Learning in the Time of Corona
Del Cerro parent starts community for families tackling remote education

By GABRIELA DOW
As millions of parents and children throughout the world suddenly find themselves providing and participating in education at home, “Learning in the Time of Corona” — a grassroots Facebook group — has emerged as a platform to connect parents and exchange resources, tips and inspiration.

The group was created by Del Cerro resident Allison Harris-Turk on March 13 with the goal of simply connecting with Family, work motivate

Campillo’s council seat run

By JEFF CLEMETSON | Mission Times Courier
By any metric, Deputy City Attorney Raul Campillo is the frontrunner candidate in the race for the San Diego City Council District 7 seat.

In the March 3 primary, Campillo won a spot in the November runoff with 35.9% of the vote. He will now face Republican businessman Noli Zosa, who received 30.5%. Votes for the other two candidates — both Democrats like Campillo — totaled 33.7%, hinting at a sizeable advantage for Campillo going into November.

Campillo was “a little surprised” he came in first place because there were three Democrats and one Republican, although he said he campaigned to get votes from Democrats, Republicans and independents alike by focusing on issues all constituents want like safer communities, a fairer justice system, and tax dollars spent well on roads and parks.

“So I reached out to every single group of voters,” he said. “Election

Local nonprofits are working overtime to keep feeding the needy, Page 5

Parents and educators share images of finished projects or their children at work on them in the Learning in the Time of Corona Facebook group. (Courtesy Allison Harris-Turk)

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CRUSADERS SOCCER OFFERS ONLINE TRAINING VIDEOS

The Crusaders Soccer Club activities for its recreational and competitive divisions are temporarily on hold until at least May 1 in keeping with the shelter in place guidelines to halt the spread of the COVID-19 virus. The City of San Diego Park and Recreation Department indicates, as of the publishing of this article, all parks and sports fields will be closed until at least May 1.

Please check the Crusaders

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SEE FOOD & DRINK

Down-home cookin’

Rae’s Café offers up traditional American diner fare in large portions.

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San Diego Community Newspaper Group
Preventing for a pandemic
Alvarado Hospital takes steps to ensure safety of patients, staff

By JEFF CLEMMSON | Times Times Courier

On April 1, Alvarado Hospital admitted its first confirmed COVID-19 patient, a situation that Alvarado CEO Robin Gomez described as “very fortunate.”

“Many other hospitals in the county cannot say that. There were many more that had positives before we did,” she said.

As of April 6, when Gomez was interviewed for this story, Alvarado was caring for eight patients either with COVID-19 or under investigation for the virus—one on a ventilator. So far, Gomez reported, Alvarado is on pace to not be overburdened with patients like what is being experienced by hospitals in places like New York City and Italy.

Although it took several weeks for Alvarado to see its first COVID-19 patient, it began dealing with the crisis weeks ago.

“In the beginning when it first started hitting, we had a line of patients out the door just wanting to be rapidly tested. I don’t have rapid testing, my tests come back in 24 hours,” she said. “We actually probably safer here because we...”

SAFETY MEASURES

Part of knowing what they’re dealing with is taking added precautions at the hospital.

Nurses that care for COVID patients follow specific guidelines entering and exiting patient rooms.

“We call it darning and dropping gowns. You put on the gown; you put on the gloves; you put on a N95 mask; and then you put on a surgical mask over the top of that, then a face shield on top of that,” she said. “In talking to the staff we say, ‘Hey we are actually probably safer here because we knew where the COVID patients are, we have the protective PPE equipment to protect our staff against this virus.

“We did a lot of things proactively,” Gomez added. “Number one, conservation of PPE (personal protective equipment). When I say PPE, it’s not just masks. We’re talking about face shields. We’re talking about surgical masks that are not N95s and you’re talking about N95s themselves.”

Alvarado also only has around 150 mediums used for tests, and some of those are set aside for staff who have been exposed to COVID. In case there is an exposure and some of those are set aside for staff who have been exposed to COVID. In case there is an exposure and one, conservation of PPE (personal protective equipment). When I say PPE, it’s not just masks. We’re talking about face shields. We’re talking about surgical masks that are not N95s and you’re talking about N95s themselves.

Alvarado also only has around 150 mediums used for tests, and some of those are set aside for staff who have been exposed to COVID. In case there is an exposure and everyone needs to be tested. “I always have to make sure I have enough mediums to test employees along with patients,” Gomez said.

Beyond the protective equipment and the strict guidelines on how to use them, Alvarado has also made structural changes to where patients are treated. To reduce the chances of virus-laden droplets from spreading, the hospital has started cohorting patients. COVID patients and those under investigation for the virus are on their own floor. There is also a floor for COVID patients requiring a ventilator.

Because Alvarado Hospital is an accredited geriatric emergency hospital, a third floor has been emptied to treat aged patients over 65 years old that are recovering from COVID-19. Gomez said that as patients recover from the virus, they go into a “convalescent” stage of recovery.

“Maybe you need a little bit of supplemental oxygen, making sure you’re getting proper nutrition and all that,” she said, adding that the county has done a good job in getting hotel rooms or even college dorm rooms for younger patients to recover in but since older patients need a little more attention, the county asked them to step in.

“So, patients that are no longer needing acute hospital-level of care, but can’t go back to the nursing home because they’re [COVID] positive, they’re going to be brought here and we’ll keep them here until they meet a set criteria and can be discharged safely.”

SUPPLY CHAIN WOES

Even with taking all the precautions and following the best practices available, there are still some aspects of managing a hospital during the pandemic crisis that are beyond the control of hospital administrators.

“When you see on the news that we never know what we are going to get in our supply chain, that’s no joke,” Gomez said.

For example, on a recent order for 500 large and medium N95 masks, Alvarado ended up receiving 200 smalls. The hospital is also having a “hard time” getting cleaning supplies.

However, Gomez said, the hospital’s environmental services director has kept Alvarado supplied by finding some “phenomenally resourceful” solutions.

“We ordered five or six cases of [the usual cleaning wipes] in our last order and we got none,” Gomez said. “But what our EHS director has done is she was able to get the liquid stuff. We could get the dry wipes, that’s easy, and we put together buckets and we did a makeshift container so we can pull them right out of the top like the other buckets were and we distributed those out on the floor with all the proper equipment and all the proper solutions to clean.”

And although Gomez said the hospital is equipped with enough N95 masks for nurses to get one a day for “a number of weeks,” she still worries about keeping the hospital properly stocked.

“PPE and general supplies is such a big issue. It really, really is such a big issue,” she said. “It just can’t say. ‘Oh we’re OK for today and tomorrow.’ I got to look ahead three weeks. four weeks because the reality is, I’m only allowed one order a month. That order goes in on the first of the month. Literally.”

See Alvarado Hospital, Page 11
other parents in her situation. Within just a few weeks, the group grew to over 15,000 in more than 50 countries, including Canada, United Kingdom, Ireland, Australia, Mexico, India, Germany and Italy.

The group is grounded around the goal of creating a community that empowers and engages parents, grandparents, childcare providers, colleagues, friends and others with ways to connect and create an engaging environment for learning at home during the Coronavirus pandemic.

“Whether it’s through hosting custom watch parties, sharing editable templates, creating dedicated threads to centralize discussions or connecting each other to topics of interest, the ultimate goal is to just support each other as some of us become what we have termed ‘suddenly teachers’ in an uncertain time,” Harris-Turk said.

