Crafting in the age of COVID

By JEFF CLEMETSON | Mission Times Courier

French Cubist painter Georges Braque once said, “Art is a wound turned into light.” In this era of the COVID-19 pandemic, local artisans are trying to hold that ethos for their own art and craft businesses. For local glass artist Linda Rodenbo Barton, the wounds of the pandemic have brought some light to her business, even as the art shows she normally hosts at her Del Cerro home are cancelled or postponed.

Mission Trails geology video debuts online

[Editor’s note: MTRP Foundation Executive Director Jennifer Morrissey contributed to the reporting for this story.] On March 31, the Mission Trails Regional Park (MTRP) Foundation debuted its new film about the geology of Mission Trails based on the work of SDSU geology professor Dr. Patrick Abbott. The 20-minute film titled “Rise and Fall of the Mountains” is available at bit.ly/riseandfall

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SEE LOCAL ARTISANS,
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Car protest calls for rent cancellation

KENDRA GITTON | Mission Times Courier

In one Golden Hill house, all eight of the residents have suffered loss of income since stay-at-home orders began. Five have lost their jobs entirely while another three have had their hours severely cut. They were unable to make April rent and do not know how they will pay for rent in May. The difficulties they are facing spurred two of the housemates to participate in a caravan calling for rent cancellation.

“I feel like we shouldn’t have to choose between paying rent with our unemployment check and buying food or necessities,” explained Veronica Marquez. “It’s impacted all of us personally.”

The protest on Saturday, April 25 brought together between 25-40 cars to drive through Downtown San Diego with signs calling for rent cancellation. It was part of a national day of action organized by the Party for Socialism and Liberation (PSL). Other groups in San Diego such as the San Diego Tenants Union have also called for a rent strike but were not a part of the caravan.

Landlord groups including the Southern California Rental Housing Association have publicly opposed the rent strike, saying it would harm rental property workers and affect the housing supply.

“We are greatly concerned about the discussions taking place of a potential ‘rent strike,’ which would be not only illegal, but devastating to small, independent operators.
in the rental housing industry and would have a ripple effect of hurting the people who work in our rental housing industry and would damage our housing supply, both now and in the future.”

Unlike the recent protests against the shelter in place orders meant to mitigate the damage of the pandemic, the rent cancella-
tion protesters supported safety measures but want additional action to make it financially poss-
ible for people to stay home. They also tried to maintain social dis-
tancing by keeping households in separate cars and only having two designated people with PPE tape signs to all the cars.

“Rent takes up probably a third to a half of everybody’s income for one of the most essential things that we need to survive — a house, especially now during a public health crisis. It wasn’t hard to see that once people started being laid off, this became the central struggle,” said spokesperson Juliana Musheyev.

Rent cancellation means for a set amount of time, tenants would be rent free and not accrue debt. At no point would they need to pay back the missed months of payments, unlike under the eviction moratorium. This pol-
icy would, at least in proposals supported by PSL San Diego, also include mortgage cancellation so homeowners and small landlords would also have relief.

Currently, the only coronavirus-related rent protections in the City of San Diego are an eviction moratorium and suspension of late fees. Housing advocates are worried this will eventually lead to an eviction backlog amid San Diego’s already-present housing crisis once the moratorium is lifted, a worry echoed by Marquez.

“To expect us to pay several months’ worth of rent, when this is all over is sort of unacceptable,” Marquez said.

Other countries have already taken radical action during this unprecedented crisis. In California, landlords have been able to cancel rents in an effort not to force people to accept mortgage payments from accepting mort-
gages and Canada has instituted a Universal Basic Income (UBI).

“Many countries also have health-
care for all, whereas sickened Americans face potential hospi-
tal bills. The protest called for the government to go further in help-
ing people survive the economic fallout of coronavirus.”

“We want you to know that in the wealthiest country in the world, we know that this is poss-
sible. What we’re demanding, although it seems radical and unprecedented, we know that it’s possible because things that have happened in the last few weeks — we never thought they could happen,” Musheyev said.

Last week, Minnesota Rep. Ilhan Omar introduced a bill that would cancel rent and mortgage payments for a year with a relief fund for landlords. With the bill unlikely to be approved in the Senate or by President Trump, local organizers are calling on Governor Gavin Newsom to in-
stitute the policy in California.

“They’ve been forced to provide us with nominal protections like the moratorium on evictions. We are here today to express that this is not enough to protect people in unstable housing situations. More action is urgently needed,” said Anzy, a protest organizer in a rousing speech to attendees be-
fore the caravan left. She chose to keep her last name off the record for fear of doxxing.

“Nearly a third of Americans, 31%, did not pay rent between April 1 and April 5, according to data from the National Multifamily Housing Council. Since then, un-
employment has only increased. With May here and another rent payment due, tenants stand to fall further behind.”

More caravan protests were held by other organizations on Friday, May 1.

—Contributing editor Kendra Sitten can be reached at kendraj@sdnews.com.
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Has been awarded, once again, an “A” Grade for patient safety by The Leapfrog Group!
In lieu of the craft fairs and markets she hosts at her home or at local wine shops and the like, Barton now sells most of her glass wind chimes and mobiles through the Facebook group she started called Local Artisan Boutique.

Tori Foster Collins helps with social media posts for the Local Artisan Boutique Facebook page. She said the page features about 30 artists, including herself.

“It’s about women supporting women. So even now if I post something, the other vendors will go on and share it with the people who like their own pages,” she said. “That’s really nice that we all support each other.”

Collins’ own online business is called Succulents & Cement and traditionally involved making decorative pots out of cement and filling them with various succulent plants.

“I’ve been diversifying a little bit. I was in a car accident a year ago and it’s been hard carrying around succulents and cement, ya know?” she said with a chuckle.

Right now, Collins is focusing on making farmhouse beads, which she is calling “celebration beads” for graduations that are personalized with names, school colors and charms.

“Students can wear them or when they get home drape them across their rooms as décor,” she said. “It’s like jewelry for your home.”

Collins said the celebration beads are selling well right now because it is graduation season and normal commencement ceremonies are not being held.

“I have one lady who contacted me and she’s graduating from San Diego State after 13 years of going to school, so she’s pretty disappointed and she wants to buy [the beads] from me for herself,” she said.

Collins, who lives in Allied Gardens and normally works full time in Sorrento Valley, now works from home, which gives her some extra time to work on art projects.

“Before, I would commute and hour and a half to two hours a day to get to and from work,” she said. “Now my commute is only how long it takes me to brush my teeth and make a cup of coffee.”

While she works, she has the news on in the background and hears about the stress that quarantine life is giving most people.

“I don’t feel that because I have this creative outlet,” she said. “I’m happy being home.”

Being home and running an art business entirely online isn’t universally appealing, however.

Jewelry maker Lisa Prus said she misses the personal aspect of doing in-person art shows and markets.

“I really like interacting with the people, both on the seller side and on the customer side,” she said. “So I’m looking for ways to recapture that. It’s not going to be the same but I’m sure we’ll figure out a happy medium while we’re existing in this universe that is an alternate reality.”

While Prus said that she had most recently been doing only in-person shows, the pandemic has forced her to rethink her business model.

“When I had really ignored a lot of my online presence, I’m trying to beef that up right now and make online events and experiences that people can kind of feel like there’s that personal aspect to it that comes along with going to a show and not just shopping in an online click thing,” she said.

Prus’ own Facebook page called Insomniac Treasures is also featured on the Local Artisans Boutique page and she also has an Etsy shop page and is involved in a new online shop called goimagination.com that donates all its fees after expenses to charities.

“Actually, it just started in April. I’m part of the first batch of people that are selling on that site,” she said.

