan your day, your lunch and which exhibits you particularly would like to see.

24 Take three bean bags or balls and see if you can learn to juggle today.

25 LIEON Day—that’s NOEL spelled backwards. It’s 6 months from this day until Christmas. Write down 3 goals to achieve before Christmas.

26 Time to clean and tune up your bicycle and helmet for the summer months. Bicycle patented in 1819.

27 Close your eyes and listen carefully and in silence for at least 3 minutes. Then discuss what you could hear. Helen Keller’s birthday.

28 Write or tell a tall tale today about someone you invented who is “larger than life.” Paul Bunyan Day.

29 Find a way to stay cool without air conditioning. Make a fan or a gentle water spray.

30 Try something you have never done before or explore somewhere you have never visited before.

Tick the box on each day when you have completed 20 minutes of reading. Children who develop a love of reading will become better students and build a better future.

One of the beachballs on this page is different from all the others. Can you find it?

This day is the anniversary of the first U.S. Space walk by Ed White in 1965. Write a paragraph about what it must be like to walk in space.

Aesop was a famed storyteller who lived in ancient Greece. He wrote fables—stories and characters that described right and wrong behavior. Read one of Aesop’s Fables today.

What it must be like to walk in space by Ed White?

Do you know what it means to “walk the dog” and “shoot the moon”? National Yo-Yo Day

Write a poem on the topic of “Wishes for My Dad.” Make the day special for a man in your life.

Father’s Day

Plan a visit to a zoo or an aquarium today and help make a difference for wildlife.

Zoo and Aquarium Month

Plan a summer picnic today. Who will you invite? What food will you need? Where will you hold your picnic?

International Picnic Day

Offer to help cook dinner tonight, set the table or clean up afterwards and include your meal your favorite vegetable.

Eat Your Vegetables Day

Combine chocolate syrup, milk, carbonated water, ice cream and whipped cream to make an old-fashioned ice cream soda.

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Try something you have never done before or explore somewhere you have never visited before.
COOL FATHER’S DAY

SUNDAY JUNE 17

SUPER DAD!

MY DAD’S NAME IS :)
William L. Hawkins— An Imaginative Geography

Mingei International Museum presents its final exhibition before closing for a year-long transformation.

In the newest exhibition of “self-taught” art at Mingei International Museum, “William L. Hawkins — An Imaginative Geography” presents over 60 of Hawkins’ most iconic paintings, drawings and sculptures inspired by the artist’s life.

William L. Hawkins was long at the forefront of the 20th century self-taught movement, but the African-American painter has, until now, recently received less than his fair share of attention.

Organized by the Figge Art Museum, Davenport, Iowa in collaboration with Susan Mitchell Crawley, independent curator and formerly curator of folk art at the High Museum of Art in Atlanta, this traveling exhibition brings his important work to a wider audience.

Hawkins’s oeuvre — a collection of landscapes, cityscapes, historical scenes and exotic wild animals — is an ecstatic representation of the world as he saw it. Through bold colors, collage work and images pulled from popular magazines, he created images full of expressive bravado and vigor, balancing the meditative quality of the still image with the chaos of its content.

“This exhibition broadens the discourse beyond what it means when a man with no education in art produces a body of work that engages with issues central to contemporary art — such as the impact of popular culture or the tension between figure and ground — in such a consistent, innovative, and energetic way.” — Timothy J. Schiffer, executive director, Figge Art Museum and Nannette V. Maciejunes, executive director, Columbus Museum of Art.

Drawn from important public and private collections across the United States and Europe, “William L. Hawkins” will make its second stop at Mingei International Museum before traveling to the Figge Art Museum and The Columbus Museum, Columbus, Georgia.

A fully illustrated, 192-page catalogue, published by Skira Rizzoli Publishing, accompanies the exhibition and will be available in the Museum Store.
Your monthly Horoscope

Aries
Career development of Aries astrology sign will be satisfactory. Mercury will help in maintaining harmonious love life in spite of the various problems. Finances can be enhanced with the help of social network.

Taurus
Hard work will help monetary progress of Taurus sun sign in June 2018. Career change is possible, but requires more evaluation.

Gemini
The only bright spot for Gemini zodiac appears to be health. Finances are impacted negatively by the Lunar eclipse. Neptune will be obstructing your professional growth.

Cancer
Health prospects of Cancer zodiac sign will be superb during the month. Making money will be difficult and requires more effort. Career environment is under major overhaul.

Leo
Career growth will be superb for Leo sun sign due to the influence of Jupiter. Relationship with your spouse will be tentative. Social life will expand and you will become a member of prominent associations.

Virgo
Retrograde of planets and adverse planetary influences will be forcing Virgo sun sign to be highly circumspect. Career will show good progress. Financial prosperity will be static.

Libra
Libra zodiac sign will reach career zenith during the month. Retrograde of planets will force you to go slow on all fronts. Financial investments have to be properly evaluated. Relationship with your spouse will be highly unpredictable.

