

SDMETRO

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NO. 2 VOL. XXXVII



Deborah Dugan



Zoe Chance



Liz Goodgold

W San Diego WOMEN'S WEEK *Reimagining the Future*



Summer Stephan



Arlan Hamilton



Vanessa Van Edwards



Ugochi Iwuaba

SIGNIFICANT SAN DIEGANS OVER 80 PAGE 16

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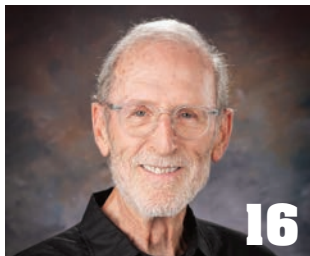
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COVER STORY:
**San Diego Women's Week:
Reimagining the Future**

Presenting the 13th annual San Diego Women's Week Leadership Conference, live and virtual. Keynote speakers are Deborah Dugan, Zoe Chance, Liz Goldgold, Arlan Hamilton, Ugochi Iwuaba, Summer Stephan and Vanessa Van Edwards. Page 8



Ageless at 80

We're celebrating our first annual San Diegans over 80. Men and women who are living rich and productive lives.



San Diego Needs to End Human Trafficking

Stephanie Myers, member of the Saved in America Advisory Board, presents a commentary on the need, now more than ever, for us to speak boldly, and act boldly about an issue endangering our country and our community.



**Does Cannabis Ease Pain,
Speed Recovery in Injured Athletes?**

A new clinical trial, funded by the NFL, will tackle the popular, but mostly anecdotal idea that cannabis provides post-game therapeutic benefit to athletes who are hurting.



**MiraCosta College's
Technology Career Institute**

If you've ever wanted to learn the technical skills behind beer brewing or flying a drone professionally, MiraCosta College offers an affordable and fast way to become fully trained.



**Special billboard erected to celebrate
start of the 2022 Girl Scout Cookie Season**

Local Girl Scouts and RJS Law unveiled a new billboard advertising the Girl Scout's annual cookie sales.

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SAN DIEGO SCENE

San Diego's life science market enjoyed a record year in 2021

Last year was a record year for the San Diego life science market, which recorded 1.1 million square feet of leasing activity in the fourth quarter alone.

The market sector recorded 34 percent rent growth and more than 1 million square feet of leasing activity in both the third and fourth quarter, according to the fourth quarter report from JLL.

In 2021, there were 139 life science leases completed in the San Diego market, representing a total of four million square feet, a 51 percent increase in transactions and an 80 percent increase in square footage from 2020.

In the fourth quarter, life science leasing activity totaled 1.2 million square feet in 33 leases and representing nearly 75,000 square feet of absorption. It was the second consecutive quarter where leasing activity surpasses 1 million square feet. While leasing activity was down a nominal 3 percent quarter-over-quarter, it was up a staggering 155 percent year-over-year.

The leasing activity pushed the vacancy rate down to 3.1 percent, a record low for the market and a 40 basis point decrease from the third quarter and a 240 basis point decline from the same time last year. Direct availability is 2.4 percent while sublease availability ended the quarter at 0.7 percent.

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Ronson J. Shamoun, Principal Attorney and CEO of RJS LAW, is an Adjunct Law Professor at the University of San Diego—School of Law where he teaches a Tax Practice and Penalties class. He was recently presented with the following awards:

- San Diego Metro Magazine- Best Attorney 2016
- San Diego Magazine- Top Attorney 2016
- San Diego Business Journal- Best of the Bar 2014, 2015 & 2016
- Martindale Hubbell's- AC Preeminent Rated 2014, 2015 & 2016
- San Diego Daily Transcript- Top Attorney 2014 & 2015
- San Diego Metro Magazine- 40 Under 40 - 2015



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How well do drivers fare after smoking cannabis? By Scott LaFee

The steady rise in the use of cannabis — 18 states have legalized recreational use, 13 have decriminalized its use and 36 have medical cannabis laws — has provoked myriad questions and concerns about public health implications, including how cannabis may affect the abilities, real and perceived, of drivers under the influence.

In a novel, two-year randomized trial, conducted at the Center for Medicinal Cannabis Research (CMCR) at University of California San Diego School of Medicine, researchers recruited 191 regular cannabis users to partake of cannabis containing different levels of delta-9-tetrahydrocannabinol (THC), the psychoactive compound in cannabis or a placebo immediately before a series of driving simulation tests over several hours.

The findings are published in the January 26, 2022 online issue of JAMA Psychiatry.

Compared to participants who took the placebo, the THC group (who had smoked a cannabis cigarette with either 5.9 percent or



Simulator measured common driving variables, such as swerving in lane, responding to divided attention tasks and following a lead car.

13.4 percent THC as they would “do at home to get high”) displayed significantly diminished ability on a Composite Drive Score (CDS) that assessed key simulated driving variables, such as swerving in lane, responding to divided attention tasks and following a lead car.

However, not all individuals displayed significantly diminished driving skills compared to the placebo group; researchers said approximately 50 percent could be described as “impaired.”

Father Joe’s Villages hosts grand opening of affordable housing project in East Village



Saint Teresa of Calcutta apartment. (Photo by Jim Brady)

After two years of development and construction in partnership with Chelsea Investment Corporation, donors, public officials and local dignitaries joined Father Joe’s Villages on Feb. 10 to unveil its largest and newest affordable housing community, Saint Teresa of Calcutta Villa, during a grand opening and ribbon-cutting ceremony at One 14th St. San Diego.

Saint Teresa of Calcutta Villa will have 80 units earmarked for veterans experiencing homelessness and will also serve families, senior citizens and individuals with disabilities. This new housing community was developed under the organization’s Turning the Key initiative, a strategic initiative to create 2,000 affordable housing units.

The project is funded in whole or in part with HOME Investments Partnerships Grant (HOME) funds provided to the City of San Diego by the U.S. Department of Housing and Urban Development (HUD) and administered by the San Diego Housing Commission.



La Valencia Hotel

La Valencia Hotel named one of Top 25 historic hotels for a romantic proposal

La Valencia hotel, which opened in 1926, has made Historic Hotels' list of the Top 25 Historic Hotels of America for a Romantic Proposal, i.e., romantic getaways, ideal place to propose, place for a perfect wedding, place for a memorable honeymoon, location to celebrate a special anniversary.

The hotel was inducted into Historic Hotels of America in 1986. According to the citation, "One of the most romantic settings for a proposal is the ocean-view garden space overlooking the Pacific Ocean and pool deck. Surrounded by roses, palms and pink Mediterranean architecture, the garden is a special spot to say, "yes!" The garden also features the unique 1928 tile portrait of the original "Pink Lady," an alluring antique piece by Ernest Batcheler that depicts a young Spanish woman.