Selling art online has not been a problem for Diane Slagle, whose Snotnormal anxiety doll creations already had an international following on her Etsy page before the COVID-19 outbreak even began. And there is another reason Slagle doesn’t rely on craft fairs and markets to sell her dolls, which she described as “tongue in cheek” because they are meant to be a calming presence to relieve stress and anxiety and yet a bit “scary looking.”

“My art, it’s not for everyone,” she said. “Because they’re so snarky, and they have little bit of an edge to it and also a little bit political. When things started going politically crazy in recent years, they started selling and now with Covid on top of it, they’ve been selling really well.”

That art can be seen in a boom in these troubled times seems counterintuitive, but Barton encourages other artists to recognize that it does not mean there is a “dead market.”

“You can still make money. People are still interested,” she said. “Mother’s Day is coming up so it is a great time to advertise on social media and if you provide safe pick up and purchase, I think people are going to swing by and get your products.”

Barton also hopes people will be able to swing by the next Local Artisan Boutique event at her home in Del Cerro that has been rescheduled for Sept. 12.

—Reach editor Jeff Clemetson at jeffc@sdnews.com.
The video content at Mission Trails Regional Park was set to be part of an educational attraction in the Visitor’s Center. However, due to the closure of the park during the pandemic, the foundation released it on YouTube. Since it’s debut, the video has had over 5,000 views. Abbott, who is also an MTRP Foundation board member, said his interest in studying and sharing the geologic history of Mission Trails began when the foundation wanted to create educational panels about the park’s geology that could be installed on the fence of the Visitor Center patio.

“Me being a geologist, who better to write it up than me?” he said.

But when Abbott looked at the research that had been done on the park’s geology, he found an incomplete record and some conflicting conclusions.

“So I spent a lot of time doing original research to pull together a geological history,” he said. His research for the educational panels led Abbott to write a book titled “GEOLOGY – Mission Trails Park,” which is sold in the Visitor’s Center. All proceeds go to Mission Trails, and plans are underway to take students there. One of those now over 5,000 people who have viewed the video on YouTube is science teacher Todd Linke.

“The video contains earth science concepts that I teach at Mount Miguel High School in Spring Valley,” Linke said. “I will definitely share this with my students through distance learning.”

After Linke discovered the video, the Grossmont Union High School District sent the film’s link to all of the district’s science teachers. Linke also took the film and embedded a quiz so he could test what they learned in the video in real time.

At the end of the quiz, Linke asked students whether they’ve been to Mission Trails. Though the students live in nearby Spring Valley, most haven’t been to the park. Here are some of their thoughts:

• “If I were to visit Mission Trails, I would hike to find the interesting rock formations. Snakehead Rock and the rounded boulders seem like fun things to explore, especially now that I know how these rocks formed over many years.”

• “Now that I have learned about Mission Trails, I want to go so I can take a look at the rocks and their different colors and layers.”

• “I haven’t been to Mission Trails Regional Park but if I ever go there, I want to see how it changed. I would also walk around to just admire the park.”

In the past, Linke has had the opportunity to bring a few classes to Mission Trails, and plans are underway to take students there again, once groups are permitted to gather in the park, and as funding allows.

Morrissey pointed out that donations to the MTRP Foundation underwrite school field trips and also funded the geology film. She said, adding that he received the contributions can be made at mtrp.org or by mail; checks can be sent to the MTRP Foundation, 1 Father Junipero Serra Trail, San Diego, CA 92119.

With “Rise and Fall of the Mountains at Mission Trails Regional Park” now completed, there are no current plans for more geology education projects, Abbott said. With the down time created by the quarantine, he is instead working on completing a 12th edition of the college textbook on geology he wrote for McGraw-Hill that is used in schools around the world, including SDSU. Abbott is, however, about to start another video project.

“It’s going to be set in Texas,” he said, adding that he received his doctorate from the University of Texas. “There’s a very fascinating geologic story down there.”

“I sort of found where I fit in the world,” Abbott continued. “You call them work projects, but for me this is fun and pleasurable. I have those ideas lined up but for me this is fun and pleasing.”

To view “Rise and Fall of the Mountains at Mission Trails Regional Park,” visit bit.ly/2W8m1B8.

—Reach editor Jeff Clemenson at jeff@sndnews.com.
Pandemic lessons are more human than divine

By PASTOR RICK FRY

The COVID-19 pandemic has upended everyone’s best-laid plans for 2020, and perhaps beyond. It is truly global in scope. It is paradoxically a problem that is isolating us from one another, while at the same time drawing the world together under an overarching threat.

I’ve followed various news reports of the lessons people are drawing from this pandemic. Particularly, as a pastor, I’ve heard how God is trying to wake us up or get our attention in some way through COVID-19. If this pandemic teaches us to appreciate what we have and develop a greater gratitude for family and life itself, that would be great. I also hope and pray by a combination of vigorous research and God’s grace that medical researchers find a vaccine to overcome COVID-19 and prevent further loss of life.

However, the belief that God is somehow responsible for sending this virus to the world troubles me. Recently, Christians observed Holy Week. On Palm Sunday, Christians celebrated Jesus’ entry into Jerusalem. The people who celebrated his entry may have hoped that he was going to establish an earthly kingdom that would vanquish oppression and suffering at the hands of the Roman Empire.

But if this belief is true, then the question was that people drew the wrong lessons about Jesus’ intentions. Jesus came with a radical message of what our collective life could be like under the merciful reign of God’s kingdom. And the human response, particularly among the religious and political elite, was to kill him in one of the most brutal and humiliating ways possible through crucifixion.

With this in mind, what if the lesson to be learned about this pandemic are not about God, but about ourselves? For example, when this pandemic exposes with greater clarity the problems of income inequality and the wide chasm between wealthier and poorer in the United States? People in working-class professions such as farm laborers, grocery store workers, or bus drivers are much more susceptible to infection from COVID-19 than wealthier people. To compound the dilemma, the working poor and many communities of color have less access to medical care and treatment than their wealthier or predominately white communities.

Or consider detained asylum seekers, the incarcerated and the homeless. Those who are imprisoned in crowded and unsanitary conditions in for-profit detention centers are much more vulnerable to infection, as are homeless communities with little access to health care.

Along with these disparities, this pandemic is revealing our interconnectedness with all people. Just a few months ago it was easy to think of ourselves as autonomous individuals. Now we know how vulnerable we are. It has made us think deeply about our own mortality. This pandemic shows us our wellbeing is tied to the wellbeing of our neighbor, of the home- less and those incarcerated, of those in other nations who we will never meet or know. It has shown us that we are deeply intertwined with every human being in the world, in beautiful and startling ways we can barely begin to imagine.

None of us can predict the ways in which the world will change as a result of the COVID-19. It has led to massive job loss and economic devastation these coupled with the negative aspects play out in acts of racism toward Asian-Americans, or a generalized self-indulgence, but for the sake of those in other nations, or even scarier by the man in charge.

Perhaps these lessons will flourish? What if we learn to care more deeply for the wellbeing of people we don’t know? If we let go of our suspicion, knowing that our own welfare and security it tied to their own wellbeing? Perhaps these lessons will inspire us to work toward creating a more just and merciful nation that uses its freedoms not for its own self-indulgence, but for the well-being and care of the most vulnerable individuals and populations among us.

May our hearts and minds be opened to such a radical and magnanimous transformation.

—Rick Fry is pastor at Ascension Lutheran Church in Allied Gardens.

Letters

ROOM WITHOUT A VIEW
Re: “More housing headed to Grantville” [Volume 25, Issue 4 or bit.ly/2qXAYwv]

First, let me say, I realize there is a housing shortage in San Diego. There has been a definite effort in the Grantville and surrounding area to meet the need for veterans, low- and moderate-income families, including transitional housing for people experiencing homelessness.