The group shares content freely with a central theme of building community amidst the isolation of this dramatic and sudden change. Harris-Turk anticipated the school closures and felt the need to collect and centralize the many disparate educational resources and tools floating around various digital platforms. As a working mom of three with a middle school teacher for a spouse, she knew there would be challenges to create any sort of “distance learning environment” in the weeks ahead. But, she also realized many Americans (and people around the world for that matter) were going to be in a much more difficult spot.

Among the questions Harris-Turk had upon hearing of school closures were: How do we keep our kids learning, safe, engaged, entertained, connected when schools are closed, after-care is shut down, playdates/birthday celebrations are postponed, and enrichment activities are suspended? How do we take care of the underserved youth in our communities that need our help now more than ever? How do we continue to make the best decisions for our families when the data is ever-evolving? How do we stay centered and calm, yet vigilant and informed?

“I knew we needed to consolidate, come together, and create a platform where people could share lesson plans, humor, support, inspiration, tips, etc.,” she said.

It was then that she launched the virtual group, just one hour after San Diego Unified School District announced the school closures to help contain Coronavirus / COVID-19. The group gained momentum quickly, instantly shared by family, friends, and colleagues. Within hours Learning in the Time of Corona had 1,000 members and after three days grew to 5,000.

Today, there are more than 13,500 members with nearly 100,000 interactions. Its San Diego roots have spread deep and wide, encompassing people from across the globe reaching over 50 different countries.

Harris-Turk attributes the rapid growth to the group’s structure. “Learning in the Time of Corona functions as a hub, an exchange, a connector. It is not a content generator, but a people-to-people platform that has attracted experts in many fields, including those in education and mental health who generously and eagerly lend their tools, expertise, and wisdom to those who need it,” she said. “This is not a place for imparting COVID-19 scientific knowledge or medical advice, but strictly serves as a space to share educational resources and tools, humor and inspiration, as well as ways to support each other and the underserved youth impacted by the school closures.”

The growth trajectory and lively interaction has illuminated the fact people are craving information, further, and perhaps more importantly, community. Many members have expressed this is a valuable resource as they no longer travel to places of work, are concerned about even having employment and are juggling working, staying healthy, obtaining food and essentials for the home, as well as managing distance learning for their children.

The activity on the site has inspired the formation of an incredibly dedicated and talented global committee.

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**Campillo CONTINUED FROM Page 1**

“It wasn’t hard to find amazing people to join the committee, though, because so many are willing to help and recognize we are all in this together,” Hariris-Turk said.

Group committee member Cortney Golub adds, “We are restricted from seeing friends and family, from visiting public parks and playgrounds. We have been thrown into a topsy-turvy world that none of us saw coming. But this new, unchartered darkness has room for light. And that is what Learning in the Time of Corona brings forth — a passionate, supportive community where hundreds of people contribute content daily with a recognition that there is no right way to do any of this.”

Anyone is welcome to join the Learning in the Time of Corona community. This is a place for humor, different perspectives and fresh ideas to support parents, families and children worldwide. The group can be found online at facebook.com/groups/LearninginCorona.

—Gabriela Dow is a communications specialist in San Diego. Reach her at gabriela.dow@ms.com.

**POLITICAL RUN**

Campillo grew up in the East County neighborhood of Rancho San Diego in El Cajon, where he attended public elementary and middle schools. His parents — an immigration attorney father and a bank secretary mother — saved up money to send him to University of San Diego High School in Linda Vista, where he played baseball and discovered an interest in public service through required charitable projects assigned by the school’s religious studies course.

“My family had been involved in public service for a long time before that,” Campillo said. “My grandfather was involved in public service in Calexico and was actually an early supporter of Cesar Chavez. He was a business owner. He owned a gas station and a liquor store and when push came to shove, he stood with the farm workers and boycotted the grapes and the lettuce until they got better working conditions.”

Campillo’s father’s work as an immigration attorney also often included pro bono work for less fortunate migrants.

“My great-grandparents immigrated from Mexico so I have an innate understanding of how lucky I am to have been born in the United States. Seeing my father turn around and help people who didn’t have that stroke of luck, help them come here, just really influenced my perspective on how we need to help anybody no matter where they come from to achieve their dreams as part of being an American and part of living in our democracy,” he said.

**EDUCATION, EMPATHY AND ETHICS**

After high school, Campillo went to Harvard where he studied government and was involved in student council. After graduation, Campillo moved to Las Vegas where he earned a master’s degree in education by taking night courses at University of Nevada, Las Vegas and while teaching fifth-grade children of recent immigrants at a Title I school in the Clark County School District.

“What I noticed was that their upbringing was not at all different from my grandfather’s upbringing after his parents had immigrated here from Mexico 90 years earlier. So it was kind of shocking to see how little progress had been made,” Campillo said. “That really inspired me to become even more politically involved and really start changing the system.”

During his second year of teaching, Campillo applied to go back to Harvard for law school. At Harvard, he began to become “a good advocate for people,” by taking courses on Title IX, civil rights and ethics for prosecutors.

“I always thought to myself that I might go down that path one day so I wanted to make sure I understood everything as it came to how to be a good prosecutor and I think that has really been useful in working at the city attorney’s office now,” he said.

Campillo graduated law school in 2014. Prior to moving back to San Diego, he worked at international law firm in Los Angeles doing corporate investigations and also doing pro bono work, including volunteering as a prosecutor for city of Redondo Beach. In 2016, Campillo left that firm for eight months when Hillary Clinton’s presidential campaign in New York, vetting people’s backgrounds. After his campaign work ended, Campillo went back to his old firm for a short time before getting hired at the city attorney’s office in San Diego, where he learned even more lessons on the value of being an ethical prosecutor.

**WORK MOTIVATES A POLITICAL RUN**

“Many of these new hires, ‘You don’t look at a defendant as a person you are trying to catch’ because when you stand up and say, ‘Raul Campillo Deputy City Attorney for the people of the state of California,’ the defendant is also a person of the state of California and you have to hold people that are right by them,” Campillo said. “You have to hold them accountable for their conduct but you also have to do what’s right, what’s fair and just.”

To Campillo, that means not racking up convictions, but seeking truth, and to not be afraid to dismiss cases or offer alternatives to punitive measure like diversion classes, etc.

“Our biggest issues facing our city are homelessness and housing,” he said. “When it comes to homelessness, many of the cases that we unfortunately have to prosecute are homeless cases where the person is either breaking California penal code or San Diego municipal code by being outdoors and violating the illegal lodging laws. It’s really a sad thing to have to do that because you know that this person doesn’t want to be on the street.”

His experience working with SHDP and different organizations dealing with the homelessness issue was one of the major reasons Campillo began thinking about a run for City Council.

“I have a really good background in knowing what works and what doesn’t; where money should be spent and where it can be saved and I think the city council has been taking up so many different tools to try to solve homelessness, and I bring the aspect of what has been going on when it comes to the overlap of law enforcement and homelessness with a person that has that perspective running for City Council.”

But it wasn’t just dealing with the homelessness issue that work that pushed Campillo to run.

“Six years ago, my older brother Alex passed away from an opioid overdose and when we see how many homes and individuals are suffering from meth addiction and heroin addiction, I just see every case as this is my brother, this is my sister, how do I better it,” Campillo said. “I don’t want any more families to go through what my family went through … in having a family member pass away from such tragic circumstances and it happens on our street all the time.”