Nearly \$200 million in federal relief money given to San Diego arts, entertainment and tourism groups

The Shuttered Venue Operators Grant program — created in response to the lengthy COVID-19 shutdown of live events that began in March 2020 — is proving to be a crucial and major source of relief funding for scores of independent San Diego County arts, cultural and tourism venues, organizations and related businesses.

The federal relief program provided nearly \$200 million to 162 recipients across the county between last June and late December.

The biggest recipients include the USS Midway Museum, the Zoological Society of San Diego and the music talent booking agency Sound Talent Group. Each received \$10 million to make up for lost revenues incurred by the COVID-19 shutdown. Close behind are the Belly Up Tavern and the Old Globe Theatre, which received \$8,085,115 and \$8,000,001, respectively.

Allegiant Air to add nonstop flights between Austin and Sioux Falls from San Diego

Allegiant Air will add year-round nonstop service between Austin, Texas via Austin-Bergstrom International Airport and San Diego International Airport beginning April 20. The airline will also add seasonal nonstop service between Sioux Falls, S.D. via Sioux Falls Regional Airport (FSD) and San Diego from May 19 through Aug. 12.

Austin is a new destination for Allegiant Air and the only year-round service the carrier offers from San Diego. The service will operate two times weekly on Wednesdays and Saturdays.

Allegiant Air offered seasonal nonstop service between Sioux Falls and San Diego during the summer of 2020 and will now resume flights this summer. Flights will operate two times weekly on Thursdays and Sundays.

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Sanford Burnham Prebys professor awarded \$2.9 million to explore Alzheimer's treatment

Sanford Burnham Prebys professor Yu Yamaguchi, M.D., has been awarded a \$2.9 million grant from the National Institutes of Health to study the role of heparan sulfate (HS) in Alzheimer's disease. HS is a structural molecule found in the scaffolding between cells that has been previously observed to influence the development of Alzheimer's disease. However, the precise function it plays in the brain has not been studied closely.

The new project will fill this gap in knowledge and open new avenues for the diagnosis, treatment and prevention of Alzheimer's disease.

"Our hypothesis is that heparan sulfate mediates the development of Alzheimer's by binding to a brain protein that is critical for the development of the disease," says Yamaguchi. "If we can develop an inhibitor to block this interaction, that could provide us with new ways to treat the disease."



Professor Yu Yamaguchi

San Diego International Airport sees 69 percent increase in passenger numbers in 2021

San Diego International Airport served 15.6 million passengers in 2021, a 69 percent increase over 2020's passenger number of 9.2 million. The airport added 18 new routes to both domestic and international destinations and one new carrier.

Southwest Airlines continued to be the number one carrier in 2021 at 33 percent seat share. Southwest Airlines expanded its presence with service to three additional Hawaiian destinations and six new routes overall.

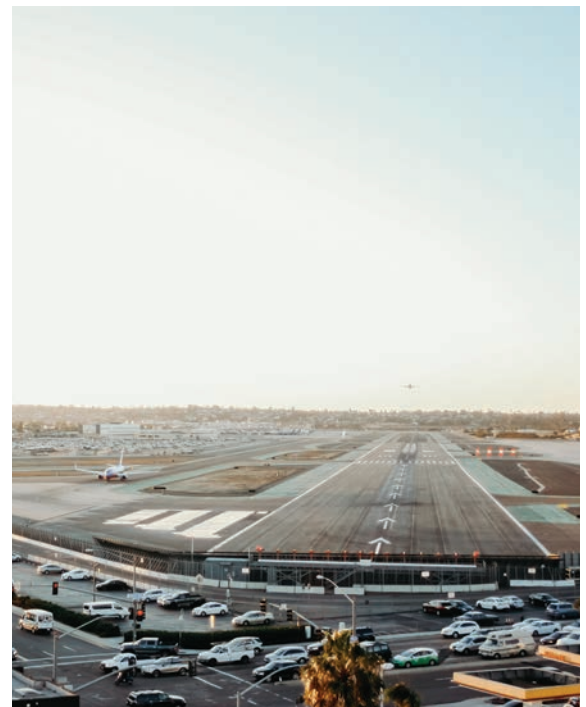
Alaska Airlines maintained the number two spot with 19 percent of total seats, growing five percent from their total seat share in 2019 and adding new service to five cities.

Allegiant Air had the greatest capacity growth out of all the carriers serving the airport. Allegiant Air grew by 77 percent, adding five new routes to its summer seasonal service.

Swoop, a Canadian-based carrier, began service at SAN providing nonstop service to Edmonton, Alberta, Canada.

"The aviation industry continued to be impacted by COVID-19, but we saw improvement in passenger numbers once vaccines were available and people felt more comfortable traveling by air again," said Kimberly Becker, President & CEO of the San Diego County Regional Airport Authority.

Despite the growth year over year, passenger traffic in 2021 was down 38 percent over 2019's record-breaking year of 25.2 million total passengers. Detailed reports of SAN air traffic statistics are available at san.org/News/Air-Traffic-Reports.



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Coming in our April issue:

OUR GUIDE TO SAN DIEGO COUNTY'S TOP ATTORNEYS 2022



SDMETRO

your business your life



Deborah Dugan



Zoe Chance



Liz Goodgold

W San Diego
WOMEN'S WEEK
Reimagining the Future



Arlan Hamilton

**THE 13TH ANNUAL
SAN DIEGO WOMEN'S
WEEK LEADERSHIP
CONFERENCE
LIVE AND VIRTUAL
MARCH 11, 2022
AT THE TOWN &
COUNTRY RESORT**



Ugochi Iwuaba



Summer Stephan



Vanessa Van Edwards

Reach Beyond Your Comfort Zone and Ignite Your Powerful Voice

San Diego Women's Week, celebrating 13 years of inspiring, empowering and connecting men and women with a leadership conference for all ages and professions. Everyone is invited to join us for networking, keynote speakers, panel discussions and more, all wrapped around creative solutions to everyday issues affecting all of us in the workplace and in our daily lives.

Since its launch in 2010, San Diego Women's Week has become one of San Diego's biggest events to showcase the work of female leaders and trailblazers from around the country. Past Keynotes have included:

- Deepak Chopra
- Katherine Schwarzenegger
- Daymond John
- Elizabeth Smart
- Ed Smart
- Padma Lakshmi
- Mariel Hemingway
- Marlee Matlin
- Sally Krawcheck
- Arianna Huffington
- Kim Coles
- Amy Cuddy
- Gretchen Rubin

Every year a large contingent of men also attend the leadership conference and share their experience. They feel a sense of responsibility to understand, support and showcase the work of their female colleagues.

This year's speakers are bright, articulate, diverse and their messages are empowering and inspiring to everyone. The 2022 San Diego Women's Week is focused on leadership, with speakers that will be sharing their journeys and success.

