Social workers provide key support to struggling families

By Kendra Sitton

Social work is a challenging profession at all times, but a year in pandemic meant many local social workers had to adapt quickly to changing conditions in order to serve some of the people most affected by coronavirus.

“I’ve come across countless individuals who are unemployed and became homeless at the beginning of the pandemic or during and have connected their homelessness directly to the pandemic,” said Rosalías Read.

As a social worker for Home Start, she does outreach to unsheltered people in East County to help connect them to services and housing. However, many of those resources evaporated during the pandemic. There are also waitlists for emergency shelters and permanent housing as the number of people experiencing homelessness rapidly increased in the past year.

Karina Hernandez, another social worker with the nonprofit organization Home Start, also works with unsheltered individuals, particularly transition age youth who are 18 to 24. She found assisting them to be a challenge this year because there were not many available jobs.

“With the lack of the opportunities for employment, it has been really hard,” she said.

“People who are transition age youth are experiencing homelessness,” she said.

Karina Hernandez works with transition age youth who are experiencing homelessness. (Photo courtesy Karina Hernandez)

Vulnerable populations receive vaccine

By Kendra Sitton

83-year-old Floyd Flagg received the Johnson & Johnson vaccine on the morning of Monday, March 22 as part of a partnership between the Veterans Village of San Diego (VVSD) and Family Health Centers.

Flagg said his arm felt fine after receiving the vaccine. The only hesitation he had in receiving the vaccine was mixed messages doctors gave him about whether he needed it after previously fighting a case of COVID-19.

The frail Navy veteran explained that he “had the virus but [is] still kicking.” He hopes others get the vaccine as well because people are dying and many people have lost their jobs.

“Just get back to normal,” Flagg said. For Flagg, receiving the vaccine came after a year of chaotic moves. He was admitted to Grossmont Hospital with COVID-19 for six days. After being released, he stayed in one of the county-funded hotels until he tested negative for the virus. At that point, he was moved to the mass shelter at the San Diego Convention Center before finally transferring to the Veterans Village transitional housing.

An area in the transitional housing building was converted into an open area to administer the vaccine for the residents and a few alumni of the program who are enrolled in the VA (Veteran’s Affairs). Even an unsheltered veteran was able to walk into the clinic to receive the one-dose vaccine. The vaccination center being on site meant residents could easily access the vaccine and only have to make one trip before being fully inoculated. The effort from the VA, Family Health Centers and Veterans Village part of an ongoing effort to ensure that vulnerable populations disproportionately affected by the virus also receive the vaccine.

“Because we know that, we are trying to get those groups vaccinated,” Bryant said.

Veteran Johnny Bryant rests after receiving the vaccine. (Photo by Lisa Misraje)

Note from Toni

Needlecraft Cottage’s one year anniversary.

A veteran receives the vaccine at Veterans Village of San Diego. (Photo by Lisa Misraje)

Students from San Diego City College assist with vaccinations. (Photo courtesy SD City College)

Local firms go international

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Driver who killed three under house arrest

By Kayla Patson

A judge, citing the danger of COVID-19 in jails, ordered Thursday the release under house arrest of a 72-year-old driver who struck 10 unsheltered people on a sidewalk near City College, killing three of them.

Craig Martin Voss, who turned 72 in jail Monday, is restricted to his South Park home with the only exception to leave the house for medical appointments and for court.

Voss will not be released for several days because he has to be screened by a county program to set this up, both his attorney and San Diego Superior Court Judge Francis Devaney said.

Devaney ordered his driver's license surrendered and for him to wear a device that detects drug or alcohol use as well as a GPS monitoring device.

“I sympathize with a veteran with medical conditions, but I also sympathize with the three dead people,” said the judge.

Voss was arrested March 15 minutes after he drove into a tunnel at 9 a.m. on B Street west of Park Boulevard. It was raining at the time and perhaps 50 people or more were gathered in blankets and tents on the sidewalk. Police have since cleared out the area.

He is charged with three counts of vehicular manslaughter in the deaths of Rodney Dillard, 40, Randy Ferris, 65, and Walter Jones, 61. Seven more people were injured, but several did not want to go to a hospital and were treated at the scene.

Voss takes medications for his heart, diabetes, restless leg syndrome, and an antidepressant, said Deputy District Attorney Cally Bright. He had a stroke previously and the medications' side effect include dizziness and nausea, she said.

Bright opposed the release of Voss, suggesting the judge lower the bail from $1 million to $500,000. Bright said Voss takes approximately 10 medications and to date they do not yet know for certain if he was under the influence by those specific drugs or others.

“The danger to the community is just too high,” said Bright. “There’s no way to stop someone from getting behind the wheel of a car.”

Voss’s attorney, Kristen Haden, said Voss’s car was damaged and was impounded by police, so he cannot drive that one. She said his wife has a car, but she uses it to drive to a supermarket where she works.

“You will not drive a car,” said Devaney, who told Voss he could only leave his home for a medical appointment and also to attend the May 3 preliminary hearing.

Devaney set a Friday hearing to confirm whether Voss is successfully wearing a device that monitors his alcohol or drug use.

“Mr. Voss, good luck to you, sir,” said Devaney as the hearing ended.

Voss has pleaded not guilty to the three manslaughter counts and to numerous other counts involving serious injuries to the other people while under the influence of a drug.

Voss spoke on a video screen from the Vista Detention Facility. The lawyers also appeared remotely due to the coronavirus outbreak.