**A NEW REALITY FOR CAMPAIGN**

Although homelessness and housing issues in San Diego motivated Campillo to run, the coronavirus pandemic and the economic fallout from it — has brought a whole new set of issues for the race to the District 7 seat.

“I think the coronavirus and the City Council in December will face huge budget shortfalls from lost sales tax, hotel occupancy tax and more,” he said. “We really just have to wait and see where we are going to land and how long this coronavirus issue is going to hurt our economy. The coronavirus pandemic and also the state and national funding to help workers, help businesses get back up and running,” Campillo said, adding that cities like San Diego might have to ask the state to use rainy day fund money to get out of the mess.

Campillo said his number one priority would be to maintain the city’s staffing levels.

“What we can’t do is start laying off city workers because we have a budget shortfall. Our city workers right now, especially public safety, are working to make sure our community is safe and our economy is running as much as it can,” he said, adding that then rewarding city workers with layoffs would be “awful and totally backwards.”

Instead, Campillo said the city might be able to use some of the lessons learned from the coronavirus-quarantine and apply them to the city’s financial condition. Many of the city’s staff are now telecommuting to work that have never done so before. If these workers are allowed to continue to do so after the quarantine, San Diego could lease unused office space or repurpose it for housing.

“We’re going to have a lot of lessons learned going into Dec. 10, 2020 when the new council comes and we’ve got to be able to respond to them quickly and maybe take bolder action given the new circumstances instead of going back to the way things once were,” Campillo said.

—Reach editor Jeff Clementon at jeff@cubews.com.
Nonprofits scramble to feed medically fragile in isolation

A volunteer at Serving Seniors readsied packaged meals for delivery. (Photo Courtesy Serving Seniors)

With seniors and immunocompromised people being asked to self-isolate because they are most at risk of dying from COVID-19, grocery shopping has become a risky trek when proper nutrition is desperately needed. While there are grocery delivery options, many are over capacity. For low-income people who are medically fragile, their options are more limited, making the work of local nonprofits more integral than ever even while how nonprofits operate is more limited than ever.

“Our efforts of providing home delivered meals to these people became even more important because by taking the food to them, they don’t have to go out into the world and be exposed to more people than they absolutely have to,” said Mama’s Kitchen’s CEO Albert Cortés. Some people that would normally be able to care for themselves, need to limit their exposure and are seeking help for the first time. Others have just been laid off work and are struggling to provide for their families amid grocery store shortages.

While food banks and pantries are operating normally or even increasing output, senior and school feeding programs have transitioned to a grab-and-go model or delivery. For one organization, the scramble to address the situation began on Thursday, March 12 when the county called at 4:30 p.m. to let Serving Seniors know they could not operate their congregate dining centers the next day. The team worked overnight to make the meals to go so seniors could pick them up and leave. In the next few days, they switched to full delivery service except at the Gary and Mary West Senior Wellness Center in Downtown where they have kept the pick-up option because so many homeless seniors depend on it.

In a matter of days, Serving Seniors had to close all of its senior center sites where they served meals and transition to meal delivery with limited contact. At the same time, they had to scale up to bring food to thousands more seniors than usual during the novel coronavirus pandemic. The local nonprofit went from delivering 800 meals a day to over 4000 by March 20 when they cut off requests for meals because they were overwhelmed. By April 1, they are hoping to raise enough money to expand by another 2,000-3,000 meals per day.

“This is akin to building an air-plane in flight. We had a number of contingency plans over every potential scenario we could think of. We have a nice thick binder with all sorts of contingency plans, but none of them applied to this,” said Paul Downey, Serving Seniors CEO for 25 years.

The transition has not been without snarls: Voice of San Diego reported people living in a Serving Seniors apartment building were not given a regular delivery of food and the people were left stranded for a few days. The contingency plans included what to do if a site burned down or the kitchen was out of action. “But never a contingency for having all 15 of our senior centers shut down overnight and trying to retrofit to home delivered operation and add capacity all at the same time,” he explained.

The organization went through 9/11 and the recession of 2008, both which required them to operate in an uncertain environment. However, nothing has been remotely close to this, especially with the “big wildcard” of how long the quarantine will last. Even Feeding San Diego, which was founded in the wake of the 2007 wildfires for emergency food distribution, said disaster response is in their DNA but COVID-19 has brought new challenges because of the breadth and scale of the disaster.

Other nonprofits are also ramping up deliveries as more calls come in asking for help. Mama’s Kitchen typically delivers food to 400-450 San Diegans with underlying health conditions like HIV, heart disease and Diabetes. They have started delivering food to 500 people since the crisis began. “We are serving more people than we ever have in our 30-year history right now,” said Cortés. “It’s a 10% increase in the last week and we plan alone.”

Mama’s Kitchen is also incurring a cost of $25-35,000 to provide shelf-stable food that goes beyond their typical deliveries so they are better equipped to take care of themselves, at least from a nutritional standpoint.

ElderHelp has brought groceries to enrolled seniors every two weeks for decades. Since the start of the crisis, they have increased telephone counseling and check-ins calls, but are facing more difficulties with reaching as many seniors as are requesting the grocery service. In addition, volunteers give rides to seniors, but those trips have been limited to only medically necessary trips to doctor’s appointments and hospitals since the crisis began.

“We have no limit to who we’re bringing on for support via telephonic support and counseling. There is a limit right now as to how much we can do around vital trips and grocery shopping delivery, primarily because we’re having a hard time getting grocery to begin with. That’s the biggest challenge facing us right now,” said ElderHelp executive director Deb Martin.

ElderHelp has a partnership with Jacobs & Cushman food bank, but the food bank has restricted how much each person can pick up, so volunteers are limited in how much they can bring to the seniors. “They [the food bank] too are having a hard time,” Martin said.

In addition to a lack of food and funds, volunteer-driven organizations are struggling to find ways to protect volunteers and fill gaps caused by those staying home. Both Mama’s Kitchen and ElderHelp asked seniors to stop volunteering.

“Many of these folks have been volunteering with us for years, sometimes decades. We are very much wanting for them to take care of themselves during this time,” Cortés said.

Since many retirees with free time made up the bulk of their volunteers, the organizations are quickly recruiting and training new volunteers.

ElderHelp moved its volunteer training online and aims to prove 50 new volunteers every month for the next few months. Mama’s Kitchen held urgent volunteer trainings with over 60 people at one event (standing six feet apart from each other).

The lack of volunteers is a statewide issue at food banks. Governor Gavin Newsom authorized 500 members of the California National Guard to step in for them at food distributions across the state.

Other government help came from the county, which authorized funds for Serving Seniors to cover the cost of additional meals. The organization is urgently raising $50,000 to ramp up their infrastructure to deliver those meals. Another silver lining in the storm, according to Martin, is that people are finally realizing the precarious place seniors occupy in society.

“ElderHelp has been providing these services for 46 years. It’s been incredibly hard to get the support and have people notice our aging community and support it. People are starting to notice that this population is vulnerable and needs our help and support,” she said. “It’s great to see so many people stepping up and wanting to do something for the seniors in the community.”

“I’m grateful to be part of this organization because I get to witness the best of people in the worst of times. I’m grateful for how our community really does step up,” Cortés said. “I invite people in San Diego to do whatever they can to support our community. Either making that contribution to Mama’s Kitchen or to any organization that’s out there making a difference in the community and people to be kind and caring and self-caring, patient and loving.”