San Diego Women's Week is produced by North San Diego Business Chamber and considers diversity and inclusion important in our regions changing business environment. "Our focus for the week is to connect others, share stories, and empower leaders to reach higher" says Debra Rosen, President and CEO of North San Diego Business Chamber. "More companies than ever have implemented women's leadership programs as part of their diversity and inclusion leadership initiatives.

THE CHAMBER TEAM BEHIND WOMEN'S WEEK

Debra Rosen

President & CEO,

North San Diego Business Chamber

Debra has been with the Chamber for 13 years. She is a female leader that inspires many. She has a German Shepard, Gracie, and a young Lab, Cooper, who loves to cuddle in laps despite his size. In her free time, you can find her enjoying the sun and adventure with her husband, family and friends on their Catamaran.

Anne-Marie Jewel,

Member Relations Manager,

North San Diego Business Chamber

Anne-Marie has been with the Chamber for 7 years. Members get excited when they receive a call from her checking in! She has an African Sulcata Tortoise, Franklin, and a Bulldog Boxer, Lola. Her favorite thing to do when she is not working is crocheting something new.

Brianna Eltzroth,

Chief Operations Officer,

North San Diego Business Chamber

Brianna has been with the Chamber for 16 years. She recently moved to Texas and has been working remotely from there since. She is truly the glue that holds the operation together with her many hats. In her free time, she enjoys exploring her new home state with her three sons.

Sophia Harrell,

Events & Marketing Specialist,

North San Diego Business Chamber

Sophia has been with the Chamber for 9 months, following a 4-month internship while she was still attending San Diego State University. Since she has always been a professional organizer, event planning was made for her. In her free time, she enjoys going to the beach when weather permits with her two roommates and Lab, Bailey.

Manuel Gomez, Economic Development and Advocacy Specialist, North San Diego Business Chamber

Manuel Gomez has been with the Chamber for 7 months. Prior to this, he was the Chief of Staff for the Colombian Presidency of Senate and then Vice-Consul for the Colombian Ministry of Foreign Affairs. He is a new father to his beautiful baby girl and enjoys playing the guitar. He and his wife also own two bunnies, Chewy and Fajita.

WOMEN'S WEEK 2022 FEATURED KEYNOTES



Zoe Chance

**INFLUENCE IS YOUR SUPERPOWER:
THE SCIENCE OF WINNING HEARTS, SPARKING
CHANGE, AND MAKING GOOD THINGS HAPPEN**

You were born influential, a natural at persuading others to take care of you. But then you were taught to suppress that power, follow the rules, wait your turn, and not make waves. But influence is the secret sauce that brings great ideas to life and makes people want to say yes to you. Used intelligently, it's like a superpower that can make good things happen. And Zoe will help you develop that power. And she'll show you how to effect change that's meaningful, durable, and contagious.

And you'll learn:

- What mistakes you've been making that cause you to be less influential
- The most powerful influence on behavior (hint: it has nothing to do with persuasion)



Deborah Dugan

**DON'T LEAVE YOUR VALUES AT THE DOOR! BRING
YOUR PASSION AND PURPOSE TO WORK**

As the world is forced to reimagine the face of female leadership, women need to know and stand up for what they believe in. What are the qualities of leadership in 2022 that enable women to thrive in the workplace?

It's time to take stock of your own worth and courageously compose your best life. In the workplace that could mean more respect, or more time off, or more pay.

It will take strong women to solve some of the most difficult problems facing the world today. Your perspective, values, and impact are needed--don't leave them at the door!!!



Liz Goodgold

HOW TO FUTUREPROOF YOUR PERSONAL BRAND AND CAREER

We hear about change every day: companies pivoting to new markets, organizations embracing a new name, and firms morphing their focus. Yet, how do we as executives, employees, and entrepreneurs revitalize our personal brands to remain relevant?

Join branding expert Liz Goodgold in an energetic and interactive session where she shares tactics for futureproofing your brand and career.

Discover how to:

1. Balance your authentic self as you modernize your brand
2. Kick to the curb the cliché of “life-long learner” and instead add teeth to the principle.
3. Differentiate between knowing and mastering new technology
4. Conduct a brand audit to identify how you see yourself versus how others perceive you.
5. Ask the one question that advances your wisdom and reputation Brand out and stand out even if you’re an introvert.

Arlan Hamilton

IT'S ABOUT DAMN TIME: HOW TO TURN BEING UNDERESTIMATED INTO YOUR GREATEST ADVANTAGE

At the core of Hamilton's message is that, despite what society would have you believe, a privileged background, an influential network, and a fancy college degree are not prerequisites for success. And yet, she argues, the self-made narrative is also a myth. Instead, the secret to success is in harnessing the unique voice, vision, and community you already have, and writing your own invitations. Hard work and grit must be infused with authenticity, curiosity, and empathy if you're going to make it anywhere.

IT'S ABOUT DAMN TIME is for anyone who has felt boxed in by other people's expectations, anyone who has been told they are “too much of a risk” or that they “don't have what it takes.” Arlan Hamilton shows us how to turn our perceived weaknesses into our greatest strengths and write our own invitations. It's about damn time.





Ugochi Iwuaba

USING FAILURE TO FIRE UP YOUR SUCCESS!

Ugochi Iwuaba is a fearless woman who pushes boundaries within herself, her culture, and the fashion industry. Her motto is "If you empower a woman, you can empower a whole village."

Ugochi will tell everyone she knows, "Failure is not an option". Achieving success can often come from failure, which Ugochi will share with us. Have you hit hurdles in your journey and felt like quitting? Ugochi will share how she turned failure into success and instead of quitting she used her determination and drive to go after what she really wanted in life. Ugochi pursued her dream and became a successful fashion designer recognized on the red carpet at the Prestigious Met Gala and aligned with major brands.



Summer Stephan

EMPOWERING OURSELVES TO STOP THE PREDATORS!

Protecting yourself, children, and colleagues from falling victim to abuse and exploitation is more important than ever. With the internet being used more for remote work and school, it has expanded the reach of predators and scammers.

Women and girls remain today disproportionately targeted for rape, domestic violence, human trafficking, romance scams, and more. The internet has helped predators and scammers to reach into every home where a child or adult has a phone or laptop expanding their access to every socioeconomic region.

District Attorney Summer Stephan will share with us the best way to protect ourselves and others with knowledge on how to minimize the risk of becoming a victim in the first place. It is also important to know how to help yourself or someone you care about to get out of a harmful situation safely. We need to know the red flags to avoid getting trapped but we also need to purposefully grow a generation of boys and men who value healthy relationships.



Vanessa Van Edwards

CUES: MASTER THE SECRET LANGUAGE OF CHARISMATIC COMMUNICATION

If you've ever been interrupted in meetings, overwhelmed in presentations, or even felt awkward during interactions, it's not you, it's your cues. Van Edwards provides actionable, masterable frameworks that can help introverts be heard without being loud. Learning how to utilize cues is critical to showcasing one's talents, ideas, and skills with confidence. Being able to quickly and accurately read emotions gives people an incredible advantage in the workplace. Attendees can better predict behavior, spot hidden feelings, and get their ideas across more clearly.