I agree with increased housing; however, I am very concerned about construction on Mission Gorge Place. In your article print- ing in the Mission Courier Times, April 2019, it says that it should not affect views of other residents in area. Well, it very much does. Further, I am concerned that this matter was not directly brought to those who own property that is affected.

I contacted the office of Scott Sherman, and the city just point- ed to a 1970 ordinance that buildings can extend 30 feet at shorelines and your article in 2019 as public announcement; and that it would be illegal to pro- hibit building. This building has impacted our property value and sell potential. I am frustrated when I look out my window I can see a construction crane starting back at me almost at eye level, and I can hear the loud talking, and see a crane beam hanging over my home almost daily! And, I have reported it, without a resolution. At this point, the fifth floor of the apartment buildings is still under construction, and there is probably not much we can do about it at this point.

—Shlom Guarian, Grantville

A BAD EXAMPLE
Re: “Republican Women Navajo Canyon urge help with election efforts” [Volume 26, Issue 4 or bit.ly/2ydahEl]

I just had to share my opinion about an article in the current Mission Times Courier. The article “Republican Women Navajo Canyon urge help with election efforts” took me aback.

What planet is this woman on? Is she not paying attention? I was disheartened that she mentioned that any of my own neighbors, let alone women, think Trump is doing a “fantastic job.” He has (and still is) supplying us with endless actions, quotes and recordings proving this to be untrue.

These are scary times made even scarier by the man in charge. He’s supposed to be our leader but publicly announced that he him- self won’t be getting a mask. Just one of many ways he is not look- ing out for our wellbeing or setting a good example.

Thank you for allowing me to vent.

—Ellen Elder, Allied Gardens

News from you County Supervisor

Dianne's Corner

By DIANNE JACOB

We’ve been tested before, but never like this. We’ve faced catastrophic wildfires and other challenges, but the current pandemic is unlike anything we’ve seen in our lifetime.

The County of San Diego, as well as its public health agency, has been moving aggressively to fight this virus and address its impacts on our families, businesses and communities.

To keep our residents as safe and sound as possible, we’ve ramped up critical programs and services, and we’re drawing on our robust general fund reserves to help weather this crisis we are facing. Please continue to do your part. Remember to physical distance. Wash your hands. Cover your mouth and nose when you’re out in public. If health officials order people to stay home, then stay home.

To keep up with the latest local developments and re- sources, go to sdcounty.san-sd.com. I’ve also posted a list of re- sources and on my website, diannejacob.com. Among them: “2-1-1 SAN DIEGO” — Access to local services. We also see the below.

Call 2-1-1

• SENIOR HOTLINE — County Aging & Independence Services, 800-139-4661

SEE DIANNE’S CORNER, Page 7
Seniors, beware of the ventilator

By BARRY PRICE

[Editor’s note: Views expressed in guest editorials are not necessarily those of the Mission Times Courier. Guest editorials and columns based on the timeliness of the topic and if they have some thought-provoking value for discussion.]

With so many media reports about the scarcity of ventilators, you could easily have missed the few articles alerting us to the downsides of these machines. If you did, going to the hospital with a serious case of Covid-19 would be like a pilot flying into hurricane-force winds with no warning.

Judging from the data now available, only 50% of Covid-19 patients put on a ventilator actually survive, and the mortality rate for older patients with underlying medical conditions is considerably higher. Even with a mortality rate of 50% or higher, however, a patient (or their health-care advocate) might ask, “What do I have to lose?” The answer might be a lot more than you think, particularly if you decide that the quality of your life is as meaningful as the length of it.

Most elderly Covid-19 patients who survive a lengthy ventilator experience will never again enjoy anywhere near the quality of life they had before getting Covid-19. According to Dr. Kathryn Dreger, a professor of Medicine at Georgetown University, the heavy sedation and mental acuity problems that accompanies this treatment often means survivors will be bed-bound, at high risk of recurrent infections, living in “a disease that has been well studied for many years. And, a review of long-term outcomes for ARDS patients who survive ventilation, published in ‘Respiratory Review’ in May of 2016 provides some touchstones for those interested in the quality of life facing Covid-19 survivors hooked up to a ventilator.

Between 11% and 15% of ARDS ventilator patients die within the first year of leaving the ICU. Two studies cited in the article indicated ARDS patients who survived the ventilator showed “marked cognitive impairment.” One study cited showed cognitive impairment in 55% of ARDS/ventilator survivors after one year of discharge from the ICU. The same article points out that even five years after discharge from the ICU, ARDS/ventilator patients show a 25% reduction in physical function. For many 70 and older, this often means assisted living.

The psychological effects on ARDS patients who survive ventilators are just as noteworthy. Forty-three percent of these patients suffer Post Traumatic Stress Disorder (PTSD) at discharge from the ICU. A year after discharge, 50% of patients were depressed. Even after two years, 58% still had symptoms of depression.

For some the discouraging outcomes for recovering ARDS patients coming off a ventilator will serve as just another yellow caution light. For me, however, the very high probability that a ventilator will not save me, or if it does, leave me bed-ridden, mentally confused, hooked up to a dialysis machine, passing my last few years in a nursing home, and draining away the economic resources my family will need after I am gone serves as a large red flashing sign that reads “Danger stay away!” Whether you see a flashing yellow light or a flashing red light, the important thing is to think carefully about opting for a ventilator before you ever have to make that decision. It is especially important that you clearly communicate your wishes to the person who will serve as your health-care advocate when you will be too short of breath to think straight. You should also carry with you to the hospital a copy of your advanced health care directive, perhaps even adding to that directive a Covid-19 addendum. One of these has been developed by the Hemlock Society of San Diego. It can be downloaded at HemlockSocietySanDiego.org

—Barry Price is president of the Hemlock Society of San Diego and a resident of Allied Gardens. Reach him at price.hemlock@gmail.com.
Dems keep busy with virtual meetings despite ‘bizarro’ world

By TINA RYNBERG

It’s been a strange and tragic couple of weeks, even for the incredibly dysfunctional Trump Administration. As the economy continued its free fall with a shrinking GDP and unemployment numbers near Depression Era levels, the U.S. COVID-19 death toll eclipsed 70,000, passing the total American casualty count of the Vietnam War in a little over two months.

It was a bizarro world where armed militants with AK-47s and body armor entered Michigan’s Capitol Building; a Von’s shopper in San Diego used his Klansman hood as a face mask; anti-government protesters used Nazi verbiage on their homemade signs; and in Downtown San Diego, a couple hundred MAGA clad nutjobs ignored social distancing (some with gloves and N95 masks) protesting Gavin Newsom and Encinitas, a couple hundred signs; and in Downtown San Diego with isolation. These times are a bit rough on everyone, but instead of focusing on the negative, this is the time to be creative and think of ways to help others.

There is a delicate balance right now between our personal freedoms and protecting our population. People have fought and died for these freedoms, and it is not like us to toss them aside casually. It does seem reasonable that for now we can respect others, wash our hands, quit touching faces and so on. But it is not like us to toss them aside casually. It does seem reasonable that for now we can respect others, wash our hands, quit touching faces and so on. But it is not like us to toss them aside casually. It does seem reasonable that for now we can respect others, wash our hands, quit touching faces and so on. But it is not like us to toss them aside casually. It does seem reasonable that for now we can respect others, wash our hands, quit touching faces and so on.

During this time of dealing with the COVID-19 pandemic, we feel fortunate to have President Trump who is working well with Republican and Democratic governors, mayors and advisors to assure that Americans have the best possible guidelines and policies to get us through this crisis. Thank goodness he had the courage to stop incoming flights from China when he did, even though many accused him of over reacting and being a racist. Under his guidance private factories retooled in order to provide needed ventilators, masks and gowns and got them delivered where they were needed most and in remarkably short time.

