Getting out into the great outdoors

By KEF CLEMETSON | COLLEGE TIMES COURIER

Although 2021 promises hope of a vaccine and a return to life as we once knew it, the COVID pandemic and civil unrest in the nation are still raging. A recent memoir by Del Cerro resident David Reed harks back to a previous time of political strife and also highlights a safe and healthy way to keep fit — both physically and mentally — during what will hopefully be the waning days of the pandemic. “Uphill and Into The Wind” chronicles Reed’s cross-country journey by bike from New Jersey to California in 1974. At the time, President Nixon’s administration was under investigation for covering up the break-in into the Democratic National Committee...

New head librarian at College Rolando Library

By KENDRA SITTON | COLLEGE TIMES COURIER

A couple months into his tenure as the new head librarian at the College-Rolando Library, Trevor Jones remains thankful that he found a job that allows him to serve his neighbors. Previously, Jones worked at Scripps Miramar Ranch for six years that involved a grueling hour-long commute from his home in La Mesa near Rolando Village. When the position for a new head librarian at College-Rolando Library opened, he jumped at the opportunity.

“I am super excited to be here and happy to be the professional neighborhood librarian for everyone as well as having like a personal stake in how the place is run and how people respond to it. It definitely ups the stakes I feel as a librarian, to have both roles: citizen as well as an employee happy to meet my neighbors,” Jones said. “I want to be there for my neighbors and be responsive to them as a public service.”

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See Librarian, Page 11

NEWS BRIEFS

NATIONAL BLOOD DONOR MONTH BLOOD DRIVE

San Diego Blood Bank (SDBB), the local blood bank serving San Diego County, is celebrating National Blood Donor Month throughout January by inviting eligible individuals to donate blood and convalescent plasma in 2021 with the goal of creating a robust supply that can meet local hospital patient needs.

National Blood Donor Month has been observed in January since 1970 with the goal of increasing blood and platelet donations during winter – one of the most difficult times of year to collect enough blood products to meet patient needs.

Blood donor T-shirt (Courtesy photo)

San Diego Blood Bank is currently antibody testing each blood donation as part of their regular testing panel to qualify donations for COVID-19 convalescent plasma. As this is not a diagnostic test, it will not detect active COVID-19 infections or recent exposure.

Additionally, anyone who donates at a San Diego Blood Bank donation location or mobile drive throughout the month of January will receive a special-edition T-shirt - the second in a three-part...
The start of a new year has always been a time of optimism. With changes at the national level, many are optimistic that the issues of greatest concern at the local level will finally receive the attention that they deserve — namely working to get the coronavirus pandemic under control and thus the economy moving forward in positive directions. Hopefully we will soon, relatively-speaking, be back to a more normal. The lack of ethics and integrity at the national level has really upset the normalcy that we have been used to for generations and hopefully as we come out of the pandemic, Osher programs can offer access to educational resources for adults 50 and older, without having to enroll as a formal student at the university. It’s a great opportunity for adults who want to be lifelong learners and it’s available right here in the College Area. Designed for personal enrichment, there are no educational prerequisites, no entrance exams, no homework, no tests and no grades. Other Osher is one of a network of 124 locations in all 50 states and the District of Columbia. The national program was founded in 2001 by The Bernard Osher Foundation to help develop and support resources for lifelong learning and purposeful aging. Other Osher Lifelong Learning Institutes in San Diego County include sites at UCSD and CSU San Marcos.

With goals such as enrichment, social interaction, civic engagement and personal development, taking part has many benefits. Osher participants say the program helps them connect with others, learn new things, develop skills and keep their mind sharp. Participants get to experience the joy of learning by exploring interesting topics related to history, science, literature, the arts, humanities, health, business, law, international relations and current issues in society, among others. A course, lecture or activity might be led by current faculty, retired professors, distinguished experts, or community leaders. In addition to college-level learning, Osher programs can offer non-academic options designed to serve the interests of a given community, such as master gardening and culinary classes, museums and more.