—Contributing editor Kendra Sitten can be reached at kendras@sdnews.com.
Guest editorial

Now more than ever, shop local

It is an utterly eerie sight looking down our city streets. Once bustling with happy diners, shoppers and bar hoppers, the empty sidewalks at both night and day are a grim reminder of just how much impact this virus outbreak is having on all our lives. But life must go on. We still must eat. We still must clean. We still must entertain ourselves and our children. In other words, we still must buy the essentials, and even non-essentials, to make living possible and tolerable during these difficult times.

The instinct for many during this health scare may be to use the modern convenience of ordering products online from places like Amazon and Walmart. Or perhaps it is to rush to big box stores like Costco or Target for our local restaurants are full of delicious dining. Local r

Of course, safety is of paramount concern and no one should be ignoring CDC guidelines or the recommendations of state and county health officials — it is their guidance we need at this time to ensure that the virus does as little harm to our vulnerable populations as possible.

But there are ways to support local businesses who are feeling more than just a pinch from this economic inactivity. • Order food/beverage delivery from delivery services like GrubHub, DoorDash, Postmates, etc. • Share on social media. Local retailers are struggling to get the word out that they are open for business. Visit your favorite business’ social media pages and share their posts to help spread the word that they are open for business, and any current specials they have to support their customers.

One of the most prescient perspectives of our current condition was penned by author Michael Lewis in 2018’s “The Fifth Risk.” Lewis introduces us to character John MacWilliams, a risk assessment duty at the Department of Energy. Joe Klein reviewed the book for the New York Times in 2018, writing: “Lewis asks MacWilliams to list the top five risks. The first four are predictable: Broken Arrows. North Korea. Iran (that is, maintaining the agreement that prevents Iran from building a nuclear bomb). Protecting the electric grid from cyberterrorism. But the fifth, most important risk is a stunner: program management. …”

“Program management” is the existential threat that you never really even imagine as a risk. … It is the innovation that never occurs and the knowledge that is never created, because you have ceased to lay the groundwork for it. It is what you never learned that might have saved you.
As we go through an unprecedented challenge in our country, it is important to focus on the things we all can do to weather this crisis.

President Trump has been doing a fantastic job and has shown the nation and the world that he is up to the challenge. He is a big-league problem solver. He understands the many parts of our economy and healthcare system and knows the steps necessary to get us through this COVID-19 pandemic. He is definitely the leader we want in charge now — and when the economy is ready to fire up again. He got the country on the right track after inheriting the floundering economy of the Obama administration and he can do it again. Let’s all work to get President Trump re-elected in November and give him a Republican majority in the House.

While we are following the guidelines and are isolated from one another and the public in general, there are things that we can do to help elect Republicans. Candidates always need volunteers to make phone calls to registered Republicans. It can be done from your own phone from your home. It is easy, rewarding, and effective. A large Republican voter turnout is essential to reach our goals.

Because of COVID-19 and social distancing, we were not able to host our April event which was scheduled for April 14 at the Cucamonga Oaks Country Club. We hope to reschedule this event for July, but we will update you as time unfolds. We look forward to resuming our regular lunch meetings on the second Tuesday of each month at the La Mesa Brigitante, but for now those meetings are on hold.

Today, health is the main concern. Please follow all the CDC guidelines and stay healthy. During this period of social isolation, it is vitally important to help each other. COVID-19 is most often transmitted by touch, so today we face the challenge of finding new ways to reach out and “touch” — a smile, an act of courtesy, an offer of generosity. Kindness and respect are always important, but now more than ever.

For more information on our activities, volunteer opportunities or joining Republican Women of California, please visit our website at rwnavajocanyon.org and check us out on Facebook at Republican Women of California-Navajo Canyon. For other questions, please call Marjie at 619-990-2791.

— Pat Boerner writes on behalf of the Republican Women of California — Navajo Canyon.
How fortunate we are to have an urban oasis like Mission Trails Regional Park (MTRP) to call our “backyard.” Park users — including those who experience our Visitor and Interpretive Center — often marvel at how lucky we are that the park exists at all, in its beautiful natural state, and wonder how the park came to be.

This year marks the 25th anniversary of the opening of MTRP’s iconic Visitor and Interpretive Center, and we are celebrating the milestone by providing an overview of the history of the park in issues of the MTRP newsletter and here, in the Mission Times Courier. In this way, we can share the timeline of events that made the park a reality, and salute those dedicated individuals in our local community who were integral to ensuring Mission Trails’ existence.

It was 60 years ago that what is now Mission Trails Regional Park began as a glimmer of an idea. In 1960, the San Diego City Planning Department outlined a plan for an approximately 1,765-acre park to include the most dramatic areas of Mission Gorge, Old Mission Dam, and the entire Fortuna Mountain ridge. Sparking this proposal was the federal government’s decision to release 1,220 acres of the proposed park land as surplus real property. This land had been added to the city as part of the Camp Elliott annexation and was purchased by the city at a nominal cost. In addition to this land that had served as a military training area, 375 city-owned acres and 140 acres controlled by the Cuyamaca Water Company would be included in the park. However, it would be more than a decade before the County of San Diego would release its first definitive plan of the proposed regional park’s land use and design. In 1974, park promoters successfully formalized the acquisition of Cowles Mountain, which was under imminent threat of private development. The county provided $2.2 million to purchase Cowles Mountain and the city purchased a one-half acre park to include the most dramatic areas of Mission Gorge.

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Old Mission Dam, and the entire Fortuna Mountain ridge. 

At the time of this writing, coronavirus (COVID-19) has turned everyday life upside down. We are now practicing social distancing, a term few of us knew before this global pandemic made its way around the world and into our lives. This event has not only demonstrated our collective vulnerability and global interconnectedness, but also how much we depend on one another when faced with challenges, and how together we can persevere.

Our community is suddenly engaged in the global response to COVID-19. The park is closed until further notice and our regularly scheduled walks and activities have been canceled. Even the new class of Trail Guides, the largest class in the park’s history, will have to modify its typical schedule, hit the “pause” button until it is deemed safe to again gather as a group.

This year marks the 25th anniversary of the opening of Mission Trails Regional Park Visitor and Interpretive Center. In this and forthcoming articles, we will include a history of the park’s founding, from the purchase of Cowles Mountain in 1974 to Mission Trails’ most recent milestone — the opening of the new Field Station in the East Fortuna Staging Area. The new Field Station project was decades in the making and, like the Visitor Center, was another successful collaboration between members of the community, the City of San Diego, and the Mission Trails Regional Park Foundation.

In times like these, we realize what we take for granted. A simple handshake and trip to the market presently carry much weight, and the freedom to choose from many recreational opportunities in San Diego is no longer an option.

As you read this article, I encourage you to consider all that Mission Trails Regional Park means to you, and make a plan to explore the new Field Station in healthier times. It is Mission Trails’ most recent example of what’s possible when people work together.

—Jennifer Morrissey

A note on coronavirus closure

The origins of Mission Trails Regional Park: 1960–1985

Rain, Wind, and Fire...

“Three menaces to any chimney, fireplace, or stove.”

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

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

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

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

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**PHOTO: KLYLE161**

**iNaturalist observation: Ceanothus Silk Moth**

By PATRICIA SNIPSON

This month’s observation of the month is an observation of a moth. Say that 10 times fast! iNaturalist extraordinaire klyle161 was lucky enough to spot a magnificent Ceanothus Silk Moth (Hyalophora euryalus) which can be seen at bit.ly/3bAB5fG

While this species is not particularly rare in San Diego County and despite its large size (roughly the palm of your hand), it is not often seen. One of the reasons for this is the short life span of the adult moth — one to two weeks. Why so short? The adults of the Saturniinae subfamily (Giant Silkworm Moths) emerge from their cocoons without larval stage, the males emerging first.