We are proud to be living in a country where Americans always rise to the occasion and help others in a time of need. We have many reasons to be proud, and are especially proud of our President. We are a nation that knows how to get stuff done! While we are all hunkered down at home, there are ways we can volunteer with the upcoming election. Perhaps you would like to write postcards or make phone calls. Noli Zosa, candidate in the District 7 San Diego City Council race would appreciate your help. Contact Victor Lopez at campaign@noli2020.com.

Navajo Canyon members were very focused on getting the vote out for the November election. We will be reminding voters to mail in their ballots on time or go the polls in person. Please contact us and see how you can help!

As our economy is beginning to reopen, Republican Women of California – Navajo Canyon look forward to returning to our regular meetings. We surely miss the smiling faces and camaraderie of our members, guests and speakers. We had a wonderful evening event planned at the Carlton Oaks Country Club, which we will reschedule as soon as it is feasible. Our annual fashion show is still on target for Oct. 13 at the beautiful outdoor patio of Bali Hai. Until then, please stay safe, healthy and keep in touch with us via our website at rwnc- Navajo Canyon.org and on Facebook at Republican Women of California-Navajo Canyon. For other information please call Marjie at 619-990-2791.

This is a time when we should all be united in helping those who need assistance. An encouraging word or a gesture of kindness can change the day for someone struggling with isolation. These times are a bit rough on everyone, but instead of focusing on the negative, this is the time to be creative and think of ways to help others.

By PAT BOERNER

—Tina Rynberg is president and Jeff Benesch is vice president of programming of the La Mesa Foothills Democratic Club. It was a bizarro world where armed militants with AK-47s and body armor entered Michigan’s Capitol Building; a Von’s shopper in San Diego used his Klansman hood as a face mask; anti-government protesters used Nazi verbiage on their homemade signs; and in Downtown San Diego, a couple hundred MAGA clad nutjobs ignored social distancing (some with gloves and N95 masks) protested Gavin Newsom and Encinitas, a couple hundred signs; and in Downtown San Diego.

POLITICS

RAIN, WIND, AND FIRE... “The 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 SWEEPES, 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.

—Pat Boerner writes on behalf of the Republican Woman of California – Navajo Canyon.
To Patrick Henry Patriot Nation,

Friday April 3, our CIF Commissioner Jerry Schneipp made official announcement to cancel the spring season.

Although this probably isn’t surprising news, it doesn’t diminish the disappointment and heartbreak I’m sure you all are feeling at this moment. I feel it with you. I know this is hard news it is that we now have a decision made and there will be no games or events. If I can find any comfort from this bad news it is that we are all together.

To the senior athletes who are all feeling at this moment, I have faith this experience will make you better and stronger for the challenges in your lives. I feel it with you. I know this will diminish the disappointment for students who could not compete in their spring season. In addition to this letter from Athletic Director Clark, individual coaches also penned letters to their teams. The Mission Times Courier urges our readers to take a look at the heartfelt messages the Henry coaches wrote for their teams at ph patriots.net.

*To read letters from spring sports coaches and see team photos and individual photos of senior athletes, visit ph patriots.net.*
Thank you Henry administrative professionals

In April, we typically celebrate Administrative Professional Day with gifts and an amazing team lunch where we sing and give out special prizes. Unfortunately, with COVID-19 we were not able to celebrate them. I would like to say thank you to the following leaders at our school for their support and help throughout our school year:

**Admin. Asst. John Ortler** — Calendar writer, rental organizer, timekeeper, with a work ethic that never quits, who is the quarterback of our Henry team.

**Admin. Aide Lorrie Harper** — Principal secretary and support, volunteer coordinator, and teacher support.

**School Clerk 1 Nancy Passmore** — The true mother of PHHS who helps every teacher and visiting teacher, answers phones, work with coaches, and is the most positive employee I know.

**School Typist Nita Brown** — Assisting with library books and attendance.

**School Clerk 1 Carlos Luna** — Bilingual support to our attendance office, transportation support, and a great voice to talk to when you need help at Henry.

**School Clerk 2 Chris Gennung** — Attendance leader, registration support, always ready with a kind word to help you manage a crazy contract.

**Health Tech Aide Vicki Tully** — A friendly face in the nurse’s office ready to help especially this year when we had many fevers flying through the office.

**Site Tech Angie Figueroa** — Keeper of records, master schedule designer, and support to teachers when inputting grades.

**Financial Secretary Lucia Pineda** — Everyone needs a Lucia in their life because when the auditor comes, we look wonderful, thank to her ability to sell tickets, give refunds, purchase supplies, and help us with our finances.

**Library Tech Patricia Saenz** — Rookie to our team but mighty in the library, ready to help us transform it back to a place for students to be together when we’re done with this COVID-19 disaster.

**Media Tech Jim Spradlin** — Responsible for every computer on campus, passwords, the servers, and all the things we truly need to work at Henry right now.

**Registrar Vera Li** — She is the secret sauce when it comes to getting into college, always ready with a transcript and able to get it where it needs to be in a rush.

**School Clerk 2 Sub. Claudia Hernandez** — Ready to help us even when we’re not in school to recognize our seniors with an Award’s celebration.

### PHHS takes first in EDCO Recycling Challenge

Congratulations to Patrick Henry High School for being named the first place winner in the high school category of the 2019-20 EDCO Recycling Challenge. PHHS waste reduction and increased recycling resulted in a 40.86% waste diversion rate, garnering Henry the top District honor and a $1,250 prize award. This is the third year in a row that Henry has placed in first place with the closest high school (UCH High School) being at a 30.85% waste diversion rate.

The goal of the Recycling Challenge is to reduce waste and increase recycling in our schools to facilitate compliance with state law requiring school districts to divert 75% of our waste

**Henry student selected as finalist in DNA essay contest**

Patrick Henry High School is pleased to report that Emerson Utgaard’s (Class of 2022) essay was selected as a finalist for the American Society of Human Genetics’ (ASHG) 2020 DNA Day Essay Contest. Only 2% of submitted essays were selected as finalists. Emerson’s essay was judged among applicants from all over the world and her essay placed her as an Honorable Mention certificate winner.

This contest is open to students in grades 9-12 worldwide and asks students to examine, question, and reflect on important concepts in genetics. Essays are expected to be well-reasoned arguments that indicate a deep understanding of scientific concepts related to the essay question. ASHG members evaluate the essays through three rounds of scoring.

ASHG received essays from about 850 students from 39 U.S. states and 28 non-U.S. countries, who explored ancestry testing and cultural heritage. Nearly 300 ASHG members evaluated the results for accuracy, creativity, and writing. Since 2006, ASHG has led the contest annually and seeks to spark excitement and learning among the next generation of genetics professionals and foster greater genetic literacy among the general public.

This year, students were asked to research types of information they could learn about their genetic ancestry through three types of genetic testing — Y chromosome testing, mitochondrial DNA testing, and autosomal DNA testing. Students were then asked to compare and contrast this genetic ancestry information with their cultural heritage.

With genealogy websites such as Ancestry.com and 23andMe becoming increasingly popular each year, we were interested in bringing science students’ attention to the promise and some of the potential complexities raised by these tests, including how the information you learn may conflict with the information you know, especially as it relates to your family traditions and culture,” said Joseph Shen, MD, PhD, an associate professor at the University of California, San Francisco–Fremont campus and a member of ASHG’s Public Education and Awareness Committee. “The goal of the question was to get students to understand ancestry testing in a more scientific way, by researching the three types, and in a personal way, by analyzing how the information may impact a consumer.”

National DNA Day, celebrated annually on April 25, commemorates the discovery of DNA’s double helix structure in 1953 and the completion of the Human Genome Project in 2003, two key milestones in genetics.