- Which body language cues can instantly increase trust and charisma
- Which vocal cues make you sound more confident in video calls and on the phone
- Which verbal cues to use in your résumé, branding, and emails to increase trust (and generate excitement about interacting with you.)
- Which visual cues you are sending in your profile pictures, clothing, and professional brand.

Strengthen your communication skills and never be overlooked, underestimated, or misunderstood again.

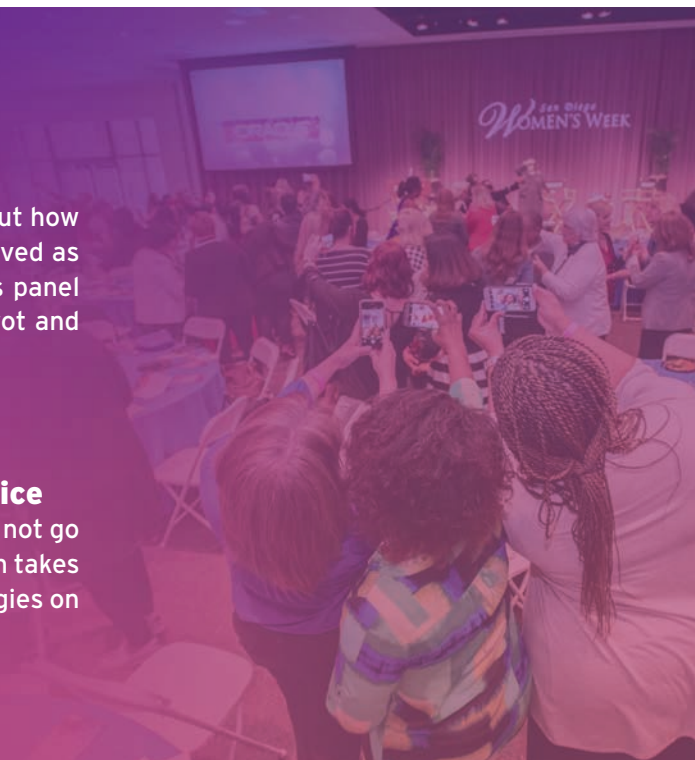
PANEL DISCUSSIONS

How Adaptable Are You to Change?

When change happens, it is often out of our control, but how we react is in our control. Whether a change is perceived as positive or negative, it always takes adjustment. This panel will discuss strategies for learning to successfully pivot and be adaptable to change in this unpredictable world.

How to Own the Room - Elevating Your Voice

As women, we deserve a seat at the table and often do not go for it. Standing tall and controlling the room's attention takes practice for most, if not all. This panel will share strategies on how to own the room by elevating your voice.



Tickets

WEDNESDAY, MARCH 9, 2022

Networking Event, Celebrating Women in Business

The North San Diego Business Chamber monthly networking event. This event is open to everyone and will celebrate women in business.

NSDBC Members: Free

Non-Members: \$35

Includes:

- Networking
- Wine available for purchase

FRIDAY, MARCH 11, 2022

Leadership Conference

Virtual Pass Includes

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- Panel Discussions
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- Virtual Vendor Village
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Virtual Pass Ticket Schedule

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- \$89 | February 1 - February 28
- \$99 | March 1 - Until Sold Out

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- Watch On-Demand for 3 months
- Speaker Books (while supplies last)

Leadership Pass Ticket Price

- \$209 | February 1 - February 28
- \$219 | March 1 - Until Sold Out

Mask Policy

- All Events will follow the current CDPH Guidance for Use of Face Coverings.

WOMEN'S WEEK STRATEGY TEAM

Lola Adeyemo

COO/Consultant
Sapient Logic LLC/EQImindset LLC

DeAndrea Brazel

Benefits Advisor,
BenefitPro Insurance Services

Tanya Brown

President,
Tanya Brown Enterprise, MA

Adriana Brunner

Business Development Manager,
MyPoint Credit Union

Bobby Buchanan

Creative Director,
Buchanan Brand + Design

Cathy Bucher

Principal Consultant
Bucher Consulting for Human
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Ashley Camac

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Knight Campbell

CEO, Cairn Leadership Strategies

Rita Crosby

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Oluwatoyin Embassey

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Gemma Gray

Audiologist,
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Valerie Higgins

Property Management Supervisor,
FBS Property Management

Kathy Hutchens

VP Business Development &
Patient Engagement
Sharp Rees-Stealy Medical Centers

Jamie Johnson

Employee Benefits Advisor,
BenefitPro Insurance Services

Shawn Jough

CEO & Principal Consultant,
Strategic HR Advisor

Corryn Kivett

Owner,
Evolution Room

Sherry Macias

Global Tech Marketing

Julianne Markow

Chief Operating Officer,
Voice of San Diego

Itica Milanes

Director of Marketing, PR &
Communications,
JONES

Angela Minardi

Chief Experience Officer,
Fit City Adventures

Jolyn Parker

VP External Relations,
San Diego Oasis

Susan Poser

Vice President, Oracle

Marina Rabinek

Founder & Director,
Military Women's Collective Inc.

Rosemary Reed Kessel

CEO,
Communications World of San Diego

Jody Schneider

Assoc. Manager, Public Relations,
Millennium Health

Mariam Solomon

New Product Introduction Operations
Manager, HP, Inc.

Sasha Stallard

Operations Manager
San Diego Zoo Wildlife Alliance

Bridget Strickland

Corporate Partnerships Manager
San Diego Habitat for Humanity

Evan Toma

Financial Advisor
Prudential Advisors

Evan Wahl

Director, Project Management & Site
Strategy, Catalent Pharma Solutions

Tammy Wahl

Principal/Co-Founder
Denim is the New Black

Alessandra Wall

Executive Coach for Women,
Consultant, Psychologist, Noteworthy

Tracey Whitney

Owner,
Whitney Wellness

Maggie Young

Associate Executive Director
San Diego Fleet Week Foundation

Nerissa Zhang

CEO, The Bright App

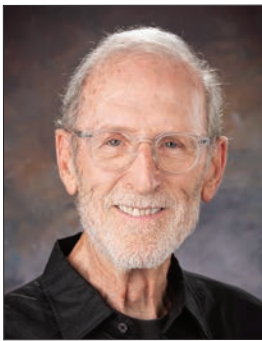
SDMETRO SALUTES SAN DIEGO WOMEN'S WEEK



SAN DIEGO WOMEN'S WEEK
13TH ANNUAL PRESENTATION: 2022

AGELESS At EIGHTY

Poland's most gifted poet Stanislaw Jerzy Lec once said, "youth is the gift of nature but age is a work of art." With this in mind, we're celebrating our first annual San Diegans over 80. The 2020 Census says there are more than 20 million Americans 80 years of age and older, including 97,000 who are 100. We're all living longer because we smoke less, drink less, eat better and exercise more. Maybe 80 is the new 60!