While the males, adorned with two large antennae, is equipped to detect the female’s pheromones (chemical scents), he will fly around until he finds a mate. In contrast, after emergence the female will stay put and wait for a male to find her. After all, she needs to save her energy for her post mating job — laying eggs. She first has to fly around and pick particular host plant species suitable for the “kids” which includes (you guessed it) ceanothus. If she lays her eggs on the wrong plant, the caterpillars will not survive.

Even though she will lay more than 100 eggs, she will fly to many different host plants and only deposit a few eggs on each one. The caterpillars are voracious so they can’t all be on a single plant. With mating and egg laying duties completed, the adults reach the end of their lives.

**SEE iNATURALIST, Page 11**

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**The quality cliffs of Mission Trails Park**

By FRED KRAMER

While I have always appreciated the beauty and value of Mission Trails overall, I didn’t give much thought to the gorge. I passed through many times, and it was familiar, maybe even a little mundane. However, a few years ago in trail guide training, Pat Abbott, discussing the geology of the park, stated we have “national park-quality cliffs” in Mission Trails. That motivated me to take a fresh look. Yes. The gorge does have magnificent cliffs — maybe not as extensive as in some national parks, but very inspiring, nonetheless.

You have good views of the cliffs along Father Junípero Serra Trail from the “Mountains in Motion” interpretive panel to the “Winging It” panel. Pause and sit on a bench. Looking east you see the rock formations on the side of Kwaay Paay, where climbers can often be seen and heard. Across the gorge are the cliffs on the side of South Fortuna. The rock colors and textures and the ever-changing shadows playing across them create a delightful visual display. Their tall, vertical faces seem solid and timeless, giving a reassuring feeling of constancy in an otherwise fast-changing world.

Our appreciation of these 118-million-year-old plutonic formations is enhanced by knowing their geologic history: magma from the subducting Farallon tectonic plate cooling slowly one mile under the surface and being exposed through the ocean, their playing part in the never-ending rock cycle. The cliffs are not the only pleasing feature of the gorge. The San Diego River flows at the bottom, creating a riparian habitat. The soothing sound of rushing water can be heard if you listen carefully. Water-loving trees like Fremont cottonwoods, willows, and western sycamores create a lush landscape of green during much of the year. The evergreen coast live oaks up the bank create a darker green band along the river course. Leaves rustling in the wind produce a pleasing harmony with occasional bird songs or woodpeckers tapping away.

Mule deer are often sighted in the gorge. In fall the yellow leaves on cottonwoods accent the scene and portend a new season. In winter the bare trees stand like sculptures, awaiting renewal in spring. The winter rains awaken not only the trees, but also bring forth an amazing display of wildflowers along FJST.

Next time you are in the gorge, slow down and appreciate this beautiful and inspiring place in Mission Trails.

—Fred Kramer is a trail guide at Mission Trails Regional Park.
MISSION TRAILS

CONTINUED FROM Page 8

undivided interest. This acquisition led to a jointly sponsored area consisting of Fortuna Mountain, Cowles Mountain, and Lake Murray, aligning with the “one diverse park” concept in the city’s 1960 proposal.

The next step was to enter into a master planning process that began in 1975 and culminated in the presentation of the final Master Plan in March 1977. Once the Master Plan was accepted, there was still one more bureaucratic hoop to jump through: an Environmental Impact Report, which was completed and certified by the City Council in March 1979. It truly reflected a process —Liz Doroski is a Mission Trails Regional Park volunteer.

In 1979, what was originally called the Lake Murray, Cowles and Fortuna Mountain Regional Park was renamed Mission Trails Regional Park to better reflect the area’s historic connection to the San Diego Mission, the historic Old Mission Dam, and the flame. A ceremony to dedicate the park was held at the base of Cowles Mountain in May 1980, and a Mission Trails Regional Park sign was placed on the site. An endowment fund with The San Diego Foundation was established in 1985 for the benefit of Mission Trails Regional Park, which still exists to generate education and outreach opportunities.

On Jan. 17, 1985, the MTRP Task Force, comprised of elected officials, unanimously approved the Master Development Plan 1985, and forwarded it to the City Council and Board of Supervisors for consideration and adoption. On April 29, 1985, the San Diego City Council adopted the Mission Trails Regional Park Master Development Plan by Resolution No. R-261065. On June 11, 1985, the San Diego County Board of Supervisors approved the plan.

With the leadership, vision, and determination of so many individuals over the last 60 years, Mission Trails Regional Park has flourished, becoming a sanctuary for native plants and wildlife, as well as a much needed place for people to escape urban living for a moment, and reconnect to the nature that surrounds us. Thank you to all who have made Mission Trails Regional Park a reality.

—Liz Doroski is a Mission Trails Regional Park volunteer.

You can’t predict the future, so plan for it.

Sometimes your best friend is your banker, and that’s okay.

From the eggs will hatch tiny caterpillars. They will not be small for long. They will feed on the leaves of the host plant and in a matter of a few months will grow to roughly 4 inches. Just imagine fat sausage-like green fingers with yellow and black spikes!

When it is time to pupate, they will crawl to a different place, build a cocoon and pupate inside of it. The reason for leaving their feeding ground is simple: avoid predators who would surely hunt them down after seeing the decimated leaves and frass (insect poop), all sure signs of a tasty grub nearby.

In the cold of winter, the pupa will enter diapause (resting phase) until temperatures warm up and are suitable for the adult to emerge and spread its large wings. And the cycle starts all over again. But wait, which came first: the egg or the moth?

To see the 80 observations of Ceanothus Silk Moth in San Diego County since 2015 in iNaturalist and see photos of the different life stages, visit bit.ly/2JmMio6

—Patricia Simpson is a iNaturalist observer.

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GROcERY OUTLET
Pop singer Lizzo addresses Grossmont Hospital staff via video on March 31. (Courtesy Sharp Grossmont)

LIZZO TREATS SHARP GROSSMONT WORKERS

On March 31, pop singer Lizzo gave a “shout out” to Sharp Grossmont Hospital in La Mesa and bought lunch for its staff as part of an effort to thank hospital workers across the country.

“Thank you so much for everything you guys have been doing during this pandemic. It has been a very scary time, and you guys have been a peace of mind during this time and a hero,” the Grammy award-winning artist said in a video message posted by Sharp. “I hope you feel the love and appreciation pouring in from everybody from all around the world because we really do love and appreciate ya’ll.”

CONSTRUCTION IN MISSION TRAILS TO IMPROVE REGIONAL INFRASTRUCTURE

When Mission Trails Regional Park reopens and visitors return, they may notice an increase in construction traffic and activities in and near the western portion of the park as the San Diego County Water Authority improves a portion of its regional water delivery system.

The Water Authority has begun work to construct a new underground reservoir and flow control facility. The facilities are part of the Mission Trails Project, a suite of projects that mostly were completed in late 2019 to improve regional water infrastructure. Completed components include construction of a pipeline tunnel, demolition of most above-ground vent stacks in the park, and construction of a stabilized crossing at the San Diego River.

The new underground flow regulatory structure, or covered reservoir, will help regulate untreated water flows in the regional water delivery system. It will hold up to 5 million gallons of water. The reservoir will be covered with soil and vegetation, except for several above-ground access hatches and vents that will allow for air movement in and out of the reservoir. A new flow control facility and pipeline interconnections will also be constructed as part of this project.