ASHG will award monetary prizes to winning students as well as grants for genetics laboratory equipment to eligible teachers. The first place winner, Anisha Parsan (from Clements High School), received a $1,000 prize. Honorable mentions were awarded to 11 students, each of whom will receive a $100 monetary prize, and PHHS is proud to have Emerson be eligible for this recognition and award. Her AP Biology teacher, Mr. Andy Mangahas, was very proud of her participation and recognition as well. He stated, “As students learn about genetic testing and DNA sequencing they begin to understand how these concepts may have a direct effect on themselves or a loved one. I’m so excited for Emerson’s current and future accomplishments.”
The San Diego Union-Tribune has cancelled their recognition of San Diego County athletes this spring due to COVID-19. We want to make sure that we honor our upper-classmen who have achieved above a cumulative 3.0 GPA (Grade Point Average) in a public way as these spring student-athletes have exemplified the very essence of success in our classroom and the arena of athletics.

According to athletic director Cody Clark, “The data is incredibly in favor of the link between education-based athletics and high level of academic achievement. For our Spring 2020 athletic programs we have a total of 191 upper-classmen participating in all our programs. From that total we had an incredible 163 (85%) earn recognition for making the all-academic team! An incredible 52 student-athletes achieved over a 4.0 GPA!”

We are proud to share the results of our student athletes for the spring semester with their grade level and GPA as follows:

2020 Spring All-Academic Team

<table>
<thead>
<tr>
<th>Subject</th>
<th>Male Students</th>
<th>Female Students</th>
</tr>
</thead>
<tbody>
<tr>
<td>Men’s Golf</td>
<td>Colby Barnett (11) – 4.0</td>
<td>Travis Martinez (12) – 3.78</td>
</tr>
<tr>
<td>Men’s Lacrosse</td>
<td>Enrique Arredondo (12) – 3.89</td>
<td>Charles Bard III (11) – 3.45</td>
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<tr>
<td></td>
<td>Luke Carpenter (11) – 4.16</td>
<td>Jack Crockett (12) – 3.91</td>
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<td></td>
<td>Kai Cinco (12) – 4.1</td>
<td>Garrett Wills (12) – 3.98</td>
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<td></td>
<td>Kyle Wilkie (11) – 3.7</td>
<td>Kyle Wilkie (11) – 3.7</td>
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<tr>
<td></td>
<td>Aaron Wright (12) – 3.21</td>
<td>Aaron Wright (12) – 3.21</td>
</tr>
<tr>
<td>Men’s Soccer</td>
<td>Ian Balcazar (12) – 4.26</td>
<td>Eamonn Gribbins (12) – 3.49</td>
</tr>
<tr>
<td></td>
<td>Ben Hall (11) – 4.22</td>
<td>Sydney Florence (11) – 3.32</td>
</tr>
<tr>
<td></td>
<td>Justin Hersh (11) – 3.57</td>
<td>Deanna Paton (11) – 3.83</td>
</tr>
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</tr>
<tr>
<td>Women's Lacrosse</td>
<td>Nicole Amanico (11) – 3.83</td>
<td>Emma Bailey (12) – 4.07</td>
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<tr>
<td></td>
<td>Isabelle Berkoben (12) – 3.8</td>
<td>Gianna Bertsche (11) – 4.03</td>
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<tr>
<td></td>
<td>Gabrielle Bravo (12) – 3.8</td>
<td>Giovanna Di’Agostino (11) – 3.53</td>
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<td></td>
<td></td>
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<tr>
<td>Women’s Swim &amp; Dive</td>
<td>John Waczek (11) – 4.17</td>
<td>Zachary Shireling (11) – 3.45</td>
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<tr>
<td></td>
<td>Max Jones (11) – 4.16</td>
<td>Jabril Adan (11) – 3.45</td>
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<td>Alex Leb (11) – 4.17</td>
<td>Noon Angulo (11) – 3.42</td>
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<td></td>
<td>Aiden Davis (11) – 3.85</td>
<td>Darrin Billingsley (11) – 3.23</td>
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<td></td>
<td>Bennett Walker (11) – 3.24</td>
<td>Christian Romero (11) – 3.03</td>
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<td>Angela Acosta (11) – 3.92</td>
<td>Andrea Salkudo (12) – 4.07</td>
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<td>Bennett Walker (11) – 3.24</td>
<td>Zachary Shireling (11) – 3.55</td>
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<td>ardell Walker (11) – 3.24</td>
<td>Ryan Spaulding (11) – 4.38</td>
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<td>Camden DeLuca (11) – 3.18</td>
<td>Pammitt Stoup (12) – 3.35</td>
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<td></td>
<td>John Waczek (11) – 4.17</td>
<td>Joseph Sumner (11) – 3.65</td>
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<td></td>
<td>Matty Maione (11) – 3.85</td>
<td>Alonzo Robles (11) – 4.34</td>
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<td></td>
<td>Cameron DeLuca (11) – 3.18</td>
<td>Jack Turner (12) – 3.7</td>
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<td></td>
<td>John Waczek (11) – 4.17</td>
<td>Uriel Uribe (10) – 4.0</td>
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<td></td>
<td>Austin DeOreo (11) – 3.65</td>
<td>Nathaniel Suzuki (12) – 4.35</td>
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<td></td>
<td>Alex Miskel (11) – 3.03</td>
<td>Bennett Walker (11) – 3.27</td>
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I want to honor and celebrate each member of our 2020 Patriot Athletics Senior Class. Go Patriots! —J. Cody Clark is athletic director at Patrick Henry High School.

from landfill disposal by 2020. Winners were determined based on overall waste diversion (i.e. waste, recycling services), bin fullness and weight surveys, and level of recycling education and outreach programs implemented on campus through March 20, 2020. Results were also based per capita student enrollment.

It’s nice during the month of April to appreciate the work our students and staff have done in terms of recycling each year. Kudos go out to Lara Dickens and the Environmental Club: to our amazing NJROTC team: headed up by Mr. Ron Flaherty; and finally to our committed custodial staff: headed up by Plant Operations Supervisor Cathy Murphy. This team has won first place the last three years in a row and keeps the setting the bar higher and higher for other schools to try to meet!

—Elizabeth Gillingham is principal of Patrick Henry High School.

Sports letter continued from Page 9

student-athletes. The greatest sadness goes out to our 2020 senior class. You all rose to the high expectations of a student-athlete and have gone through the unique challenge of developing as leaders. You leave a legacy that Patriot Athletics and the entire PHHS community will build upon for years to come. There are so many memories of you all sharing the heights of competition, community, perseverance, smiles, sweat, grit, and laughter that I will carry with me. It is appropriate to recognize all our seniors who showcased their skills and talents and cultivated their character these last four years. I thank all of you from the bottom of my heart for allowing us to be a witness to such incredible growth. We will do what we can in some small measure to honor and celebrate you all knowing nothing will replace the joy of doing what you love with the people you have spent last four years with.

I hope all of you carry with you the unique experiences of a student-athlete into the next phases of your lives. You are equipped with the grit and tenacity to find solutions to the greatest challenges and push through momentary difficulty and disappointment to achieve greater things. I pray that your life skills will undoubtably help you achieve all your goals in your adult life.

I want to honor and celebrate each member of our 2020 Patriot Athletics Senior Class. Go Patriots!
In its now 60 years of operation serving the San Diego community, Allied Gardens-based Ideal Plumbing Heating Air Electrical has weathered a lot of ups and downs in the economy. “We have — and that’s been a kind of blessing,” said owner Don Teemsma Jr. “They’ve not all been great years, so those experiences sort of help you understand how to adapt and change and make the right adjustments for what you have to do.”

In this current economic storm caused by a once-in-a-century pandemic event, Ideal has made some temporary changes to its operation, including closing its office at 5161 Waring Road to walk-in traffic and switching to a by-appointment-only schedule.