JERRY HOFFMEISTER 84

Jerry Hoffmeister has had an active role on a number of nonprofit boards. He is a former chairman of the boards of the San Diego Foundation and Bastyr University. Currently, he serves as president of the board of EJE Academies (Excellence and Justice in Education). He has overseen a \$90,000 investment in EJE Parents' Organization which today is EJE Academies, a successful dual-language (Spanish/English), K-8th grade independent charter serving 800 low income students. He has managed and expanded several global technology companies, including Rockwell International, Superior Valve Company, GEA Power Cooling Systems and GEA American Inc.



SABRI SHAMOUN 82

Sabri Shamoun is a quintessential entrepreneur. He came to the United States as a young man from Iraq with \$30 in his pocket. Today he has vast holdings in commercial real estate properties. He serves as RJS Law's chief real estate and lending adviser. He is the owner of several high-profile commercial shopping centers and has personally redeveloped hundreds of thousands of square feet of commercial property. His portfolio includes rehabilitations of several vital community and commercial centers in San Diego, Chula Vista and El Cajon. Shamoun is an expert in optimizing commercial spaces for their highest and best use as well as in the areas of strategic planning and lease negotiations. He is known for his honesty, integrity and fair dealing.



DIANNE JACOB 82

Dianne Jacob was the longest serving member of the San Diego County Board of Supervisors and held elected office longer than anyone in county history. A third generation San Diegan, she grew up in the Rolando area of East County. She now lives in her ranch home in Jamul. She was elected to the Jamul-Dulzura School Board in 1975, ran again and won, became president of the California School Boards Association in 1987 and was elected to the County Board of Supervisors in 1992. She has received dozens of awards over the years for her work on land use, the environment, nature preservation, human trafficking and domestic violence prevention, senior care, business, schools and education.



RICHARD CAPEN, JR. 87

Richard Capen is a former ambassador to Spain, a former publisher of the Miami Herald and a former vice president of the Copley Press. When he was nominated by President George H.W. Bush to be the U.S. Ambassador to Spain, he was the vice chairman of Knight Ridder Newspapers. Under his leadership of the Miami Herald, the newspaper won five Pulitzer Prizes. He is a graduate of Columbia University and has received Columbia's John Jay Award for distinguished professional achievement. He was the assistant secretary of defense for legislative affairs under Secretary of Defense Mel Laird. Capen served on the Carnival Corporation board for 16 years. He is a member of the Sigma Chi Fraternity. And lives in La Jolla.



JOHN PAYNE 81

John Payne created "Integrated Disability," and "Absence Management" in 1975, concepts used by many large employers today in the management of employee benefit costs. Building a sizeable national company to provide these services, he retired in 1981 at 40. After 10 years of retirement, he started and became chairman and CEO of a group of similar companies, the Matrix Companies, based in San Jose. Six year later he engineered Matrix' merger with Delphi Financial Group, and retired again. An accomplished sailor, he won a 21-day race from Manzanillo, Mexico, to Hilo, Hawaii, in which he was the only solo sailor. He has hiked the Muir Trail in the Sierras; became a commercial pilot; started a shrimp factory in the Philippines; and finally became a race car driver , winning two Porsche Club Racing Championships, competing in over 100 races and setting track records throughout the West. Since the



DOUG MANCHESTER 80

After graduating from San Diego State, Doug Manchester went into real estate. He founded the Manchester Financial Group in 1970, and became known for developing large, upscale projects.

In the 1980s, he built a 27-story office tower called the Columbia Centre, and the San Diego Marriott Marquis and Marina. In the 1990s, he built the Manchester Grand Hyatt. He also built the Fairmont Grand Del Mar luxury resort. He founded two banks, the La Jolla Bank and Trust Company and La Jolla Pacific Savings Bank. Manchester is currently building a 595-foot-tall, 1,066-room Fairmont Austin Hotel in Austin, Texas, and the Manchester Pacific Gateway on the waterfront in Downtown San Diego. He was a major influence in persuading the City of San Diego to build the San Diego Convention Center. In 2011, he bought the San Diego Union-Tribune and in 2015 sold it to Tribune Publishing Company. He is a member of the Sigma Chi Fraternity.

EJE Academies Charter Schools would like to congratulate

MR. GERALD "JERRY" HOFFMEISTER

for his "AGELESS at 80 +" feature in the SD Metro Magazine.

We are incredibly grateful for and appreciative of the 20+ years Jerry has spent volunteering at EJE Academies.

Our gratitude to him for the energy and passion he has given in supporting EJE Academies, staff, students and their families.





BUZZ WOOLLEY 84

Buzz Woolley co-founded Voice of San Diego with Neil Morgan, and has had a major influence on local government and education reform. An entrepreneur and venture capitalist, he invests in projects, entities and causes he believes will help make a better society. He was a founding member of CONNECT, the nonprofit which he established with Mary Walshok, in 1985 in connection with UCSD. He also founded Girard Capital. Woolley remains physically active, is an avid skier, plays tennis regularly, hikes and bikes. He lives in La Jolla, has a second home in Sun Valley, Idaho, and has two children and six grandchildren. He is a graduate of Claremont McKenna College.



MARY WALSHOK 80

Mary Walshok was the co-founder of the San Diego nonprofit CONNECT, whose mission is to connect entrepreneurs and startups, with an emphasis on a button-up organizational structure. She has been an associate vice chancellor of public programs at UC San Diego, and until 2021, was the dean of extended studies and an adjunct professor in the Department of Sociology. The UCSD Department of Extended Studies, also known as UCSD Extension, provides education and training for adults who are not enrolled as UCSD students. She is also overseeing the development of UCSD's new center in Downtown San Diego. Walshok is the author of several books, and holds her master's and Ph.D. degrees from Indiana University.



BILL VOGT 81

A native of Buffalo, New York, and a graduate of Kent State, Bill Vogt spent five years in Vietnam with the Army and then became a civilian contractor with AB & T, a tug boat and barge company delivering war supplies to U.S. and allied troops, becoming very familiar with most tributaries of the Mekong Delta, Cambodia, and every port in Vietnam up to the DMZ. He then moved to Denver, became a commodities trader, went broke, became a real estate broker, then started a check guaranty service, Telecheck in Denver with his wife, Betty, and expanded it to the West Coast before selling the company to McDonald Douglas Corp. in 1987. He owned an interest in 1,000 apartment units in California and Texas, then spent three years skiing at Lake Tahoe before moving to Rancho Santa Fe. Now Vogt spends his time at the San Diego Yacht Club sailing his J-44 sailboat.