—Neal Putnam is a local court reporter.
Two of San Diego’s local landscape architecture firms are working on inspiring international projects in China and Qatar.

David McCullough, Principal, McCullough Landscape Architecture, is engaged with Zizhu HiTech Industrial City, a new urban innovation city in Shanghai China.

In 2016, McCullough was invited by Gafcon, Inc. to be the landscape architect for the industrial city, a new urban innovation city in Shanghai China. Today, this new city is home to innovative technology corporations, including Scandisk, Intel, and Microsoft, as well as to research and manufacturers of automation machinery, biotech, energy, smart vehicle, and semiconductor technologies.

The Zizhu project is being developed in phases. Phase one includes a lake, known as the “Purple Lake,” which will be surrounded by residential towers, yacht homes, a commercial district, lake gardens and a luxury hotel.

After the design and plan preparation for phase one was completed, McCullough and Gafcon were invited back for phase two, which includes enhanced amenities and features. Currently, these first two phases are well under construction with the Gafcon/McCullough team.

Recently, Gafcon retained McCullough to study gardens that will surround the luxury business hotel. Eventually called the “Purple Garden,” it will span nearly 100 acres, south of downtown Shanghai and will serve as an amenity for the hotel, the new town of Zizhu and several other southern Shanghai districts. Some of the amenities and features of the garden will include an imaginarian, an indoor arboretum, botanical gardens, an art academy, children’s playgrounds and adventure zones and much more.

“We are grateful to be involved in such an exciting, highly creative, and cutting-edge project and welcome the challenge,” said McCullough.

McCullough has offices in San Diego and Los Angeles. Visit their website for more information at mlasd.com

Patrick Baldwin, Partner, Burton Studio in Solana Beach, is challenged by Msheireb Downtown Doha. Branded the “Smart City with a Soul,” Msheireb Downtown Doha is nearly completed as of 2021. The Burton Studio’s work on the project began in 2010 and the final fourth phase of the project will be opening shortly.

Said Baldwin, “While our travels to the region has slowed, the

San Diego’s landscape architects inspired by international projects

Art on the Land

By DELLE WILLETT

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Rain, wind, and fire...

“The three menaces to any chimney, fireplace, or stove.”

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Needlecraft Cottage celebrates one year

Needlecraft Cottage opened last April with two new co-owners: Megan Hearle and Aaron Hughes. They took over this store which has been in Pacific Beach for 30 years. At a time when more people are staying home, needlework has become a new trend. People are looking for more DIY projects to do. The Needlecraft Cottage has you covered, offering needle crafts such as yarns for knitting and crocheting. They also carry beautiful fabrics for quilters. Quilting can be considered an art, a craft, or a hobby. In 2020 the size of the market was between 9-11 million quilters in North America.

I asked Hearle how they were affected by the Pandemic. She said they had to learn to adapt really fast and also how to sell products without people being able to come into the store. Since the pandemic, there is an even bigger demand for fabric to be used for making masks. The store did really well with this. The future goal is to bring in supplies and classes for cross stitch, embroidery, and other needlework.

Right now, they offer classes on Zoom but may change to in-person depending on San Diego’s tier level. Currently, they give a class to teach basic crochet stitches. They also offer a Sweater Club which has no cost to join. The only requirement that the customer purchase their yarn for the project through the Needlecraft Cottage. The projects for March and April are Winters Beach and Gramps. If you are having trouble with your project, customers can make an appointment for knitting troubleshooting!

The yarns are sold at different price points so if you are an inexperienced knitter or crocheter, you can come in and find an inexpensive yarn to try it out for the first time. If you are an experienced knitter, you can come in and find an expensive yarn for your project. Many people are allergic to wool or have extra sensitive skin and the store has yarns for them too.

Needlecraft Cottage also has “Knit Alongs” where people on similar projects can get together and work on their projects while having fun at the same time. They hope in the future to have in-person classes, a launch party to celebrate the opening and to attract a younger crowd. They are open from 10 a.m.-5 p.m. on Tuesday through Sunday. For more information visit needlecraftcottagesd.com.

—Diana Cavagnaro is an internationally renowned Couture Milliner based in the San Diego. Learn more about our Flat Designer, Teacher & Blogger at DianaCavagnaro.com

PUBLIC WORKSHOP/HEARING ANNOUNCEMENT

Please join the San Diego County Regional Airport Authority (Airport Authority) for a Public Workshop and Hearing on the 14 CFR Part 150 Noise Compatibility Study Update (Study) Thursday, April 8, 2021

5 p.m. to 6:30 p.m. – Public Workshop (Information and Questions)
6:30 p.m. to 8 p.m. – Public Hearing (Official Public Comment)

The Study is being conducted to identify and evaluate current and future noise effects caused by aircraft operations at the San Diego International Airport (SAN). The purpose of the Public Hearing is to obtain public comments on the Study.

The Draft document can be viewed on the study website, sanmosaicstudy.com, or at the Airport Authority’s Liberty Station office at 2722 Truxtun Road, San Diego, CA 92106. Viewing is by appointment only, please call 619-400-2389 to schedule.

In addition to verbal comments at the Public Hearing, members of the public are encouraged to submit written comments via the study website sanmosaicstudy.com or in writing to:

Mead & Hunt
Attn: Jen Wolchansky
5743 Wawasee Street, Suite 400 Denver, CO 80202

Comments will be accepted through April 21, 2021.