Michelle Joyce, who lives in nearby Alvarado Estates, enjoyed an art history class on Modernism in Europe so much, that she has attended more classes on the SDSU campus. “I have taken a few art history courses from the Osher Center and think they are possibly the best amenity in the area,” she said. “They differ from any other continuing education instruction that I have taken, in that they are a very short commitment and instead of taking an aerial view they tend to take a deep dive on a very specific topic.”

As a result of the COVID-19 pandemic, Osher has now turned to online programming to better ensure the safety of participants and instructors. Like...
Great outdoors
CONTINUED FROM Page 1

headquarters in the Watergate Office Building. “It was the ‘70s, I was disenchant-tered with a whole bunch of things—not the least of which were the national politics, which ties into today,” Reed said. “I was inspired by a group of people writ-ten up in National Geographic who had ridden their bikes from Alaska to Montana. I thought, ‘Gee, I can do that.’” Reed eventually teamed up with future friends Rusty and Susie, people he met after starting to go. The trio traveled 5,420 miles, over a five-month period—two months of which were spent back-packing in National Parks. The group crossed the Continental Divide 11 times. In the days before cellphones and GPS, the trio at times had to find each other after separating and along their jour-ney they faced extreme weather and the occasional run in with menacing wildlife. But the greatest challenge—and reward—from the trip, was the riding itself. “To ride your bike over a big hill, that takes a little effort. To ride it all day, every day, you just get into this rhythm,” Reed said. “The big takeaway for me from the trip was that if you think of long-distance runners after they run for an hour their brain waves end in theta states and it’s a differ-ent level of consciousness—it’s more primal, not a lot of thinking, just being. And we were in theta consciousness changed because of that and we became more in tune with each other.”

For Reed, he found solace in the physical exercise of the trip and being outdoors—activities he recommends for COVID-weary people who need a boost from the mental and physical fatigue the pandemic has wrought. “There’s this calm and inner peace that comes over you from both the endorphins, and sepa-ra-tion of body and mind, and the wonderful environment,” he said. Reed, a landscape architect, said he believes that “nature is in our genetic memory,” and that experiencing it has extraordinary benefits. His descriptions of the places he saw on his trip demon-strate the awe and reverence he still has for the natural world today.

That to me is one of the great takeaways. For instance, Kansas was one of the most transforma-tive places I’ve ever experienced,” he said. “We hit the prairie when the wheat was turning from green to gold. I will never forget the col-or. It was as if you mixed emeralds with gold.

“And then we hit the Rockies,” he continued. “Basically, it was still winter. We got snowed on—that was one of our backtracking parts. We climbed the longest peak in Colorado—and the sky is so deep blue up there. I can only imagine what it’s like on Everest. You’re closer to space and it shows.”

All along his journey, which ended in the forests of the Pacific Northwest and then south through “the most regal of forest kings—the redwood trees” and The Avenue of the Giants in north-ern California, Reed kept a journal and also chronicled the trip with a 35 mm camera with Kodachrome film. When his father passed away seven years ago, Reed discovered his father’s 3-page memoir about WWII which inspired him to write about the trip seven years ago.

David Reed

A shot of the coastline near the end of Reed’s journey (Photo by David Reed)

Why Homeowners Leave Thousands Behind When Selling Their Homes

San Diego—A new report has just been released which reveals 7 costly mistakes that most homeowners make when selling their home, and a 9 Step System that can help you sell your home fast and the most amount of money.

This industry report shows clearly how the traditional ways of selling homes have become increasingly less and less effective in today’s market. The fact of this matter is that fully three quarters of homesellers don’t get what they want for their homes and become disillusioned and worse financially disadvantaged when they put their homes on the market.