Pre-construction work to prepare the site has already started. The project construction is scheduled to begin in March and end in early 2022.

Construction vehicles will use Clairemont Mesa Boulevard, Calle de Vida, Portobelo Drive, and Antigua Boulevard to access work areas in the park. Some trails leading to the site in the western portion of the park will be closed. For instance, the trail that begins at the intersection of Calle de Vida and Colina Dorada Drive will be closed to allow large construction vehicles and traffic to safely pass through the park. Additionally, parking at the eastern end of Clairemont Mesa Boulevard will be limited to accommodate project field offices and equipment staging.

For more information about either project, go to www.sdcaw.org/mission-trails-frs, call the toll-free project information line at 877-682-9283, ext. 7004, or email CIPinfo@sdcaw.org.

BLOOD BANK WANTS PLASMA FROM RECOVERED COVID-19 PATIENTS

Thanks to community response to the plea for blood donation amid the COVID-19 pandemic, the blood supply is currently stable both locally and across the nation.

San Diego Blood Bank has issued a call for recovered COVID-19 patients, as they may be eligible to donate “convalescent plasma” to help treat patients fighting the virus.

While COVID-19 has no proven treatment, plasma taken from those who have recovered may help patients currently fighting the virus. This is because the plasma has developed antibodies against the virus.

“Hospitals are reaching out to us on a daily basis for convalescent plasma,” said David Wellis, CEO, San Diego Blood Bank. “If anyone has recovered from the virus, we are calling on them to see news briefs page 18”

Alvarado Hospital CONTINUED FROM PAGE 2

...my director, she woke up at 11:45 at night and at midnight she submitted our order because it’s first come, first serve in the queue.”

The hospital has also begun reusing N95 masks by using a hydrogen peroxide sterilizer.

“We’re able to sterilize and we get about half of them back,” Gomez said.

The good news for the hospital’s supplies is that it is well-stocked with ventilators — 28 total — and medication.

“The hydroxychloroquine — we have it and so if it comes down to needing to be used, we have it; we have azithromycin and those are the two big ones being talked about on the news all the time,” Gomez said, adding that Alvarado has at least three weeks of doses. Although Alvarado is in possession of these drugs, they are still experimental and unproven thus far at treating COVID-19.

PUBLIC PRAISE

Gomez is very proud of her staff and how it has adapted to the challenges brought on by the pandemic.

“I’ve worked in healthcare for over 25 years and I’ve never worked with a more cohesive, strong leadership team,” she said, adding that her team is using a variety of communication strategies to keep up moral at the hospital.

The hospital has also begun reusing N95 masks by using a hydrogen peroxide sterilizer.

“We’re able to sterilize and we get about half of them back,” Gomez said. “When they say the situation is fluid, it’s absolutely true. And what I’ve found is transparency alleviates fears, because if they know what I know, they know what I know.”

The communication strategy is working and Gomez shared that a nurse recently volunteered to work on the COVID unit.

“It is phenomenal the way our staff is stepping up to care for these patients and the energy they’re bringing, it is really heartwarming,” she said.

The community has also stepped up in heartwarming ways. The hospital has received a number of donations, including “dirty cheap” produce from a market that the hospital gave out to staff; donations of masks that Gomez was “very grateful” for because those masks will be given to hospital staff that are not on the COVID floors; and Dominos recently treated ER staff to pizza.

“I want to thank the public,” Gomez said. “Everyone has been so supportive and so kind. People have put flowers on our front lawn and said, ‘Thank you healthcare heroes’. They put some banners on our lawn last week, which was awesome, thanking the healthcare workers.”

—Reach editor Jeff Clemetson at jeff@sdnews.com.
Lions Club Speech Contest

Senior Lisa Nguyen has won the club and zone levels in the Lions Club Speech Contest with her speech addressing this year’s prompt: “Homelessness in California: What is the Solution?” Lisa has won $250 so far. The contest is currently on hold due to the Covid-19 restrictions, but we hope that, when it resumes, she will win the regional contest (and another $250), which will enable her to compete for a $4,500 scholarship. Good luck Lisa!

Patrick Henry closes due to Coronavirus

In an unprecedented time, with uncertainty for everyone involved, Patrick Henry High School (PHHS) and San Diego Unified School District (SDUSD) closed its doors on March 13 with a hope to start back again after spring break on April 6. Unfortunately, due to the Coronavirus, the news of the school closure was just the beginning because immediately following that announcement Gov. Newsom closed many businesses, parks, beaches, trails, etc. with a stay-at-home order for everyone in San Diego to follow.

Planning for the future has been difficult for every family involved, especially our seniors. On the positive side, families are becoming active together by walking more and getting outside for a break periodically throughout each neighborhood. Everyone is adopting a “social distance” of six feet or more with the exception of immediate family members.

Education has taken a new look, because starting on April 27, all classes for SDUSD will be online and students will do their work from home. A plan will be developed to ensure all students have access to connect to their teachers with devices and WiFi. Prior to that, the schools will open their distance learning using a “soft opening” where work is optional and students and teachers have an opportunity to develop workable platforms for all. Questions about prom, graduation and other senior activities remain on hold for now. A survey is posted on the PHHS website with information regarding how students can get access to technology during this crisis.

We need the community’s help in keeping our school safe and clean. Community members are entering the closed campus, touching our rails, and spreading possible germs in an area that is closed to everyone. We would appreciate it if no one enters the campus or our fields of play during this time. Mayor Faulconer has closed parks and beaches for the same reason.

We need the community’s help in keeping our school safe and clean. Community members are entering the campus, touching our rails, and spreading possible germs in an area that is closed to everyone. We would appreciate it if no one enters the campus or our fields of play during this time. Mayor Faulconer has closed parks and beaches for the same reason. The campus is officially closed to everyone and your support is appreciated during this unfortunate time.

—Elizabeth Gillingham is principal of Patrick Henry High School.

Henry Cluster STEMM Foundation news

Scott Bailey, president of the HC STEMM Foundation, has announced that the Mini Golf Challenge for children K-12 scheduled for Saturday, April 18 at the Mission Trails Church on Zion Avenue has been cancelled in response to the social distancing guidelines put into place to manage the spread of COVID-19.

Earlier in the school year the HC STEMM Foundation arranged for Illumina, one of the leading genetics firms based in San Diego, to participate in classroom presentations on genetics as part of STEMM Exploration Day at SDUSD. We are now investigating the feasibility of providing a distance learning presentation on genetics to an elementary classroom in cooperation with Illumina.

“We are continuing to work with SDUSD to develop additional partnerships for the 2020/2021 school year between SDUSD and the schools within the Henry Cluster,” stated Bailey. “Developing partnerships with the private sector is also a priority. If your firm is involved with any form of engineering and/or the sciences, and you would like to discuss how your business could become involved with the HC STEMM Foundation to help all the students in our local schools, please contact us at info@hcstemm.org.”

—Jay Wilson writes on behalf of the Henry Cluster STEMM Foundation.

Grossmont instructor wins ‘Chopped’ prize

Chef James Foran, a veteran pastry instructor at Grossmont College and head of the Culinary Arts program, has gotten a taste of celebrity, thanks to winning the March 24 season premiere of “Chopped,” the popular TV cooking competition on the Food Network.