If you have a disability or require language translation, please call 619-400-2389 to discuss your needs with at least 48 hours notice.

UPCOMING EVENTS

April 7, 2021
Making Waves: Textiles Addressing Sustainability at Visions Art Museum with Professor Susan Lazear at 11 a.m. Registration is free. bit.ly/Saqqfil

April 16, 2021
Fashion Redux! Will be at 7 p.m. on zoom. This is a co-ordination between Mesa College and The San Diego History Center featuring a discussion panel with the top 4 Student designer. Registration at bit.ly/3HOpz

April 22, 2021
FWSD21 Spring Showcase from 6 p.m.-9p.m. For tickets visit: FashionWeekSD.com
Guest Editorial

The Way Forward: What democracy means

By Brian Schrader

Democracy, as a robust democratic society, is what has brought people into the fold—without them. It is the one that seeks to build a unified political front, looking to the collective power to lift up the downtrodden and work to further the public good.

In a broader sense, democracy is about a lot more than just voting and lawmaking. Democracy requires that we work to improve all aspects of our society. This is because, in order for it to function properly, democracy requires an engaged and educated electorate that has the resources and time to participate in civic life.

Regrettably, because of this, we must prioritize strengthening our education systems to ensure that people are educated, and especially so for those who lack a society where people can secure good paying jobs.

Democracy works best when we live beyond the public sector. Democracy can and should be more common in the business world today. Today, most companies are organized as de facto autocracies, and while a few trendsetters are worker owned, they are still, worker owned, they are de facto autocracies, and companies are organized as equal participants.

If you qualify, keep an eye on your accounts. You should receive the benefit the same way you have in the past, so either direct deposit, check or debit card.

Business PPP loans and California

Due to the pandemic, many businesses utilized the PPP loan program and subsequent debt forgiveness program. The IRS has said that the loan forgiven will be considered income and the expenses paid with the money would be considered income and the expenses paid with the money would still be deductible.

California does not agree with this currently and is requiring anyone who received loan forgiveness to offset their business expenses by the amount of the loan forgiven. The issue is that now there is legislation in California to change this and comply with federal rules. If this happens, businesses in California will be allowed to deduct expenses paid with the PPP loan as business expenses.

As you can see, we have had a lot of changes and there are still more that will likely be put through before year end. Consider working with a qualified CPA to benefit from all these last-minute changes to our Federal and state tax laws.

By Steve Doster

Here we are, just weeks away from April 15, and there have been a significant number of changes related to filing your 2020 tax returns and increased tax credits for 2021 taxes. Here is a quick summary of some of the most relevant changes and what they might mean for you.


The IRS extended back the filing deadline and payment deadlines for your individual Federal tax returns to May 17, 2021. While this is good news to many, there are a few very important things to note:

1. Some states have yet to comply with this. If you are living in a state that has not decided to change the deadline yet, you still need to file your state returns by April 15. California has moved to a state tax return filing and payment deadline to May 17 to match the IRS deadline.

2. 2021 first quarter estimated taxes are still due April 15. Even with the extension of the deadline by that date, you will still need to pay estimated taxes by then for first quarter to the IRS and possibly your state. In California, California is also following the IRS on this and requiring your first quarter estimates to be paid by April 15.

3. Only individual returns are given the delayed filing dates. All business and trust returns are still required to file or extend by April 15.

The first $10,200 of unemployment benefits can be excluded from your taxable income.

This was part of the American Rescue Plan Act of 2021. There is one important detail that most people have not seen regarding this. You must have Adjusted Gross Income (AGI) below $150,000 to be able to get the tax-free treatment. This limit applies to any filing status (Single, Married Filing Jointly, Head of Household) and there is no phaseout. If you are below the $150,000 you get the exclusion and if you are at or above $150,000 you do not get the exclusion.

2021 Child Tax Credit has been increased.

The credit has been increased from $2,000 to $3,000 and if you have a child and are age of six at the close of the calendar year, their credit will be $3,600. The increased credit amount is phased out for taxpayers with the following incomes: Single $75,000; Head of Household $112,500; Married Filing Jointly $150,000. If you are over the phaseout limits, you can still receive the $2,000 credit with the current phaseout limits.

Last minute changes to tax laws

By Steve Doster

For the 2021 tax year, the dependent care credit will be refundable, meaning if the credit is more than taxes owed, you can receive it as a refund. The credit has also been increased to 50% of eligible expenses. This increase makes the credit worth $1,080 for a child and $840 for two or more children. The credit has Adjusted Gross Income limitations that start at $125,800 at which point the credit is reduced based on income.

Recovery Rebate/Economic Impact Payment Round 3

The IRS will use the current tax return filed, so either 2019 or 2020, to determine eligibility. Those are again based on Adjusted Gross Income and phaseout at $125,800 at which point the credit is reduced based on income.

Impact Payments Round 3

- Steve Doster, CFPR, is the financial planning manager at Rowley & Associates—a fee-only wealth management firm that helps individuals find their financial freedom. Rowley & Associates works to a fiduciary standard of care helping people with their taxes, investments, and financial planning. Read more articles at rowleyandco.com/blog.
Optimism persists amid vaccinations

Happy April! This week many Californians are celebrating Easter and Passover. While the celebrations will look a little different again this year, I think we’re all starting to feel some sense of optimism. If we continue to do our part—get vaccinated, keep wearing masks, wash your hands, and remember physical distancing—then we continue to make progress.