Scorpio
Health prospects of Scorpio star sign will be fabulous in June 2018. The Sun will bring about major changes in your professional environment. Jupiter will slow down your financial growth.

Sagittarius
Social life of Sagittarius zodiac sign will be active, but love life will be full of chaos. Mercury is also responsible for the volatile atmosphere at the workplace. Finances will be satisfactory.

Capricorn
Health will occupy the centre stage for Capricorn sun sign. Exercise and detoxification will help. Career will be successful if you can handle all the confusion at the workplace. Financial situation will be quite alarming. Relationship with your spouse requires lot of patience and understanding.

Aquarius
Jupiter will bring happiness to love relationships of Aquarius star sign. Health situation will be splendid. The Lunar eclipse will induce transformations at your workplace. Retrograde of Neptune will slow down your monetary progress.

Pisces
Pisces zodiac sign will have to face many contradictions and it requires plenty of fortitude to overcome them. Career environment will face many alterations. Financial situation will be under stress due to social contacts. Family atmosphere will be full of tension.
SPECIAL EVENTS AND DAYS FOR EDUCATION AT THE SAN DIEGO COUNTY FAIR

The San Diego County Fair is finally here! Plan your visit around these dates that recognize educators and students.

Go to www.sdfair.com for more information:

Summer STEAM Maker Festival - June 13
Art and Literacy Day in Creative Youth - June 20
Mission Federal School Staff Appreciation Days - June 15, 22, and 29

All employees of school districts, charter schools, and colleges within San Diego County showing a valid school employee ID, pay stub, or teaching credential are eligible to receive four free admission vouchers from any San Diego County Mission Federal Credit Union branch, while supplies last.

Join the Pure Water Clairemont Working Group

Working Group members are asked to commit to attending all scheduled meetings. Members of the Working Group will be asked to follow these Principles of Participation:

Become familiar with the Pure Water Program and how it fits into the larger regional water supply program;

Become familiar with North City Phase 1 projects, specifically the Morena Pump Station and Pipelines, and the City's plan for construction;

Ensure the community concerns regarding the construction of the North City Phase 1 projects, and specifically the Morena Pump Station and Pipelines, are identified and understood by the City;

Propose ways to avoid, minimize, or mitigate concerns associated with the construction and operation of the North City Phase 1 projects, specifically the Morena Pump Station and Pipelines, and implement the conditions set forth in the approved site development permit;

Read all agenda and background materials distributed prior to the meetings by the project team.

Each Working Group will be made up of 12-15 participants. To ensure representation from a wide range of perspectives in the community as well as consistent attendance at meetings, interested participants are being sought based upon the following criteria:

Commitment to attending all scheduled Working Group meetings.

Located within or near the Morena Pump Station and Pipelines project area in Bay Park or Morena (this includes, but is not limited to, residents, businesses, schools, community and business associations, civic organizations, and recreational and environmental groups).

Every Working Group member is asked to report back to his or her respective constituency to keep them aware of the Group's discussions and the opportunities to avoid, minimize or mitigate the issues that have been identified. If you are interested in joining the Working Group being convened for Bay Park and Morena, please email purewaters@sandiego.gov by 5 p.m. on Friday, June 1, 2018. On the email please indicate you are interested in joining the Bay Park/Morena Working Group, and provide the address of your residence or business, along with a phone number you can be reached at.

Welcome back to the Clairemont Kids’ Corner!

Hello Clairemonsters! Welcome back to the Clairemont Kids’ Corner! Today I will be talking about the end of the year, and the end of 5th grade. Can you believe it? Kids are having less homework, testing is ending, it is almost the end of the year!

Let me tell you a little bit about the school I go to, Holmes Elementary School. This school is a place that students learn about math, language arts, science, history, physical education, music, art, relationships with friends, and people skills, but I learned most about myself. I learned what I like, what I dislike, and what I want to be and do as I grow.

I am going to miss so many amazing things about Holmes. I will miss all of the field trips, the parties, energy, and the overall fun. However, it is the people I will miss the most. Since I am not going to Marston Middle School, I will not have the privilege to go to the same school as many of my wonderful friends. We all will miss the teachers, who taught us, understood us, and cared for us. A big thank you to the teachers, parents, and staff at Holmes who have made it such a great school. I will say my goodbyes to the people, although I will keep in touch, and I will not lose the friendships I have made. I have learned so many things from going to school at Holmes, but the one thing that I will always use, everyday of my life is how to be me. We all have individual personalities, just like thumbprints, so why not embrace them?

I will always embrace mine as I grow. I will be back next month with a summer article!
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Pocketed sliding glass doors open up to 1000 square feet of deck space, where you step out to boundless bay and ocean views.

The gourmet kitchen, complete with European cabinetry and open floor plan are ideal for entertaining friends and family alike. A multi-zone HVAC system allows you to perfectly adjust the temperature throughout the house. Recessed lighting, a massive two car garage, and large separate laundry room are a few of the luxuries this home offers.

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