“Chef James provides further evidence that Grossmont College faculty stand among the best academically and professionally. We are proud of our colleague,” said Grossmont College President Nabil Abu-Ghazaleh. “He sets high standards for his students and inspires them to rise to the challenge as he has demonstrated on the national scene.”

Asked on the show why he was competing in “Chopped,” Foran said he wanted to represent fellow teachers. Foran, who previously worked as a pastry chef at leading restaurants before coming to Grossmont College, credits his students for keeping him passionate about his work as a chef.

“Your students will be really proud to be saying they are taught by a ‘Chopped’ champion,” one judge told Foran.

A beaming Chef James, who earned $10,000 and bragging rights as a winner of TV’s toughest cooking competition, acknowledged his Grossmont College students.

“They pushed me to get here and I proved I could win,” he said.

SEE CHOPPED, Page 13
The show is notorious for presenting chefs with mystery baskets, typically filled with incongruous combinations of lesser known ingredients. Foran said “Chopped” was the most pressure-filled experience he has ever had, facing each half-hour round with no idea what he had to work with.

The competition pitted four pastry chefs – two with shops of their own and the third a pastry chef at a well-known restaurant in New York City – in three rounds of competition creating decadent chocolate desserts. Each round ended with one chef dropped from the competition, which consisted of three categories of chocolate dishes – crunchy, goozy and fruity.

Round one’s basket revealed tamarillos, fermented honey, chocolate covered shrimp chips and chocolate milk. Foran created chocolate and honey ice cream with shrimp chip crumble.

Round two’s basket yielded kamquats, rice wine, chocolate ganache tart and spicy chocolate chicken wings with which Foran created brown sugar brownies with miso caramel.

The last round presented the two remaining chefs with white chocolate banana pudding, freeze dried raspberries, sweet beef jerky and ruby chocolate candy bars. Foran concocted a beef jerky and ruby chocolate tart and spicy chocolate kumquats, miso, chocolate ga - crumble.

Each round ended with one pastry chef and a better person,” Foran Van Loan, has frequently repeated to empower the team.

The students and mentors worked from after school until 9 p.m. on weekdays and 9 a.m. to 9 p.m. on weekends, showing their devotion for the game. timber Carey, a high school senior and president of the club, has accumulated over 350 hours of community service working on the robot since the new season began. She also was accepted to MIT (Massachusetts Institute of Technology) with a full scholarship. The other team members have shown the same commitment with a strong feeling of family and pride which will be carried with them into their futures. They taught themselves programming, design, marketing, and teamwork with the help of their mentors and sponsors, DoDSTEM, Qualcomm, Natural Networks, CCTE, Brain Corp, and Solar Turbines. Without these supporters they wouldn’t be able to accomplish the tasks put before them.

The Patribots were working to improve their bot further in its design for an upcoming competition in Las Vegas. However, in light of recent events concerning the COVID-19 outbreak, FIRST (For Inspiration and Recognition of Science and Technology, the sponsor organization of the robotics league) made the decision to suspend the 2020 season. The Patribots are grateful they were able to compete at the Del Mar Regional and hope to demonstrate their robot to the community in the future when it is deemed safe.

—Fabian Cuevas is a senior, and Connor Gross, Erin Maxwell and Naomi Suzuki are sophomores at Patrick Henry High School.
Del Cerro Action Council news

By JAY WILSON

Mark Rawlins, the chair of the Del Cerro Action Council (DCAC), has announced that the quarterly meeting of the DCAC scheduled for Thursday, April 23 has been cancelled. The next meeting will be July 23. Any updates regarding the Alliance Gardens Community Council Town Hall Meeting and for the time being we will postpone all Town Hall Meetings. We are working on our return to the topics of importance to the community, including the work of San Diego Canyonlands; Dr. Pat Abbott’s discussion of the geology of our earthquake prone area; how state legislation overrides our local zoning; and, of greatest importance, matters that you think the community needs to talk about.

The closure of the places we work and the public areas where we socialize brought sudden changes to every aspect of our lives. There are a thousand stories of your adjustments to this crisis, of your adaptation to sheltering in place, and of your solutions to the tensions of the day. Your story will enlighten and brighten our day. Let us know of the humor and pain of life in the time of the coronavirus so we can share them on our website and in future editions of this article.

Our website guru Kim Morris has never been so easy! For those that were not able to make it in, this is an appearance so be sure to keep an eye on Federe.gov/public-library. These listening materials. For those that were able to make it in before we closed, this doesn’t mean we are closed, this doesn’t mean we are

The 60 trees planted along Zion Avenue are going into their third growing season and could use the help of volunteers to continue to thrive and flourish. Over half the trees are cared for by residents who live along Zion Avenue. They water, weed and mulch the trees regularly. You can see the benefits of their green thumbs as the trees grow stronger and bring shade and beauty to our community.

We are looking for volunteers to care for the rest of the trees. If you can help by taking on one of the trees from late spring until fall, please contact AGGCC board member, Sophia Frost at srfrost477@gmail.com. We want your observations on how the community has been impacted and for your recommendations what you would like the Community Council to do. This is where you can tell us your story.

While we have postponed our in-person Town Hall Meetings, our bylaws require us to hold a public meeting on May 26 to nominate and elect board members and officers. It will be a virtual meeting held on the Zoom program, as discussed below. We will distribute the agenda and notice of the meeting to the 150 members and to the public areas where we so socialize brought sudden changes to every aspect of our lives. There are a thousand stories of your adjustments to this crisis, of your adaptation to sheltering in place, and of your solutions to the tensions of the day. Your story will enlighten and brighten our day. Let us know of the humor and pain of life in the time of the corona virus so we can share them on our website and in future editions of this article.

Our website guru Kim Morris updated our aggccouncil.org/ with a COVID19 Response page. She compiled resources from the state and city that are relevant for our community. Also, you will find a place for your observations on how the community has been impacted and for your recommendations what you would like the Community Council to do. This is where you can tell us your story.

Hello to everyone! We hope you and your loved ones are well and that you and your loved ones are well served by the San Diego Public Library. In fact, we strongly encourage everyone with young children to check out our “Stay In Storytime” which can be accessed from our website sandiego.gov/public-library. These early literacy enriched storytimes have been put together by very talented Youth Service staff from a variety of SDPL locations. The Allied Gardens/ Benjamin library staff may make an appearance so be sure to keep watching.

A few of our regular patrons were able to make it in before we closed to stock up on reading and listening materials. For those that were not able to make it in, this is a great time to take advantage of our electronic collection provided to you free with your library card. Be sure to take a look at all of the free digital materials you have access to at sandiego.gov/public-library/elibrary. This page provides information and access

Online happenings at the Allied Gardens Library

By KATHRYN JOHNSON

Hello to everyone! We hope you and your loved ones are well during these challenging times. Our library is closed, but the San Diego Public Libraries (SDPL) are currently open, albeit with shortened hours.

Some good news is that a few early literacy enriched storytimes have been put together by very talented Youth Service staff from a variety of SDPL locations. The Allied Gardens/ Benjamin library staff may make an appearance so be sure to keep watching.

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San Carlos Library news

By DAVID EGE

Unfortunately, due to health concerns, all library programs for the month of April have been canceled. We are looking forward to our May events, but at this time all future dates are tentative.

Free comic book day will be on Saturday, May 2. This is a great partnership with local comic book publisher IDW and the San Diego Public Library to provide free comics to our communities. All libraries will be having programs so check for events at your local branch.