Since my last update to you, millions of Californians have been vaccinated and millions more are now eligible for a COVID-19 vaccine. As a sign of continuing progress, San Diego County has moved up into the red tier, allowing for the gradual reopening of more businesses, gyms and restaurants.

The vaccine supply issue continues to be our greatest hurdle, but now there are three options in our battle: Moderna, Pfizer and Johnson & Johnson. We just ask for patience as we continue to receive vaccines.

• For information on scheduling an appointment, we recommend visiting MyTurn.gov or San Diego County’s website.
• New CDC guidance allows for folks who are already fully vaccinated to gather. Please refer to the CDC’s website for the latest guidance.

And remember, the statewide application for the tenant/landlord eviction relief enacted by the legislature and the governor is now available at the Housing is Key website. This April, thanks to our efforts in Sacramento and the Biden Administration’s American Rescue Plan, there is increased funding for both the federal Earned Income Tax Credit and the California Earned Income Tax Credit. The EITC programs put cash into people’s pockets and money into local economies. With the April 15 tax deadline being pushed back to May 17, we have extra time to spread the word, so please share this information with anyone you know who is eligible—and you don’t have to owe any taxes to qualify. CallEITC4me.org has more information about these important programs.

I’m very pleased to announce that as we move into April, several of the bills I have introduced are making significant progress. SB 1, which provides tools to help California and our communities push back against sea level rise, was approved by the Senate Natural Resources & Water Committee, and after a couple more stops in the Senate Natural Resources & Water Committee, and after a couple more stops in the Senate we expect it to be taken up in the Assembly. I have to thank our own Dr. Margaret Leinen of UC San Diego’s Scripps Institution of Oceanography, Assemblymember Cottie Petrie-Norris (D-Laguna Beach), Senator John Laird (D-Santa Cruz), California Coastal Commissioner Sara Aminzadeh, and Jennifer Savage of the Surfrider Foundation for joining me on World Water Day last month to promote SB 1.

SB 7, my bill to jumpstart and expand a successful CEQA streamlining program continues to advance, as does SB 9, which seeks to bridge the gap between producing the additional housing we need while including protections for communities and neighborhoods. In fact, along with SB 7 and SB 9, the Senate’s entire housing production package continues to gain support, and we are working hard to get those bills to the Governor’s desk and signed into law.

All in all, it looks to be a busy month in April. And, hopefully, an even brighter one.

—Toni G. Atkins is President pro Tempore of the California Senate. Having previously served as Speaker of the California Assembly, she began her tenure in the Senate in 2016. As Senator for District 39, she represents the cities of San Diego, Coronado, Del Mar and Solana Beach. Website of President pro Tempore Toni G. Atkins: sen.ca.gov/Atkins

Notes from Toni
By TONI G. ATKINS

Sens. Toni Atkins at her desk (courtesy photo)

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San Francisco writers
San Diego street names: Part 12 of the series

Past Matters
KATHERINE HON

Bancroft Street between University Avenue and Upas Street was originally named Washington Avenue. Did Park Villas tract founder Joseph Nash—a new immigrant from England via Australia—name this street to recognize America’s first president, George Washington? Or did he follow his typical pattern of naming streets after people he knew or wanted to acknowledge in the early 1870s?

No Washington appears in San Diego’s Great Register of Voters through the 1870s or in the 1870 Federal Census for San Diego. With some historical conjecture, however, a Washington in San Francisco satisfies both hypotheses. Benjamin Franklin Washington (1820-1872) was a prominent resident of San Francisco when Nash arrived in 1867 and was the great-grandson of Samuel Washington, one of President George Washington’s brothers.

B.F. Washington was born in what is now Jefferson County, West Virginia, and grew up at “Cedar Lawn,” a house built for his father around 1825 near Charles Town, West Virginia. The town was founded in 1738 by Charles Washington, youngest brother of both George and Samuel Washington. The Cedar Lawn property had originally been part of the Harewood estate of Samuel Washington and is on the National Register of Historic Places.

B.F. Washington studied law and practiced locally until 1849. In a story that will sound familiar, he led a group across the plains when California gold fever broke out but did not pursue mining for very long. He moved to Sacramento, obtained a position in the post office, and was elected Recorder when the city organized in 1850. In 1852, Washington became co-editor of the Democratic State Journal. He moved to San Francisco the next year and partnered with others producing the Times and Transcript from 1853 to 1855. By appointment of President Buchanan, Washington served as Collector of the Port of San Francisco from 1857 to 1861. He retired to his sheep ranch in Tehama County during the Civil War.

In 1865, Washington returned to the city and became editor of the San Francisco Examiner, where he remained until his death in 1872. During this time, he also served on the Board of the State Tide Land Commissions by appointment of Governor Haight in 1868.

Washington’s death was reported in newspapers across the country from the Los Angeles Daily Star to the New York Daily Herald and all points in between, including the Feather River Bulletin, Idaho World, Daily Memphis Avalanche, Buffalo Evening Post, and Shepherdstown (West Virginia) Register.

His extensive obituary in the Charles Town Spirit of Jefferson’s March 12, 1872 issue noted, “As a paragraph writer it is conceded that he had few equals in the United States... He was at the same time a mighty nature a poet.”

The San Diego Daily Union on January 27, 1872 issued a lengthy notice of Washington’s death, describing him as “one of the leading Democratic politicians of the State” and stating that he “had long been connected with the Press, and was one of the ablest political writers on the coast.”