Four easy ways tech can help grandparents bond with younger family members

Grandparents: a word often associated with presents, special outings, yummy food and unconditional love. Yet many Americans don’t talk to, or see, their grandparents as often as they’d like. Here are four ways technology can help you connect with your grandparents.

1. Messaging Apps

A recent study revealed that 73% of grandparents own smartphones. Messaging apps like WhatsApp or Talkatone are a great introduction to texting for grandparents.

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. Keep your grandparents updated with an app like Keepy, an interactive platform for sharing school projects and artwork.

4. Social Media

Start a private Instagram account where you can post photos and videos. Grandparents have lots to share, so encourage them to make their own Instagram handles and record their stories. This can be a unique way to learn about your grandparents’ past, pass down family memories or share family recipes.

Snapchat is another option for sending and receiving custom pictures or videos with a variety of fun filters and lenses.

How to Help Your Grandparents

Only 44% of grandparents identify as tech-savvy.

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.

Connecting generations through technology

The staff of Ideal Plumbing Heating Air Electrical are celebrating the company’s 60th year of business this year. (Photo courtesy Ideal Plumbing)

IDEAL 60,

Don Teemsma Jr. in an early service truck

Don Teemsma said, “It’s quiet anyway but it’s amazing how different our operation is now.”

Like almost every other business one can think of, Ideal has seen a drop in customers for its services, which include plumbing, heating, air conditioning, electrical and remodeling work. Teemsma said that is likely a combination of potential customers wanting to limit the number of people they come in contact with and lowered incomes during the pandemic.

Even so, Teemsma said, there is still “quite a bit of essential business being done” because repairs to a home’s water and sewer system is vital, as his plumbing association’s motto states: “A plumber protects the health of the nation.”

For the over 50 employees at Ideal, Teemsma said he has been as accommodating as he can. Some took the time off because they or a family member is in a population vulnerable to COVID-19.

“But the employees that can work are back to work in some limited capacity,” he added. “We were very lucky to get the PPP [Paycheck Protection Program] loan so that’s been a real blessing to us ... to take care of our employees and make sure they are covered, at least for that eight-week period.”

“The big box stores came of age, like Home Depot, it just didn’t make sense to compete in that space,” Teemsma said. “And we needed the room for what our core business was.”

After 30 years on the north side of Waring, Ideal moved to its location on the south side — a space in a strip-style shopping center that used to house a drug store.

The new location allowed the company to grow and offer new services like air conditioning, electrical and kitchen and bath remodeling.

Although Don Jr. said he grew up in his father’s plumbing business since he was 10 years old, it wasn’t until the early 1980s that he started taking on the responsibility of running it. Don Jr. officially took over Ideal in 1991 and has been growing the business steadily since.

In addition to founding Ideal, in 1981 Don Sr. started a second business, Mission Valley Pipe & Supply on Mission Gorge Road, which he owned and operated until June 2019 when Ferguson Enterprises purchased it. Don Sr. passed away in February of this year, having lived to see the first company he founded reach its 60-year milestone.

COMMUNITY SERVICE

In addition to growing its business service in San Diego, Ideal has also grown its community service, especially in the Navajo community.

“My dad was a good mentor for me in that regard. “He had always been deeply connected to the community in a lot of different ways,” Teemsma said, adding that his father had served as president of the Del Cerro Action Council; was a bishop in the Mormon church, ministering to students at SDSU; served on the board of the Salvation Army’s foundation; served on the grand jury; and often donated to local representatives, candidates and groups.

When Don Jr. took on more responsibility running Ideal in the early 1980s, he continued in his father’s civic-minded footsteps, first by getting involved with groups like the Allied Gardens-Grantville Community Council and the Navajo Flammers.

“At the time, there was a big interest to put a median down Waring Road. I got involved with putting that in. And the Jacaranda Bowl, which is kind of a tree grove of Jacarandas as you come up Waring Road. I got involved with that,” he said, adding that serving local groups and causes helped introduce him to more people in the community.

Teemsma also donates time and money to Rotary International and the San Diego Fire & Rescue Foundation.

“After the fires in 2002 and 2007, I saw the devastation from that and the great work the fire department did,” he said. “It brought me back to the days when my grandparents lived in the Normal Heights area and their house almost burned down, so I’ve always had a great affinity for the fire department.”

Recently, Teemsma has helped the Fire & Rescue Foundation

Mission Times Courier
May 8 – June 6, 2020

IDEAL 60, Page 13

By JEFF CLEMETSON

“Not having the store open has really made it quiet here,” Teemsma said. “It’s quiet anyway but it’s amazing how different our operation is now.”

“...the Normal Heights area and the San Diego Fire & Rescue Foundation, where you can post photos and videos. Grandparents have lots to share, so encourage them to make their own Instagram handles and record their stories. This can be a unique way to learn about your grandparents’ past, pass down family memories or share family recipes.

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The staff of Ideal Plumbing Heating Air Electrical are celebrating the company’s 60th year of business this year. (Photo courtesy Ideal Plumbing)

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purchase AED defibrillator machines for public spaces, making them available for anyone to use to save the lives of people going through cardiac arrest.

“It has been a really interesting journey,” he said. “Of all the things I got involved in, [public service] is all about helping people and being good and being available to give a little bit of money here and there where I can and try to be good citizen.”

Another community service, which is sponsored by Ideal, is sponsoring the free First Friday concerts held on the first Friday of the month in Allied Gardens Community Park — and the free hot dogs offered there as well.

In its first year, Ideal was the title sponsor of the First Friday concerts and to “get the ball rolling” with a good turnout, Teemsma invited his employees and their families to attend and enticed them with a free picnic. The large group comprised of Ideal’s nearly 50 employees and their families also enticed other concert goers. “People were coming over and asking ‘How much are the hot dogs? How much are the hamburgers?” Teemsma said. Because the hot dog feed wasn’t supposed to be a money-making venture, Ideal found itself at the center of yet another community-serving enterprise. “We started feeding people the extra food and it was really fun.”

After the first year of giving out extra food, Ideal planned on and advertised the free hot dogs the second year. As the demand for more and different food grew, Ideal brought in financial help from the company’s vendors and suppliers who are “just as excited as we are to do it,” Teemsma said.

“We just started feeding people and it’s been great and we’ve done it for five years now.”

Giving back to the community — like giving out hot dogs at local concerts — is just one of the aspects of Ideal that Teemsma credited with the company’s longevity. “My advice [to other businesses looking to last] is to build relationships with your customers, do the job right the first time, and always be available,” he said. “We do very little advertising and it’s truly a relationship business. I think giving back to the community helps that connection. And take care of your employees because they really are the heart and soul of your company.”

—Reach editor Jeff Clementson at jeff@sدنews.com.
Just passing through the park: Wilson’s Warbler

By MILLIE BASDEN

For just a few weeks each year, a small, bright yellow bird visits Mission Trails Regional Park.

Wilson’s Warbler (Cardellina pusilla) spends winters in Mexico and Central America. From about the middle of March until the end of May each year, Wilson’s Warblers can be seen in the park as they pass through the area on their way north to their breeding grounds. Some will nest in Northern California; others continue as far as northern areas of Alaska and Canada.

Like most warblers, they are active birds, hardly ever sitting still. They forage in willows, oaks, and other trees, usually near water, looking for caterpillars, spiders, aphids, flies, and other insects. In addition to glean-ing prey from leaves, they will sometimes sally out to catch an insect in flight.

The male Wilson’s Warbler has a black cap. The top of the female’s head is olive, like the back and wings of both sexes. In both males and females, their black eyes really stand out in their solid yellow faces.

The warbler was named after Alexander Wilson, sometimes called the “Father of American Ornithology” who lived from 1766 to 1813.

As is true for many of our birds, the number of Wilson’s Warblers is in decline, mostly due to loss of habitat in all areas (breeding grounds, wintering grounds and migration path).