As this report uncovers, most homesellers make 7 deadly mistakes that cost them literally thousands of dollars. The good news is that each and every one of these mistakes is entirely preventable. In answer to this issue, industry insiders have prepared a free special report entitles “The 9 Step System to Get your Home Sold Fast and For Top Dollar”. To order your FREE copy of this report, call toll-free 1-800-270-1494 and enter 1000. You can call anytime, 24 hours a day, 7 days a week.

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SEE GREAT OUTDOORS, Page 18

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Jan. 15 – Feb. 11, 2021
Mission Times Courier / College Times Courier
commemorative collection for blood donors (while supplies last). “On top of local demand for blood and convalescent plasma, we are also being called upon to help supply national surgical centers with plasma as there is a huge spike in usage across the country,” said Dr. David Wellis, San Diego Blood Bank CEO. “We need our community to come together and donate and be in general good health. Appointments are required and available by visiting sandiegobloodbank.org or by calling 619-400-8251.

HOMELESS TASKFORCE CREATES NEW BOARD STRUCTURE

Two boards rather than one will guide efforts by the Regional Taskforce on the Homeless (RTFTH) to end homelessness in San Diego County while enhancing the organization’s ability to bring critical funding to the region. By separating its board of directors into a policy advisory board and a new, financially oriented board more akin to traditional nonprofit boards, the RTFTH has created a stronger governance infrastructure for the organization tasked with leading the region’s efforts to end homelessness.

One board, the Advisory Board, will continue to convene the region’s elected officials, service providers, and civic leaders for discussions about policy and best practices. The second board, the 501c3 Non-Profit Board, will focus on the fiscal oversight of the organization, acquiring funding and allocating it where it’s needed most.

“First and foremost, this was a decision-based in good governance,” said Tamera Kohler, CEO of RTFTH. “The evolution of the RTFTH into an agency responsible for tens of millions of dollars of funding to homelessness programs throughout the region created an opportunity for us to separate our policy experts and the decisions they make from those responsible for fiscal oversight.”

The RTFTH is the authority and lead coordinator in the San Diego region for new and best practices and policies to prevent, alleviate and ultimately end homelessness in San Diego County. The RTFTH board of directors historically has had 31 members, has been chaired by an elected official and has included homeless service providers, elected officials, business and civic leaders and those with lived experience. That body, known as the Continuum of Care (CoC), remains intact and continues to advise on new and emerging initiatives and coordination of services throughout the region. The RTFTH also oversees the distribution of funding throughout the San Diego region from a diverse range of sources, including the state of California’s Homeless Housing, Assistance and Prevention Grant Program (HHAP), the Department of Housing and Urban Development (HUD) Notice of Funding Availability and a Flexible Housing Pool. This funding responsibility will now be that of the new nonprofit board of directors and RTFTH staff.

In 2018, the RTFTH was given the responsibility of allocating more than $18 million in funding from the state of California’s Homeless Emergency Aid Program (HEAP) and nearly $8 million from the federal government’s Youth Homelessness Demonstration Program (YHDP). The CoC remains responsible for the policy, advocacy, and research, the annual county wide Point-in-Time Count, and management of the region’s Coordinated Entry System (CES) and Homeless Management Information System (HMIS).

For more information about the Regional Taskforce on the Homeless, visit RTFTHSD.org.

CIVIC COMMUNITY PARTNERS, NORWOOD DEVELOPMENT FORM MID-INCOME HOUSING FUND

Civic Community Partners and Norwood Development Strategies announced the formation of a San Diego housing investment fund to increase the production of housing in San Diego County that is affordable to middle-income families.

To launch the fund, Civic has contributed $400,000 through the Middlemarch Fund which has in turn made its first investment in Secoya on Fifth.

“Secoya” is an upcoming eight-story, 100-unit mixed-income housing development in the heart of Bankers Hill, steps from Balboa Park. According to developer Russ Murfey of Murfey Company, “we acquired the best site we could find near Downtown’s employment base along transit and designed a mixed-income housing development that intentionally mixes a broad spectrum of household income levels under the same roof. We are breaking ground to day (Monday), and the project should be complete in 2022.”