This street name was changed in 1914 by Ordinance No. 5417, which stated, “Change Washington Avenue in East Lynnhurst and Park Villas and Wisconsin Street in University Heights to Bancroft Street.”

Benjamin Franklin Washington, editor of the San Francisco Examiner from 1865 to 1872, grew up at the Cedar Lawn house built for his father around 1825 in what is now West Virginia. The house is on the National Register of Historic Places. (Photo by Acroterion, courtesy of Wikimedia Creative Commons)

The name Bancroft likely recognizes Hubert Howe Bancroft (1832-1918), another prominent San Franciscoan. He came west in 1852 from Ohio, following his father, who left to pan for gold in 1850. But Hubert did not pursue mining. He set up a bookstore in San Francisco. The 1861 San Francisco directory described H.H. Bancroft & Co. as “importers and jobbers books and stationery.” Bancroft left the book-selling business to his brother, Albert, in 1868 in order to focus his attention on writing, compiling and publishing histories of the West. By this time, Hubert had accumulated a vast library of historical material which continued to grow. In 1905, the University of California, Berkeley, purchased Bancroft’s 60,000-volume collection of books, maps and other documents.

Bancroft had multiple connections to San Diego, although he lived and operated his businesses in San Francisco for much of his adult life. The 1873 City of San Diego Lot Book recorded H.H. Bancroft as the owner of 64 lots in Middletown, two whole blocks in Horton’s Addition, and two whole blocks in Taggart’s Addition. In 1886, he had a four-story commercial building constructed at the southeast corner of Fifth Avenue and G Street. The Bancroft building survives in a reduced one-story state at 665 Fifth Avenue.

In 1885, he bought a ranch with an adobe cottage built in 1863 in Spring Valley from Rufus King Porter. The Bancroft Ranch House is now operated as a historic house museum by the Spring Valley Historical Society. Their website at whitsorialsociety.org features many fascinating historical photos and notes the following about preservation of the ranch and structures:

“The Spring Valley Chamber of Commerce was instrumental in getting the adobe designated California State Historic Landmark No. 626 in 1958, changing the name from the Porter adobe to the ‘Bancroft Ranch House.’ On March 24, 1963 — just short of 100 years after being built — the newly restored adobe was opened as a museum. The Spring Valley Historical Society was founded in April of that year and became the manager of the property, later purchasing the adobe and a portion of the land in 1967. The Society has been dedicated ever since to preserving the history of the Spring Valley area. The museum is located at 9050 Memory Lane (off Bancroft Dr.; admission is free).”

The property is also on the National Register of Historic Places.

The 1901 San Diego City Directory listed Hubert H. Bancroft, his wife Matilda, son Griffling and daughter Lucy living at “7th St. S.W.” That location is now a parking lot. Griffling, an attorney, remained in San Diego until his death in 1955, while his father returned to San Francisco around 1910.

When Hubert H. Bancroft died on March 2, 1918, newspapers far and wide from the Hawaiian Gazette to the Boston Post carried the news. The San Diego Union’s March 3, 1918 issue highlighted his local connections, stating, “Hubert Howe Bancroft formerly resided in San Diego. He owned much realty here...The Bancroft property in this city includes the block bound by Fifth and A, Sixth and B streets and property on Fir, Elm, Fourth and Third streets.”

The San Francisco Examiner’s March 3, 1918 issue detailed his accomplishments as a historian, quoting Professor Henry Morse Stephens, head of the University of California, Berkeley’s history department, who said, “Bancroft was the greatest of a half dozen great American historians, and the only one who had an adequate understanding of the historical west. His greatest value was as a collector of writings concerning the Pacific Coast, for the Bancroft collection is the chief historical glory of the University, which owns it. His histories constitute a museum of information of Mexico, California, Nevada, Oregon and all the West, based on his study and knowledge of the country.”

— Katherine Hon is the secretary of the North Park Historical Society. Reach her at info@northparkhistori- cal.org or 619-294-8990.
by Andy Hinds

“First of all,” Karla Martinez said, “don’t call it P.E.”

“IB requires you to call her subject area by its proper name, Physical Education, to impress upon the students at Roosevelt International Baccalaureate Middle School the serious and scholarly nature of their life’s work. Growing up in Tijuana, young Karla’s Physical Education classes consisted of ‘one basketball and one goalpost.’ But she had that sense that it could be much more.

A Track and Field athlete since the age of eight, Ms. Martinez became interested in teaching Physical Education at around age twelve and never strayed from that lane. Since there were no opportunities in Tijuana to earn such a degree, and her mother didn’t want her to go all the way to Mexico City, after high school she signed an aid with San Diego and attended Grossmont community colleges. She eventually transferred to San Diego State, where she walked on to the women’s basketball team and received an athletic scholarship. She went on to earn her bachelor’s degree and her master’s at SDSU, while simultaneously teaching at Memorial Academy.

After nine years at Memorial, she moved on to Pacific Beach Middle School (San Diego Unified’s first International Baccalaureate middle school), and five years ago, started at Roosevelt International Middle School (the district’s second International Baccalaureate middle school), where she currently teaches. Ms. Martinez is a National Board-certified teacher, and recently received in her honor by the mayor of San Diego, after she was awarded International Baccalaureate Teacher of the Year in California, a highly prestigious recognition of her Education curriculum, like all classes there, must be developed keeping both the California Standards and the International Baccalaureate (IB) approach in mind.