If you don’t catch sight of a Wilson’s Warbler this spring, you will have another chance for a few weeks beginning in mid-August when they pass through again on their way south for the winter.

—Millie Basden is a Trail Guide at Mission Trails Regional Park.

A Wilson’s Warbler in Mission Trails (Photo by Millie Basden)
Neighbors return to adventure in Mission Trails

At the time of this printing, Mission Trails Regional Park (MTRP) is only open to its neighbors, those within walking distance to the park. Cowles Mountain and, by extension, Pyles Peak are closed until further notice, as is the Visitor Center. Kumeyaay Lake Campground, and the trail around Lake Murray. We look forward to healthier times when everyone can once again enjoy the entirety of the park. (Please note that you can find out the latest about the park’s status on the homepage of our website: mtrp.org.)

For those who follow Mission Trails and hiking forums on social media, you’ve likely read park users’ posts about how much they miss MTRP. When the park partially reopened to neighbors a few weeks ago, many families shared photos from the park, including Holly, who lives near Mission Trails Regional Park with her family.

Before Mission Trails closed temporarily due to the Covid-19 pandemic, Holly and her son, Dylan, would hit the trails a couple times per week “to adventure” as the eight-year-old calls it. Holly’s family lives in a condominium with no yard and Mission Trails is just a couple hundred feet from their front door; they affectionately refer to the MTRP as their “backyard.”

“We just love connecting with nature and watching how the plants and grass change with the seasons,” Holly shared. “My son constantly comments on the beauty of the views, flowers, and wildlife we come across.”

Recently, Holly and Dylan went for an early morning adventure, hiking up to North Fortuna, encountering only a few people and one snake along the way. On the walk, Dylan found a heart-shaped rock, which he enjoyed then left for another hiker to discover.

“We cherish the park,” Holly wrote. “Our family feels so fortunate to have wilderness right outside our front door.”

—Jennifer Morrissey is executive director of the Mission Trails Regional Park Foundation.

Water project underway in Mission Trails Park

The Water Authority is building a new flow regulatory structure to upgrade the untreated water system in the northwest area of Mission Trails Regional Park. When complete, the project will upgrade the untreated water system that delivers water to treatment plants that serve the central and southern areas of San Diego County.

Construction is taking place Monday through Friday between 7 a.m. and 7 p.m. and will close some trails in the western portion of the park. Trail closure signs, including a park map showing alternate trails are posted to help park users navigate the trails.

The project currently underway will construct a new 5-million-gallon underground covered reservoir, a flow control facility and pipeline interconnections.

The reservoir will be covered with soil and vegetation, except for several access hatches and vents that allow for air movement inside the reservoir.

This work is part of a suite of projects called the Mission Trails Project located in the western portion of the park. In 2010, a new pipeline tunnel, removal of existing blue vent stacks and a new all-weather crossing of the San Diego River was completed. Construction of the flow regulatory structure portion of the project was planned to begin soon after but was delayed by the Water Authority’s Board of Directors in early 2011, citing increasing water rates due to lower water demands.

The contractor set up work areas in March and started construction in April. Work is scheduled to be complete in early 2022.

Nearby residents will see an increase in construction traffic on Clairemont Mesa Boulevard, Calle de Vida, Portebole Drive and Antigua Boulevard as well as in and near the western portion of Mission Trails Regional Park. Construction vehicles will use park trails to access work areas.

Prior to starting construction, the Water Authority conducted habitat management activities that allowed the safe and humane relocation of small mammals and amphibians outside the work area. This work was in accordance with federal and state environmental permits to help protect and preserve sensitive species.

Environmental fencing placed around work areas closed off trail access in these areas to prevent animals from returning to the work areas.

For more information about the project and to access work areas, please visit the Water Authority’s Board of Directors website: sdcwa.org/mtrp.

WE WANT TO HEAR FROM YOU

In light of the Mission Trails Regional Park (MTRP) Visitor Center’s temporary closure due to the Covid-19 pandemic, the MTRP Foundation will soon offer an online educational programming.

To this end, we’ve created a survey so that the community can help us determine and prioritize our online offerings.

To participate in the survey, please visit our website homepage at mtrp.org for the link. The survey will take approximately five minutes and closes on Sunday, May 17.

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Mission Trails Regional Park Foundation
By JENNIFER MORMESEY

Water project underway in Mission Trails Park

The Water Authority is building a new flow regulatory structure to upgrade the untreated water system in the northwest area of Mission Trails Regional Park. When complete, the project will upgrade the untreated water system that delivers water to treatment plants that serve the central and southern areas of San Diego County.

Construction is taking place Monday through Friday between 7 a.m. and 7 p.m. and will close some trails in the western portion of the park. Trail closure signs, including a park map showing alternate trails are posted to help park users navigate the trails.

The project currently underway will construct a new 5-million-gallon underground covered reservoir, a flow control facility and pipeline interconnections.

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San Carlos Area Council news

By PATRICIA MOONEY

San Carlos Area Council meetings are now on hiatus until further notice. If you wish to be added to the Interested Persons List, or have a topic you would like to learn or give a presentation about, please contact San Carlos Area Council vice president Patricia Mooney at pattycrystalpyramid.com.

COMMUNITY

Allied Gardens/Grantville Community Council news

By SHAIN HAUG

It is impossible to predict when circumstances will allow us to return in-person meetings of the board of directors and of the town hall meetings for the general public. Even when the city opens Benjamin Library, our usual meeting place, many of us will continue to be reluctant to engage in close personal contact. The Allied Gardens Grantville Community Council board has decided to hold the meetings online for the foreseeable future.

AGGCC remains interested in addressing the issues that are important to you. We continue to guide your participation and discussion as we discuss the matters important to our daily lives. We need your participation. During this year’s town hall meetings we will bring to the community matters such as: participation in the work of San Diego Canyonlands in Navajo Canyon, the expertise of Dr. Pat Abbott about the geology of the Navajo area, the imposition of state-wide legislation on our local neighborhoods and zoning, support of the San Diego River Conservancy; presentations by candidates for the offices of Mayor and Council District 7. and the policies we would like the city to enact on surveillance technology and Community Review Board on Police Practices. We need you to attend.

Our next meeting of the general public — the May 26, 6:30 p.m. town hall meeting — will be conducted online using the Zoom application. The agenda will be limited to presentations by our SPDID Community Service officer and representatives of local officials, and to our annual nominations and elections of members to the board of directors and of board officers. The slate for officers is: president, Shain Haug; vice president, Annie Knoop; secretary, Julie Stollenwerk; and treasurer, John Kunkel. The formal agenda will be posted on the website during the week of May 18, 2020. If you are interested in attending the May 26 meeting, you can reach us through our website and by way of email at the address given below. Once you have told us you are interested in attending the meetings we will send you instructions on how to join the meetings and the current code to enter the meeting. It will be pretty easy if I could figure out how to do it (I know that you will be able to). Simply go to zoom.com and enter the code number in the space provided. This will connect you with us and we will be there to assist you with your participation. There will also be a telephone number by which you can participate without a computer.

The Zion Avenue Tree Project is one of AGGCC’s efforts to enhance and improve our community. The project was awarded Best Urban Forestry Project of 2018 by the California Urban Forests Council. 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 sfrost577@gmail.com.

The AGGCC Board of Directors meetings are open to the public. We meet on the first Tuesday of each month at 6:30 p.m. The next meeting of the board of directors will be on Tuesday, June 2. The agenda will be published on about Saturday, May 30.

—Shain Haug is the President of the AGGCC. Reach him at aggccshain@yahoo.com and be added to the regular email contact list. Visit aggccouncil.org.