The goal of the Middlemarch Fund is to raise $100 million from employers, foundations, and social impact investors to invest in a number of similar projects located throughout the county. Civic and Norwood are actively working to identify qualified projects to receive this type of investment.

For more information on funding and the qualification requirements, contact Michael Lengay at lengay@civicsd.com.

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News briefs
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COVID-19 vaccine is here, older adults should still take precautions

By SHARP HEALTH NEWS TEAM

COVID-19 cases are surging across the U.S., a harsh reality that students, parents, teachers and staff feared would happen when schools reopened for in-person sessions. As a result, schools throughout the nation have closed and shifted to remote learning and teaching weeks. What will it take to return kids to the classroom and keep schools open? Though vaccines have been approved for many years before children, their families, and school personnel are vaccinated. Until then, implementing a plan that includes processes for virus detection and response is paramount.

The problem that schools are facing is there is still a significant prevalence of COVID in many communities. Schools need to do everything they can to prevent student outbreaks; otherwise it’s going to continue shutting down schools. But on top of that you have to deal with a tremendous amount of anxiety. The students, parents, faculty, and staff are all vulnerable and need to know that they’re not dealing with, ultimately, the virus and their families safe.

Both vaccines were tested in clinical trials according to rigorous safety standards established by the FDA. The makers of both vaccines have reported a 94-95 percent efficacy rate in preventing severe illness.

Can schools finish the year normally?

This starts at home, where parents can help prevent the spread at schools by keeping children home who are showing COVID-like symptoms or have been in close contact with someone with COVID. In school, a symptomatic testing of the student population is a very effective way to limit the spread of the virus in the school. Positive test results necessitate the immediate need to perform contact tracing with the goal of identifying everyone who was in close contact with the infected student.

• Daily temperature checks. Prevention measures include mask-wear- ing by all students and staff throughout the school day, frequent disinfection of surfaces, the availability of hand sanitizers in classrooms, frequent reminders to wash hands, and as much social distancing as possible in classrooms.

In my capacity as an expert on pandemic preparedness and experience delivering COVID-19 testing to K-12 schools in New York City through my company InHouse Physicians (inhousephysicians.com), I offer these suggestions to safely open schools while navigating the continuing COVID-19 crisis:

• Daily temperature checks. They’re not fool-proof and it can be difficult if someone has COVID. A significant number are asymptomatic, but fever is a common symptom, and because it is, temperature checks should be a fundamental daily procedure. I suggest two ways to organize the temperature-checking process at schools:

  1. Designate some staff members, who can each scan 200-300 students an hour; and
  2. Use thermal scanners, a device that can scan 400-600 people per hour.

By Dr. JONATHAN SPERO, M.D.

When can I visit my family and friends?

You should wait until at least two weeks after your last shot with either vaccine. However, most people who have already been vaccinated will still strongly advise against resuming visits with family and friends until all of them are vaccinated.

Will we ever go back to “normal”?

The novel coronavirus will likely continue to spread until a large majority of the population is vaccinated or has developed natural immunity after surviving the infection. The vaccines will not be an immediate ticket back to the way life was in 2019. Many experts agree that it’s better to think about how we “move forward” in a way that includes embracing the lessons learned from the pandemic and making changes that will be paramount.

The novel coronavirus will likely continue to spread until a large majority of the population is vaccinated or has developed natural immunity after surviving the infection. The vaccines will not be an immediate ticket back to the way life was in 2019. Many experts agree that it’s better to think about how we “move forward” in a way that includes embracing the lessons learned from the pandemic and making changes that will be paramount.

What can I do if I’m vaccinated?