IB is an international community of schools that seeks to “develop active learners and internationally minded young people who can empathize with others and pursue lives of purpose and meaning.” The “Middle Years Programme” focuses on learning through inquiry into local, national, and global issues, and the aims of shaping students into “creative, critical, and reflective thinkers.”

Many of the California Standards and IB approaches overlap, but some IB requirements give Physical Education at schools like Roosevelt a different vibe than your typical American middle school. For instance, IB’s inquiry-based learning tends to the unusual spectacle of American kids learning cricket, rugby, or Jiu-Jitsu (a Chinese shuttlecock that is held with both hands). IB also recommends “alternative recreational sports,” which explains why you might find Roosevelt students playing Ultimate Frisbee, Disc Golf or pick- ball ball instead of the more classic “P.E.” sports. There is also an “aesthetic movement” aspect to the IB program, promoting such activities as dance, yoga, or gymnastics.

Ms. Martinez, who teaches online IB courses to other teachers, is a true believer: “Even if I wasn’t at an IB school I would teach in the IB style,” she said.

In terms of assessing students’ learning, the IB model does not rely on observing performance, but rather, requires students to demonstrate evidence of having learned skills or concepts through writing, making oral presentations, coaching their peers, and other methods of reflecting on the experiences they’ve had.

“A student can be a great athlete and execute the skills well,” Ms. Martinez said, “but if they are not able to do those things in the skin to their peers, they have not really learned them well enough.”

In addition to exercise and keeping the body in shape, Roosevelt students are taught about health and nutrition, once again focusing on the global context, “We look at nutrition around the world,” Ms. Martinez said, “teaching how people eat and live in different cultures, and how geopolitical issues affect health and nutrition of different people.”

Like just about everything in work and school, the global pandemic forced Ms. Martinez and the three other Physical Education teachers at Roosevelt to radically re-imagine what their program would look like. When San Diego Unified schools went to a fully online format last spring, it was clear that the priorities for Physical Education were to get kids moving for the sake of their physical, mental, and emotional well-being. At first, a high degree of improvisation was required, but after a summer of planning and learning, the Physical Education department rolled out a robust program that elevated kids’ knowledge, wellness and heart rates in their own homes.

Currently, Roosevelt students’ online workouts consist of some live exercise and skill-building with their teachers, some exercising along with the kind of on-line workout videos adults may be using at home to stay in shape during the pandemic, and plenty of writing, reflecting, health education and mindfulness. Students use online tools like Flip Grid, a video sharing platform, to demonstrate their skills. While schedules vary between teachers, typically a student will focus on strength training one day, cardio another, skills (throwing, catching, striking, dance, etc.) another, and yoga one day. One day per week is dedicated entirely to health and mindfulness.

Ms. Martinez said while issues like worrying about kids’ who keep their cameras off during class are an ongoing challenge, there have been some unexpected and edifying upsides to online Physical Education.

“Because we’ve been less focused on getting moving right away when class starts, we have been able to spend more time on health education and mindfulness, which is something that we had been neglecting before,” she said.

She added that some kids prefer working out online for a number of reasons, including increased privacy and comfort. The use of different video platforms for exercise also gives students more choice in what kind of workouts they will perform, and “gamifying” activities keeps it fun. Students participate in “one-minute challenges” to test their endurance, play “Jeopardy” to flex their health knowledge, and blindly choose workouts through various games of chance to keep them on their proverbial toes.

With hybrid online/in-person school scheduled to start on April 12, teachers are tasked with once again transforming their curriculum. Whereas some schools may be offering in-person instruction only two days per week, Roosevelt students are able to attend four days per week, with Friday being reserved for online learning. Ms. Martinez explains that the students who have chosen the in-person option will be doing more physical activity, and all of it outdoors, while the students who have chosen online-only will do more asynchronous activities. All students will work on more academic projects on Fridays.

For the time being, in-person students will be required to adhere to some new safety protocols, including wearing masks, washing down equipment, staying distanced from other students, and bringing their own water bottles. But one detail that many students may appreciate is that they won’t have to “dress out” for Physical Education class since the locker rooms will be closed.

While it is not yet clear what school will look like next fall, Ms. Martinez is confident that some of the changes necessitated by the pandemic will carry over into a post-COVID future. This year has taught her that, while exercise is crucial to physical, mental, and emotional health, an emphasis on health education and mindfulness should not be neglected.

“The biggest changes we will continue with,” she said, “are the ‘daily mindful minute’—a time for reflection and meditation where we can get centered, and dedicating one day per week to just mindful and health education.”

After such a strange and often traumatic year, we could all benefit from many mindful minutes.

—Andy Hinds is a dad, carpenter, and freelance writer based in North Park. Follow him on Twitter @beta_dad.
imagery we see has been thrilling and reflective.

“The project had a huge learning impact on the studio. Every line we drew required a story. This challenge has inspired the studio to take this into account on all of our projects. Whether that story lasts the lifetime of the project isn’t the most important. We see it as a simple tool that helps bring all of the stakeholders and designers on the project to unite in single vision.”

In 2018 Burton Studio learned the landscape of the project had been nominated for the Aga Kahn award. “The submittal process with the Aga Kahn committee was an incredibly enjoyable process and even though we were not shortlisted, the submittal process allowed us to relive the rigor and adventure this project brought to the studio,” Burton said.

Recently, Msheireb launched the Doha Design District (DDD). the new design hub centered within Msheireb Downtown Doha. This district will serve as the center of Qatar’s design and innovation. The curation of art was layered throughout their design work.