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Doctor
Dry Cleaner
Electrician
Financial Planner
Florist
Furniture Store
Garden Supply
General Contractor
Gift Shop
Gym (Bowling)
Handyman
Hair Salon
Hardware Store
Health Food Store
Home Care/Caregiver

Hospital
Hotel
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Jewelry
Locksmith
Marine/Pedicure
Massage
Marital Arts Studios
New Business
Optometrist
Office Supply / Shopping
Personal Trainer
Pet Boarding / Day Care
Pet Groomer
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Solar Company
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Tanning Salon
Tattoo / Piercing Studio
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Veterinarian
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Yoga Studio

ENTRY RULES: Choose your favorite local businesses! Tell us who the best of the best is and you’ll be entered into our free drawing for a chance to win great prizes from our local sponsors. Please complete at least 50% of the ballot.

Entries must be at least 18 years old. One ballot per person. Ballots must be mailed, hand-delivered, or be submitted online by JUNE 8TH. 2020 Online Ballots can be filled out at: https://forms.gle/kb677doea2mAnC2sL

CONTACT INFO (must be filled out for your votes to be counted):

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City / Zip: ________________________ Phone: ___________________________
Daytime phone: __________________ E-mail: ___________________________

AGGCC Board Member, Sophia Frost at sfrost577@gmail.com.

San Carlos Area Council vice president Patricia Mooney at pattycrystalpyramid.com.

“Baby Horny Toad”

As we continue to socially distance ourselves and life as we know it continues in a surrealistic mode, we’ll keep on sharing photos of “Life During the Coronavirus.”

—Patricia Mooney is vice president of the San Carlos Area Council. Email pattycrystalpyramid.com.

“Thanksful for Grapefruit” (Photos by Patty Mooney)
San Carlos Library news

Free Comic Book Day was created in 2002 in an effort to get more customers into retail comic book stores. The first Saturday in May was established as the annual day for the event. Retailers across the nation offer free comics and coordinate large fan events; they have artist signings and costume contests to draw in crowds. Many comic book publishers offer special edition comics to support the retailers who promote the hobby.

For the past three years, the San Diego Public Library has partnered with local comic book publishers, IDW, to distribute free comic books to our communities. All of our libraries hold special programs including Superhero Storytimes, How-To Draw Superheroes Classes, Costume Contests and Superhero Crafts. The program has been growing with each year with 2,100 comic books given away in 2017, 2,400 comic books given away in 2018 and 3,500 given away in 2019.

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

Del Cerro Action Council news

Del Cerro remains quiet as we all cope with the restrictions during this time of the COVID-19 virus. As you periodically drive through Del Cerro and any of our surrounding communities, it is obviously very quiet with very little activity on our streets. Residents are certainly walking much more — with more family members than usual and often with the family dog. Everyone appears to be abiding by the social distancing and now the requirement of wearing a mask when outside and within six feet of a nonfamily member.

It is encouraging to see neighbors social distancing on a drive-way to commiserate with their neighbors while enjoying a beer or cocktail. It is also comforting to daily see a family interacting with one another for a game of whiffle ball in their front yard or safely in the street. Princess del Cerro Park is inching its way back to life. And now individual families are returning to the Princess del Cerro Park to kick a soccer ball and/or throw a Frisbee. The children’s playground and the park tables and benches remain off limits.

The "Stay Home, Stay Safe" signs are gone, but in speaking with a couple of real estate agents in the community, business is surprisingly good. The fact that real estate businesses have been using virtual tours of homes for several years has helped. It is not something totally new. If a tour of a home is a must, appointments are necessary and potential buyers often must sign an agreement not to touch anything, wear a mask, and even wear booties while touring a home.

Fortunately, as you drive by the shopping center on Del Cerro Boulevard, you see cars in the parking lot to re-ensure you some commerce still exists in our neighborhood and you can still buy staples like milk, bread, meat and potatoes, and even indulge yourself with a bottle of wine and/or ice cream. On behalf of the Del Cerro Action Council board of directors, we urge you to support our local businesses that remain open.

Now we all still have time to smell the roses, Stay healthy and enjoy your day.


Libraries / Community

Allied Gardens/Benjamin Library updates

By KATHRYN JOHNSON

Despite being closed to the public, staff at the Allied Gardens/Benjamin library are hard at work utilizing the machines from our beginning sewing class to sew masks. At present, we have about 25 on hand that will be used by the city for employees and those we serve. If you are interested in helping by donating handmade masks, as well as other items, they are being accepted via San Diego’s donation portal at getdonated.force.com/EmergencyHome.

Staff at various library locations are working on an online exhibition so be sure to check out the San Diego Public Library website. On the lower portion of the homepage there are several tiles that link to our virtual programming. Thinking about dusting off your bike? Be sure to watch the “Bike Kitchen” videos pertaining to maintenance and repair. Finally getting around to reading those classics you somehow missed? Join in the “Bucket List book club.” Interested in listening to music and listening to a classic novel? Tune into the “Tea with Jane Eyre” read aloud. Our website has content for all ages and interests.

For our younger readers, Mary Osborne and other children’s authors are providing a wealth of free online content. Another fun opportunity on our library’s Facebook page is “A Science of Sourdough Project” to capture wild microbes and turn them in to bread — for science. (Many of our readers may recognize the sourdough scientist.) Details and sourdough science can be located on our Facebook account at facebook.com/alliedgardenslibrary.

All San Diego public libraries and their book drops continue to be closed to the public until further notice. Please keep an eye on our website for more information or feel free to call us with any questions 619-531-3970. Staff is on site Monday through Friday 9 a.m. to 5:30 p.m. and we are happy to answer any questions you may have.

—Kathryn Johnson is managing librarian of the Allied Gardens/Benjamin Branch Library.

Masks for donation to city (Courtesy Allied Gardens Library)

This invaluable website offers content so be sure to check out our surrounding communities, it is obviously very quiet with very little activity on our streets. Residents are certainly walking much more — with more family members than usual and often with the family dog. Everyone appears to be abiding by the social distancing and now the requirement of wearing a mask when outside and within six feet of a nonfamily member.

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Now we all still have time to smell the roses, Stay healthy and enjoy your day.


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News briefs

Continued from Page 15

times worse than 9/11, with forecasted occupancy rates for 2020 hitting record lows worse than rates in 1913 during the 1918 influenza pandemic.

“For the hotel industry our priority is rehiring and retaining our hard-working employees who provide our vibrant industry,” said Chip Rogers, President & CEO of AH&LA. ‘‘Jupiter and Waldorf-Astoria were one of the first industries affected by the pandemic and will be one of the last to recover. The CARES Act was an important first step with a lot of supportive measures for the hotel industry, but we need Congress to make important changes to the program to reflect the current economic reality and help the employees in the industries that have been impacted the most.’’

Due to the dramatic downturn in travel, properties that remain open are operating with minimal staffing. On average, full-service hotels are using 14 employees, down from 50 before the crisis. Resort hotels, which often operate seasonally based on the area’s peak tourism months, averaged about 90 employees per location as recently as March 1 and are down to an average of five free employees per resort today.

As travel halted in late February, the hotel industry took immediate action to work with the White House and Congress to help hotel industry employees and small business operators, which represent 61% of hotel properties in the U.S. “The hotel industry is at a critical juncture. We need more resources to survive this unprecedented time,” said Rogers. “Additional funding is vital for small business owners across America, including tens of thousands of small business hoteliers, so that they keep their doors open and rehire and retain millions of employees.”

To view the report, visit bit.ly/2KWA50.
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We are taking every precaution to keep our employees and customers safe through these uncertain times. The health and safety of our employees, customers, vendors, and community is our top priority. In response to COVID-19, we have implemented company-wide procedures based on CDC recommendations. To learn more about our COVID-19 Response Plan, please visit our website idealservice.com

Thank you for contributing to our annual Food Drive! The total collections weighed in at over 2,700 pounds. We look forward to hosting again in March 2021.

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