JOHN D. SANDERS 83

John D. Sanders built up and sold Washington Technology newspaper to the Washington Post Company. He earned a Ph.D. in electrical engineering from Carnegie-Melton University. He founded Sanders Tech-Ed Foundation, which has provided funds to 20 different nonprofit charitable organizations. While living in Washington, D.C. (1963-2005), he was the lead investor in over 30 small technology companies, including seven small technology companies in Carlsbad. Sanders spent five years with the CIA. Is a member of the Carlsbad Charitable Foundation, Carlsbad Chamber of Commerce, donor to the Aqua Hedionda Foundation, and has lifetime achievement awards from the Association for Corporate Growth and the Grand Strand Technology Council.



BOB LAPORTA 80

Before recently turning 80, Bob LaPorta enjoyed a distinguished career as a pioneering television producer. His hits included the famed “Mike Douglas Show”, several national telethons, and an ABC national children’s special with Jeopardy’s Mayim Bialik. Under the umbrella of his own company, BLP Productions, his clients have included Ringling Brothers and Universal Studios, along with many nonprofits. He helped organizations like the UCSD Moores Cancer Center, the University Of San Diego, Feeding America, Voices for Children, the San Diego Children’s Museum, and the Bishop’s School. During the pandemic, LaPorta created a dice game called “3/9 Baseball,” which has been picked up by Uncommon Goods, an online marketplace that caters to shops looking for unique craft gifts.



RONALD NEWELL 84

Ronald Newell retired as an internal auditor with San Diego Gas & Electric in 1994. He worked for General Dynamics as a technical writer before joining SDG&E. Newell has been involved with Congregation Beth Israel’s Hunger Project with St. Vincent de Paul/Father Joe’s Villages since 1997 in honor and memory of his late wife to carry on her tradition since she volunteered there regularly. He is also a volunteer with the Lawrence Family Jewish Community Center, and the San Diego Police Department’s Reserved Senior Volunteer Patrol. He spreads kindness through his “kindness crusade,” and gives out an oval-shaped button with the words “BE KIND.” He has given out over 2,600 buttons.



JOSEPH CORTESE

Joseph Cortese has owned and operated Joseph Custom Tailor Shop in Downtown San Diego at 555 West B St. for over 40 years, mainly serving the legal community. He has donated hundreds of quality, name-branded suits to various charitable organizations such as UNICO San Diego, Habitat for Humanity, Catholic Archdiocese and many others. He lives in Escondido.



TSUNEKO HASHIGUCHI 80

Tsuneko Hashiguchi was born in Holtville, Calif., and was a baby when interned with her family in the Poston Internment Camp near Yuma, Ariz. Poston was the largest of the 10 American concentration camps operated by the War Relocation Authority during WW II. She is very active in the San Diego Buddhist Temple, and has volunteered for all of their community fundraising and temple activities. She has been a PTA member and assisted in the classroom and at school events. Hashiguchi is most proud of her amazing grandchildren. She is a retired part-time retail worker, worked for her brother’s gardening nursery and provided housecleaning services for several of her siblings.



DIANN MORGAN 87

Diann Morgan was the first female band major at La Jolla High School, a majorette at San Diego State and president of the Kappa Alpha Theta chapter at SDSU. A member of the PTA at Flying Hills Elementary School, a Girl Scout leader, a volunteer with the Registrar of Voters and the Parkway Bowl Bowling League. Morgan raised three daughters after being widowed in 1964, and then went back to work as a single parent, and retired as a librarian. She lives in La Jolla.



E. ROYCE WILLIAMS 96

A 95-year-old Navy veteran, E. Royce Williams is the subject of a campaign to obtain for him a Medal of Honor. The campaign is being directed by Encinitas American Legion Post 416. Williams's 37-year distinguished Navy career included logging 4,500 flight hours and over 500 carrier landings. What merits all of the attention and makes those stats take a backseat was an unimaginably heroic 38minute aerial dogfight which occurred when he was 27 years old on Nov. 18, 1952. He fought a formation of seven Soviet MIGs, shot down four of them. The dogfight took place off the coast of North Korea, near the Soviet border. At one point Williams was told not to engage the Russians as the U.S. was not at war with them. But it was too late. His encounter with the MIGs has been called "epic, historical and unmatched in Korea, Vietnam or since."



RENEE NEUMAN SPECTOR 88

Renee Neuman Spector is a travel writer and a travel agent. She is involved in the Jewish women's community, the Rancho Carlsbad community and a former president of the HOA, and a proud grandmother.



JOHN HASHIGUCHI 88

John Hashiguchi is a native San Diegan who was one of many San Diegans interned in the Poston Internment Camp near Yuma, Ariz. during World War II. Poston was the largest of the 10 American concentration camps operated by the War Relocation Authority during WW II. He worked for Caltrans for over 30 years. He was an excellent golfer and played in many tournaments, hosted by Caltrans and church groups. Hashiguchi has been a longtime supporter of the Buddhist Temple of San Diego. He is an Army veteran who served during the Korean War with a deployment in Germany.



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San Diego Needs to End Human Trafficking



By Stephanie Myers | Saved in America Advisory Board

The horrific realities of human trafficking exist right in front of our eyes. With hundreds of thousands of trafficked children in our country, we cannot ignore the devastation that this vile epidemic is causing. An estimated 25 million people worldwide are victims of human trafficking. Child sex trafficking has been reported in all 50 U.S. States and is the second largest underground black-market industry in the country, following drug trafficking. Sex trafficking generates an estimated \$810 million a year.

It's important — more, now than ever, to speak boldly about these issues plaguing our country and our community.

As a resident of San Diego County this issue hits close to home. San Diego is the second largest child sex-trafficking corridor in the country with an average of 3,000-8,000 children being trafficked each year. Nationally, there is an average of 300,000 missing children in our country, and 30 percent of those missing children are being trafficked in the sex trade industry (approximately 100,000 children). The average age of a trafficked child is 15 years old, and a pimp will make an average of \$100,000 a year per child.

According to Dr. Ami Carpenter from the University of San Diego, there is one trafficker or recruiter on every middle school

and high school campus in San Diego County. Most children being trafficked have endured homelessness, family instability, foster care, emotional distress, or mental health issues. 60 percent of children are foster youth, and all runaway and missing children are approached by a trafficker within the first 48 hours from the time they are reported missing. Aside from the grueling statistics,

Human Trafficking is blind to demographics, race, or social economic status. Every community, household and family are affected- no one is immune.

With the growing crisis, I joined the Advisory Board of a nonprofit organization, headquartered in San Diego. At no charge to families, Saved In America assists parents and law enforcement to locate missing and runaway children—those most vulnerable to exploitation. Our mission is to LOCATE YOUR CHILD. Since 2014, Saved In America has assisted parents and law enforcement in the recovery of more than 250 children nationwide from traffickers.

Saved In America also assists children from rehabilitation facilities so that they are not further exploited and revictimized by predators. Our organization works tirelessly to locate missing children through our volunteer network, who use their vast experience and expertise to combat human trafficking.