A public-art masterplan was woven through the project. Burton’s design task was to curate the stage for the art, defining the space, backdrop, and lighting that the future artists will be using as their canvas.

Burton Studio is in Solana Beach. Visit their website, burtonstudio.com for images of Msheireb Downtown Doha.

—Delle Willett is PR advisor to the American Society of Landscape Architects, San Diego chapter, and is a freelance journalist. You can reach her at dellewillett@gmail.com

A series of canals connect boaters of all types back to Orchid Lake.

(Images provided by McCullough Landscape Architecture)

A traditional Chinese garden dedicated to Mr. Shen Wen, the man behind the original vision of Zizhu.

China and Qatar
CONTINUED FROM Page 4

A traditional Chinese garden dedicated to Mr. Shen Wen, the man behind the original vision of Zizhu.

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Social workers

Both Hernandez and Read continued their jobs in person since they are on the front lines of reaching out to unsheltered individuals and holding office hours. They helped people navigate systems made even more challenging when they went virtual.

Home Start was contracted by a few cities to distribute rental and utility assistance during the pandemic. Grants and private donors helped the organization provide financial help to many low-income families.

Some social workers were able to shift to primarily safer virtual work. Ebony Brown is a therapist for Home Start who works with children who have experienced trauma. For most of her clients, she conducts telemedicine appointments although she does meet with two clients in person whose needs she felt could not be met virtually.

“My work has changed tremendously from going into people’s homes and having them come into my office to being totally remote,” Brown said. “Just imagine going from being in person to going remote and building a connection,” she said.

Brown said, “I look at my role as a supervisor on a different note where I provide one-on-one therapy services rather than go to the field.” Brown said. “I look at my role as a supportive role. I don’t look at it as the enemy trying to break up a family, even though that’s how most people see it.”

Brown tries to provide the resources and support that help families stay together. This has been an aspect of Home Start’s mission. The organization was founded 49 years ago in a five-year experiment to see the outcomes of people visiting at-risk homes to provide parenting lessons and tools. According to Home Start CEO Laura Tancredi-Baese, the county found that the children in households visited by Home Start social workers had better outcomes as their parents learned best practices for raising kids.

From that time, the field has changed significantly even before the pandemic. Tancredi-Baese emphasized that trauma-informed care is a major focus now. “I think our recognition of trauma and the impact of trauma is something that we’ve learned a lot more about in the last 10 years than when I was first in the field. Having that lens of how trauma impacts the individuals and families and communities that we serve and keeping that front and center in everything that we do is key,” Tancredi-Baese, who has been in the social work field for over 30 years, said.

That trauma-informed lens helps social workers strengthen families and provide supportive services.

“[Social work] is rewarding. It also can be hard at times, but in the end, I feel like if you help even just one person, it’s gonna make an impact on your life and feel like you’re doing the right thing,” Hernandez said.

—Reach Kendra Sitten at kendrasi@sdnews.com.

COX CONTOUR TV NEWS AND HIGHLIGHTS

New feature lets customers with physical disabilities control TV with their eyes

Cox Communications has unveiled the Accessible Web Remote, a new feature on Cox Contour TV that enables people who have lost fine motor skills — whether from degenerative conditions or paralysis — to browse their video guide with a glance of their eyes.

The Accessible Web Remote feature is a free web-based remote control navigable with various assistive technologies owned by the customer, including eye-gaze hardware and software, switch controls, and sip-and-puff systems, which uses controls similar to blowing into a tube.

Eye-tracking technology gives people living with conditions like paraplegia, Parkinson’s disease and amyotrophic lateral sclerosis (ALS) the same access to their TVs as customers with the latest edition of Contour.

Cox partnered with organizations like Team Gleason to ensure accessible design and development of its products, increase awareness and education, and improve processes and procedures focusing on disability inclusion.

“We appreciate that companies like Cox continue to empower their users by adopting products like the Accessible Web Remote, which allows every customer to do something most people take for granted, like controlling their TV,” said Steve Gleason, founder of Team Gleason and a former New Orleans Saints football player who has been living with ALS since 2011.

Approximately 16% of people in the U.S. have difficulties with their physical functioning that make things like using a traditional TV remote either a challenge or impossible, depending on the condition.

Cox Contour customers can visit https://webremotes.cox.com to sync their device and begin changing channels, set a recording, search for programming within the Contour guide, and access integrated streaming apps all with a glance of their eyes.

Spring into Contour TV movies on demand.

There’s a lot happening in April — including the start of baseball season, Earth Day and the Academy Awards — so why not … Contour TV?

Sports Fans: Search for comedies, dramas and classics about America’s favorite pastime.

“42” (On Demand) – The late Chadwick Boseman stars as Jackie Robinson, Major League Baseball’s first black player.

Outdoor/Nature Enthusiasts: Celebrate Earth Day (April 22) by watching a documentary that highlights the beauty of the natural world.

“Brave Blue World” (Netflix) – Narrated by actor Liam Neeson, the film explores how humans are using technology and innovations to help solve the world’s water crisis.

“Best Animated Film and Best Foreign Film categories.

“Parasite” (On Demand) – This film captures the awesome beauty of nature over the course of a single day.

“Rocky” (On Demand) – Classic sports drama about the trials and tribulations of a boxer’s career.

“A League of Their Own” (On Demand) – This baseball classic is a funny, heartwarming tribute to the professional women’s baseball league formed after male baseball players were called to serve during World War II.