Call for presenters: Can you teach others how to do something cool? Can you demonstrate it in 20 or 45 minutes? Can you make it hands-on with audience participation? If you answered “yes” to these questions, apply to present at our fifth annual How-To Festival taking place at 34 San Diego Public Libraries on Saturday, May 30.

Census 2020: Responding to the 2020 Census is an easy but very important step in supporting libraries and other civil services. The results of the 2020 Census will show where communities need new schools, new clinics, new roads, and more services for families, older adults, and children.

The data will be used over the next decade to inform decisions about allocating hundreds of billions of dollars in federal funding to communities across the country — for hospitals, fire departments, school lunch programs and other critical programs and services. The 2020 Census questionnaire takes about 10 minutes and can be accessed at my2020census.gov.

DATES TO REMEMBER
• May 1, 1:30-3:30 p.m.: Friends of the Library only. Used Book Pre-Sale.
• May 2, 9:30 a.m.-3:00 p.m.: SCFOL Monthly Used Book Sale
• May 14, 12:30-2:30 p.m.: Library Book Club, “Spark of Light” by Jodi Picoult.

—David Ege is managing librarian of the San Carlos Library.

Connecting generations through technology

2. Video Chat
Video chat makes you feel as though everyone’s in the same room. Use apps like Skype or FaceTime to have a video conversation from virtually any device, and share life events such as graduations or weddings.

3. Gaming and Creativity Apps
Apps like Magisto and PhotoFunia allow you to personalize photos and videos. Looking for some friendly competition with your grandparents? Try a gaming app like Wheel of Fortune or Minecraft. Or keep your grandparents updated with an app like Keep, an interactive platform for sharing school projects and artwork. Use family tree apps like Ancestry to discover photos and stories together as you navigate your family history.

4. Social Media
Start a private Instagram account where you can post photos and videos. Grandparents have lots to share as well, and that’s priceless at any age.

How to Help Your Grandparents

Teaching non-tech-savvy family members how to use video chat and social media can be a bonding experience. You can also set your grandparents up with useful home features like the SURE Universal Remote, which allows them to control their TV and other devices from their smartphone. Less tech-savvy grandparents may not realize they can watch their cable TV content from their mobile device or schedule DVR recordings with apps like Cox Connect.

Giving your elders the power to connect helps build relationships with the people you love most, and that’s priceless at any age.
Where the Midwest meets Lake Murray

“...This feels a lot like the restaurants I remember from back home,” said my southern Missouri dining companion as he gazed over the county-style décor and elongated lunch counter inside Rae’s Cafe. He became even more sentimental when forking into a plate of house-made biscuits smothered in chunky sausage gravy, which he termed as “outstanding.”

The restaurant marks the spot of the former Omelette Factory, which was purchased 3 1/2 years ago by Rae Harris, an East County resident who worked at chain restaurants and a few mom-and-pops for 30 years. After revamping the menu and bringing in fresh ingredients such as never-frozen potatoes and Angus beef, she recently gave her namesake to the business to better distinguish it from the previous ownership. She also began using coffee mugs featuring the logo of the El Cajon Animal Shelter, of which she is a devoted volunteer.

Four-egg omelets are still a mainstay, although many of them carry different names and specs. Some are new altogether.
A short stack of buttermilk pancakes (Photos by Frank Sabatini Jr.)

A short stack gave us three pancakes, most of which I toted home because of their jumbo size. They were light, fluffy and evenly cooked, just like our omelet, which goes to show the griddle cooks have mastered their craft in what is clearly a high-volume kitchen.

We added a burger to our midday feast after learning the fresh Angus patties are flame-cooked. Served in an airy potato bun, we chose the “classic” topped with melted American cheese, crisp lettuce, ripe tomatoes and a few slices of dill pickle — just an old-fashioned burger sans the trendy fixings or modern-day pretense. Although if you desire a jazzier burger, there’s mushroom-Swiss, Texan-chili, a patty melt, and a Californian garnished with avocado and bacon.

Other breakfast-lunch options include steak and eggs; corned beef hash; huevos con chorizo; eggs Benedict; salads; French dips; crispy Buffalo-style chicken wraps; gyros; and more.

The atmosphere at Rae’s is family-friendly and features an arcade game with a mechanical claw that allows kids to keep playing until they scoop up a prize. The bonus for everyone, however, is the home-style food stamped with a level of heart and soul you won’t find at the chain restaurants.

—Frank Sabatini Jr. is the author of Secret San Diego’ (ECW Press) and began his local writing career more than two decades ago as a staffer for the former San Diego Tribune. You can reach him at fsabatini@san.rr.com.
join us in helping patients in critical condition fight COVID-19.”
San Diego Blood Bank has created a form where people can submit their contact information to be qualified for convalescent plasma donation.

Individuals can donate convalescent plasma if they have a confirmed positive laboratory test and no symptoms for the last 28 days. People with a subsequent confirmed negative test can donate after 14 days of symptom resolution. People are encouraged to fill out the form even if they have not yet been tested.

To submit contact information to be qualified as a convalescent plasma donor, visit sandiegobloodbank.org/donateplasma. Donors will also need to meet routine donor screening criteria.

There are other ways to support San Diego Blood Bank during this important time.

• Make an appointment for a future donation (3-4 weeks). While supplies are currently stable, blood will be needed throughout the pandemic and beyond. O blood types most needed.

• Make a financial donation towards freezer technology that would allow SDIB to freeze a 5-6 day-supply of type O and rare blood types.

To make an appointment or financial donation, visit SanDiegoBloodBank.org. Donors must be 17 years or older, weigh a minimum of 114 pounds and be in good health.

God bless all who help make this possible.

SDBB

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**News Briefs**

CONTINUES FROM Page 11

**WORSHIP DIRECTORY**

Continue Calvary Chapel

Wed. Night 6:30pm to 8:00pm
Sat. Night 6:30pm to 8:00pm
Sunday 9:30am to 10:00am
Tuesday 6:30pm to 8:00pm
Call Heather @ 851.286.7794
hfine@sdenews.com

**PLACE YOUR AD HERE**

Call 858-270-3103
sdenews.com
We’re Here to Help You

WE ARE OPEN AND CONTINUING TO PROVIDE ESSENTIAL SERVICES

As we navigate these uncertain times, we want you to know we are here for you and available to help you with your home services. The health and safety of our employees, customers, vendors, and community is our top priority. We are taking every precaution to keep our employees and customers safe. We’re all in this together! If you have an immediate service need or questions about how we can help you, please call us at 619-583-7963.

SAN DIEGO FOOD BANK FOOD DRIVE
The San Diego Food Bank thanks all those who donated to our annual Food Drive! We’ve extended the food drive through April 30. Our storefront is closed, but if you’d like to drop off some goods, give us a call. You can also donate to the Virtual Food Drive online: fooddriveonline.org/sandiegofoodbank/IdealPlumbing Thank you for your support!

Call Ideal for all your home service needs! (619) 583-7963 or visit idealservice.com

YORK® Heating & Air Conditioning Rebate up to $1,700*

March 1 - June 30, 2020

* Rebate savings depends on equipment and program availability. See dealer for details. HVAC equipment must be purchased and installed by June 30, 2020.

 HVAC equipment must be purchased and installed by June 30, 2020.

*Present coupon at time of service. Not valid with any other offer. Valid for service calls of 1-hour or more. Technician to verify special upon arrival. Not valid towards Service Maintenance Agreement Contract. Expires 6-30-2020 (Offer Code MTC)