Saved In America’s volunteers are made up of former and current law enforcement officers, special Operators, Navy SEALs-turned licensed and insured private investigators.

We gather intelligence and evidence through online and social media platforms to locate and identify missing children, trafficked victims, violent pedophiles (pimps), and trafficking locations. Saved In America’s Law Enforcement Liaison reports all information to local and federal law enforcement officers. Together we must bring awareness to our community and work with state, local, and national lawmakers to pass bills that protect children and keep the topic of human trafficking at the forefront of legislation.

In a free country such as ours, it’s easy to forget that slavery is still alive, and still exists in America. Human trafficking continues to haunt America every single day.

While we continue to fight child sex trafficking, I ask each one of you to work with your local and state lawmakers to help combat human trafficking in your communities. We need to continue to educate others and raise attention and awareness throughout the United States to ensure the safety of our children.

If you or someone you know is a victim of sex trafficking, please call the Human Trafficking Hotline at: (888) 373-3788 or text befreet (233733). You can also call the Saved In America TIP Hotline at: (760) 348-8808 or email info@savedinamerica.org.



Stephanie Myers

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Does Cannabis Ease Pain, Speed Recovery in Injured Athletes? By Scott LaFee

Novel clinical trial, funded by the NFL, will tackle the popular, but mostly anecdotal, idea that cannabis provides post-game therapeutic benefit to elite athletes who are hurting

Increasingly, professional athletes in sports ranging from football to bicycling to long-distance running have turned to using cannabis to reduce pain from post-game injuries and to help speed recovery.

Anecdotal reports of cannabis' purported benefits abound, but empirical evidence is scant. The National Football League announced funding of a novel clinical trial that will assess the therapeutic efficacy (and any possible adverse effects) of delta-9-tetrahydrocannabinol (THC), the primary psychoactive compound in cannabis; cannabidiol (CBD), the second most prevalent active ingredient in cannabis but not psychoactive; and a combination of the two for treating post-competition pain caused by soft tissue injury, compared to a placebo.

Co-led by Mark Wallace, M.D., a pain

management specialist and director of the Center for Pain Medicine at UC San Diego Health, and Thomas Marcotte, professor of psychiatry at University of California School of Medicine and co-director of the Center for Medicinal Cannabis Research (CMCR) at UC San Diego, the randomized, double-blind trial will involve testing and monitoring of professional rugby players.

Professional rugby was chosen for the first trial because it approximates the types of injuries also experienced by NFL players, the researchers said, and was logistically more feasible.

"An innovation of this research is using a 'real-world model' of the NFL's competitive injury burden with a group of elite athletes who experience similar injuries," said Marcotte. "It's a first-of-its-kind randomized trial to examine the possible practical efficacy

of cannabinoids on post-competition pain."

The primary goal of the trial will be to evaluate pain relief and recovery. Secondary goals include assessment of any effects on physical function, sleep, cognition and mood.

Participating athletes who report post-game pain that meets a specific threshold will have a blood sample drawn and be assigned to vaporize either 4 percent THC, 12 percent CBD, a combination of THC and CBD at those percentages or a placebo for up to four times per day over the following 48 hours. They will be asked to self-report pain scores via a cell phone application at regular intervals during those 48 hours. A second blood draw will be taken the day after each game.

Practicing, competing and living with pain are unavoidable elements of a professional athlete's life. As a result, efforts to ameliorate

the negative effects of pain are long-standing, and include the use of prescription pain medications, including opioids.

Cannabis has been used for medical purposes for centuries around the world. Increasingly, there are efforts to develop and promote it as a safer pharmacological alternative to other forms of pain relief and there is some scientific research suggesting that THC is effective in relieving certain types of pain.

Wallace, a professor of anesthesiology and chief of the Division of Pain Medicine at UC San Diego School of Medicine, has integrated the use of medical cannabis into clinical practice.

“Much of the knowledge we used for dosing medical cannabis in our pain clinic came from the studies supported by CMCR, which showed there is a therapeutic window of analgesia with low doses of THC reducing pain and high doses worsening pain.

“We will build on the CMCR research and our clinical experience to translate efficacy and safety for sports injury recovery.”

The trial will be conducted following regulatory reviews by the Food and Drug Administration, the Drug Enforcement Administration, the UC San Diego Institutional Review Board and the Research Advisory Panel of California.

Though no conclusions can be drawn until the study is completed

and data analyzed, investigators hypothesize that THC and THC/CBD combinations will prove superior to CBD and placebo for pain reduction; and CBD alone will prove superior to placebo.

About the Center for Medicinal Cannabis Research

Established in 2000, the Center for Medicinal Cannabis Research has been at the forefront of advancing science and policy relating to the potential clinical benefits and limitations of cannabis and cannabinoids as medicine. With support from the California State Legislature, the CMCR initiated the first therapeutic studies using smoked cannabis in over 20 years, completed key studies regarding the short-term benefits of cannabis for the treatment of neuropathic pain and spasticity, and has an active, ongoing program of research supported by federal, state, foundation, and philanthropic awards. Over the years, the Center has established close and productive relationships with key Federal and State agencies, has significantly impacted policy, and remains a national leader in the field. Igor Grant, MD, CMCR director stated “I am delighted that the NFL has chosen to partner with CMCR in this very important effort to determine if medicinal cannabis has a place in treatment of athletes’ sports related injuries in real time.”



The UC San Diego-led trial will involve testing and monitoring of professional rugby players because it approximates the types of injuries also experienced by NFL players. (Photo credit: Pixabay)

Tech Programs Affordable and Fast at MiraCosta's Technology Career Institute

By Marsha Sutton

If you've ever wanted to learn the technical skills behind beer brewing or flying a drone professionally, MiraCosta College's Technology Career Institute offers an affordable and fast way to become fully trained.

TCI's extensive offerings of intensive and accelerated work skills programs aim to meet the high demand to fill the employment needs of local businesses.

The continuing education department has been providing newly trained workers with a variety of skills for entry into high-paying jobs in local industry for the past nine years.

Initially, TCI focused on programs to train individuals to meet a variety of manufacturing and engineering needs, including electronic assembly, engineering technicians, machinist technology, welding, biomedical equipment technicians and quality assurance.

More courses have been added regularly to meet new demand.

The expanded course list now includes a brew tech program, unmanned (drone) systems operations, financial planning analysis, veterinary science, massage therapy, real estate licensing, scuba diving instruction, and more.

The best draw is that this can be accomplished in just one semester.

"We at MiraCosta College are in the business of making sure we provide skills, training and education to our community," said Linda Kurokawa, executive director for the Community Education and Workforce Development Department at MiraCosta, located in south Carlsbad.

"At the same time, our industry needs those things to happen faster than our regular credit program" – which she said can sometimes be a little slow and cumbersome.