“World’s Water Crisis” (National Geographic) – A film highlighting the beauty of the natural world.

“Planet Earth: One Amazing Day” (On Demand) – This film captures the awesome beauty of nature over the course of a single day.

“Rocky” (On Demand) – Classic sports drama about the trials and tribulations of a boxer’s career.

Sports Fans: Search for comedies, dramas and classics about America’s favorite pastime.
Family Health Centers has been critical in vaccinating vulnerable communities. San Diego City Council President Jen Campbell, who is also a doctor, partnered with the organization and nonprofit People Assisting the Homeless (PATH) to administer vaccines to residents in transition housing.

Early in March, the CEO of PATH, and John Roberts, called on Governor Gavin Newsom to prioritize the state’s 280,000 doses of the Johnson & Johnson vaccine for people experiencing homelessness.

“There are many barriers to accessing a second vaccine dose for an individual that is unhousted.

This population often lacks transportation and cellular devices to schedule an appointment and can be very hard to reach. Even for people who are stably housed, accessing a second shot has proven difficult,” Roberts said.

For VVS, the resource distribution was a festive occasion. Staff applauded the veterans after they received their vaccine.

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People celebrate the vaccination event at Veterans Village. (Photo by Lisa Misago)
Family Health Centers of San Diego is the #1 enrollment entity for Covered California in San Diego County.

For free enrollment help, call (619) 515-2363.

For 50 years, Family Health Centers of San Diego (FHCSD) has provided caring, affordable, high-quality health care and supportive services to everyone, with a special commitment to uninsured, low-income and medically underserved persons.

With over 23 primary care clinics around San Diego County, FHCSD provides care to over 227,000 patients each year. With a wide-range of health care services throughout the region, the organization also includes 10 behavioral health facilities, eight dental clinics, two mobile counselling centers, three mobile medical units, three vision clinics, a physical rehabilitation department, a pharmacy and an outpatient substance use treatment program. As part of their ongoing dedication to ensuring everyone who needs health care receives it, FHCSD offers free Covered California enrollment assistance.

Covered California is a private health insurance exchange that was established through Affordable Care Act legislation for individuals and families not eligible for Medi-Cal. The program allows California residents to purchase quality health insurance plans to fit individual and family needs. The cost of each insurance plan is based on certain factors, including family size and income.

Covered California has extended its Special Enrollment Period from February 1 to May 15, 2021 without a qualifying life event.

Health Plan Benefits
All Covered California health insurance plans provide comprehensive services, including:

1. Preventive, wellness and chronic disease management services
2. Pregnancy, maternity and newborn care (both before and after birth)
3. Pediatric services, including oral and vision care
4. Mental health and substance use disorder services, including behavioral health treatment (this includes counseling and psychotherapy)
5. Rehabilitative and habilitative services and devices (services and devices to help people with injuries, disabilities, or chronic conditions gain or recover mental and physical skills)
6. Prescription drugs
7. Ambulatory and emergency services
8. Laboratory services and hospitalization (surgery and overnight stays)

For free enrollment help, call (619) 515-2363 or visit fhcsd.org/covered-california.
received the inoculation from COVID-19 and the check-in area was filled with balloons and donuts. Misraje said that although she is a single mother of six, she decided to purchase a new dress for the event. VVSD intake coordinator Danelle Harrington was dancing around because of her excitement.

“It’s exciting to see them all come in and some off the streets, some of our alumni that have already graduated from this program from like 10 years ago showed up today,” said Harrington.

DOUBTS ABOUT THE VACCINE

Despite the joy of the day, it did come with roadblocks. The center had 112 doses of the vaccine but only 26 residents signed up ahead of time. Harrington and an official with the VA went door to door to make sure residents were aware of the event. While some were already vaccinated because of their age, many remained wary of the vaccine and declined to receive it. Harrington said residents cited religious reasons, never receiving a flu shot either and conspiracy theories about being injected with a chip as common reasons they declined. The official with the VA tried to educate them on the vaccine but Harrington said many remained unswayed.

Emily Carpenter, a San Diego City College nursing student and president of the Nursing Students’ Association, said at Family Health Center’s Mission Beach vaccine distribution site, anyone apprehensive about the vaccine was assuaged by hearing her talk about it in person.

“I think a lot of people, just explaining the CDC guidelines, and them getting to hear that from an actual person as opposed to reading it on our website, helps make them feel a little more comfortable. I think for some people it’s just a little difficult to look at the website and feel comfortable with that and just hearing it from an actual person who was in the community feels a little bit better,” Carpenter said in a phone interview.

Alongside 30 other SD City College students, she has been administering the vaccine with Family Health Centers as part of her clinical hours to graduate as an RN. While she was stationed in Mission Beach, many other students administered the vaccine in Southeastern San Diego, which has been hard by the virus. For students, administering the vaccine has reminded them why they want to get into a helping profession in the first place.

“It’s been really rewarding and it’s been super humbling to be able to administer vaccines to people of San Diego who have been having a really hard time either finding somewhere to get vaccinated or feeling like they’ve been isolated for the last year,” said Larissa Johnson, vice president of the Nursing Students’ Association.

“People are so grateful and it’s just been a really cool experience to be able to witness that and just be a part of it.”

―Kendra Sitton can be reached at kendragj@sdcnews.com.

Inside the vaccination event at Veterans Village (Photos by Lisa Misraje)
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