"We started with the machinist program and we've added more programs as industry indicated a need and as people indicated a



Students completing the Unmanned Systems Certificate Program will be ready to take the FAA Unmanned Aircraft Systems Drone Knowledge Test, the required exam needed to pass to get a Remote Pilot Certificate. (Photo Courtesy of MiraCollege College)

desire to go into those fields," Kurokawa said.

For example, TCI's award-winning brew tech program was not an initial course offering but identified by Kurokawa about five years ago after seeing the demand for trained workers in that area.

Students generally attend from three to five days a week and spend six or even eight hours a day learning their skills. All classes are accelerated, and it's mostly hands-on learning, she said.

"It's the same number of hours it might take to learn the topic in a year to 18 months or even two years, and we just condense it," Kurokawa said. "They learn a lot in that amount of time because they're doing it every day."

The cost to enroll depends on TCI's costs.

"We're with MiraCosta College but my department is the only self-funded department," she said. "By California Education Code, my department cannot use tax dollars or general fund money. So we have to charge tuition, receive donations from local industry or individuals, or write grants. So I really do a combination of all three."

About eight years ago, Kurokawa wrote and received a \$2.75 million grant to

purchase equipment and machinery.

Another grant from the U.S. Department of Labor provided money to establish the work skills program at a facility in Carlsbad which the department rents from the city for a reduced rate.

A third grant for \$6 million, shared among several colleges, allowed Kurokawa to reduce tuition and purchase newer supplies and equipment to replace out-of-date equipment.

"Typically, without any grant funding our programs range from a few hundred dollars up to \$7,000," she said. "The \$7,000 would be for the 600-hour engineering technician program. But I try to write grants so that no student has to pay that much."

A current grant helped cut tuition by half and pay for paid internships. Scholarships from local donations from companies also help reduce tuition even lower.

"We try to make sure it's accessible to everybody no matter what their financial situation is," she said.

At one point TCI only charged \$350 per class.

"That's a rare thing indeed to be able to do that, and we were lucky to have that for four years. That ended last June," she said.

High retention and graduation rates

Because TCI's programs were considered essential training for essential workers, the work skills programs ran full force during the pandemic.

The engineering tech and machinist departments were able to pivot, Kurokawa said, to make Personal Protective Equipment for local hospitals and police and fire departments.

"It was a really great way to keep the students active and doing something for the pandemic while they were learning their trades to go into those fields," she said. "And we kept them very safe, with all the protocols."

The average age of students is 32, but the range is ages 18 to 65, she said. Students may come straight out of high school or be adults interested in changing careers or learning new skills.

One advantage of having short, accelerated work skills programs is the high retention and completion rate which Kurokawa said is more than 90 percent.

"We rarely lose a student," she said, adding that the employment rate is also high – about 80 percent and sometimes as high as 95 percent, depending upon the course. For example, companies with machining needs hire TCI graduates right away, she said.

The graduation number for all the work skills programs combined is 200 to 250 students each year, she said.



Linda Kurokawa, executive director for the Community Education and Workforce Development Department.

Instructors at TCI don't need to be certificated, but they do need to be proficient in their fields. And they want to teach what they know.

"I hire somebody who has 15 years in the field or is very expert in what they're doing," Kurokawa said. "We want our instructors to be very relevant and up-to-date on what is happening in the industry."

Kurokawa created TCI and is considered the site director for the program. She has been with MiraCosta College for 15 years and has worked with community colleges for 21 years.

Due to demand from more industries in need of skilled workers, Kurokawa would like to expand but is running out of space at TCI's current facility.

"Every month if not weekly I see opportunities to serve the community by

expanding what we're doing into new areas," she said. "And I have so many organizations asking to start programs. But we do not have enough space at the center in Carlsbad."

Her long-range plan – she called it TCI-2 – is to create a public-private partnership which in a larger facility would have space for start-ups that could use TCI equipment and engage the students themselves to help develop products.

She said this would be at no cost to the start-ups, but a contract would stipulate that they would pay TCI a small portion of their profits after they've moved out and successfully launched.

"Over time, the more of them that launch, the more money we would eventually have coming in to support the overhead of the college," she said, calling it an ideal synergy between new businesses and an accelerated work skills program where the students familiar with the product development could even be an integral part of the new companies.

She envisions the partnership as a center for innovation and entrepreneurship and a model for other community colleges

"It's a new path for community colleges," she said. "Community colleges don't often operate with a public-private partnership built around work skills development."

She said her primary goals are finding students and helping local industries who say they are grateful for the talent pipeline TCI provides.

"The thing I love most about my job is how much it transforms people's lives, quickly," Kurokawa said. "I see people who have either been out of work for a long time or don't know what they want to do and feel marginalized by that.

"We help raise them up and show them the nobility of the types of jobs that they can be doing and get them ready quickly and into those jobs and making living wages. There's just nothing better than seeing that happen."



MiraCosta College student programs 3-D printer in the Design Department Maker Lab on the Oceanside Campus. (Photo courtesy of MiraCosta College)

Special billboard erected to celebrate start of the 2022 Girl Scout Cookie Season

Signage donated by RJS Law

A group of local Girl Scouts and their parents joined Girl Scouts San Diego and RJS Law

in East County last week to unveil a special billboard celebrating the 2022 Girl Scout Cookie Season.

Featuring a photo of the nine girls, the billboard will inform San Diego neighbors that now is the time of year to support local girls' adventures in entrepreneurship and development of essential business skills by purchasing Girl Scout cookies and direct them to the GSSD website to find a cookie source near them.

Production and placement of the signage was donated by RJS Law, a San Diego tax law firm and longtime supporter of GSSD's mission to build girls of courage, confidence and character who make the world a better place.

The billboard presentation was at Reslan Motors, 11932

Campo Road in Spring Valley. Participants included Carol Dedrich, CEO of Girl Scouts San Diego, and Ronnie Shamoun, CEO of RJS Law, and some of the local girl scouts featured on the billboard.

Community partnerships support the success of local Girl Scout cookie entrepreneurs, who are building confidence and leadership skills via the largest girl entrepreneur program. 100 percent of proceeds stay in the San Diego community, enabling local troops to fund opportunities that explore their interests, passions, and address issues they care about.

To purchase Girl Scout Cookies this season: Consumers may reach out to local Girl Scouts to find out how they will be marketing cookies in safe and socially distanced ways, either in person or online. Another option, download the Cookie Finder app or go to sdgirlscouts.org/cookies to find a nearby source.

Cookies can also be shipped or delivered by local Girl Scouts. Safely, socially distanced outdoor cookie booths returned to locations around San Diego County on Friday.

Ronnie Shamoun, CEO of RJS Law, left, and Carol Dedrich, CEO of Girl Scouts San Diego, right, celebrate the Girl Scout Cookies billboard with a group of local Girl Scouts.



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success are what
keeps taking you—
and San Diego—to
new heights.

Alaska
AIRLINES