If you’re older than 75, or older than 65 with certain health conditions, you will likely be vaccinated before many of your family members and even some friends. This means that until most of the population is vaccinated, your lives probably shouldn’t change much. Certain things will be safer for you, like shopping at the grocery store and running other errands. However, you will still need to take precautions against COVID-19 until most of the U.S. population is vaccinated. This includes wearing a mask around others, physically distancing from others, avoiding crowded indoor gatherings, frequently washing your hands and refraining from touching your face. The CDC has more detailed guidelines for how to protect yourself and your family.

How long will I need to wear a mask and physically distance?

Vaccinated people still wear masks around others, and avoid crowded indoor gatherings, for at least the next several weeks. This is because scientists are still trying to figure out whether people who have been vaccinated can still spread the virus to others, even if their risk of getting sick is now much lower.

Guest editorials

COVID-19 vaccine is here, older adults should still take precautions

By SHARP HEALTH NEWS TEAM

COVID-19 cases are surging across the U.S., a harsh reality that students, parents, teachers and staff feared would happen when schools reopened for in-person sessions. As a result, schools throughout the nation have closed and shifted to remote learning and teaching weeks. What will it take to return kids to the classroom and keep schools open? Though vaccines have been approved for many years before children, their families, and school personnel are vaccinated. Until then, implementing a plan that includes processes for virus detection and response is paramount.

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Both vaccines were tested in clinical trials according to rigorous safety standards established by the FDA. The makers of both vaccines have reported a 94-95 percent efficacy rate in preventing severe illness. Learn more about the COVID-19 vaccine in this article by SharpHealthCare. To find out how, when and where you can get the vaccine please visit the San Diego County COVID-19 Web page. For over 30 years he has been the CEO of InHouse Physicians, which is dedicated to protecting the health and well-being of em- ployees and meeting attendees around the world. InHouse Physicians regularly sup- ports some of the highest-profile corporate sales, incentive, and creativity programs in the world, including the Olympic Games and World Cup. During the COVID-19 pandemic, Dr. Spero and InHouse Physicians have been in the front line providing health services to critical in- frastructure corporations, of- fering medical care and COVID testing services, and completed his medical training at the University of California.
Call to arms and reflection

When faced with shameful, harmful policies and fiscal pork from leftists, we readily lie down. For some unknown reason, we are deficient with words and messages. We play by the Marquis of Queensbury rules and wonder why leftists batter conservativies into the dirt.

Enough! This is a different time! We have been blinded and it’s our charge to rise and take back the America we love.

The GOP needs an internal assembly to ensure long-term leadership throughout the decades? What made us impotent? What are our specifics for a stronger, more strategic, effective conservative movement? We must produce action items.

Jan. 6, 2021, will appear in American history books for generations, alongside dates like Dec. 7, 1941 and April 14, 1865 — days that became seared into our national psyche by events that both inflame the conscience and encourage the heart.

On Jan. 6, the world watched in horrified disbelief as a sitting U.S. president incited a mob of followers to attack the hallowed home of our democracy. Scores of mostly white peoplestormed the U.S. Capitol building, charging beneath flags that bore the sigil and surnames of the object of their nihilistic idolatry. The sinister motivation of the roustabout rabble was literal sedition; conspiring to interfere with the constitutionally required democratic processes being conducted at that moment in the chambers of Congress. What ensued was a sordid spectacle of vandalism, desecration, and murder. Throughout, Trump refused to seriously condemn the marauders, or to ask them to desist. And he could not have done so authentically, since the paroxysm of anti-patriotism was the logical conclusion of his years-long campaign of self-serving lies, and calumnyous vindictive fire to burn. The conflaction of personal opposition from the cynical enablers of Republican senators and congresspersons. For months, GOP officeholders either expressly endorsed Trump’s ridicul- ous claims of election fraud, or coyly muttered limp ambiguities, never expressly condemning the lies.

Thus, on Jan. 6, a ceremonial recording of votes became a vehicle for political preening by the wretched likes of Ted Cruz and Josh Hawley; both former clerks for U.S. Supreme Court justices, they knew that the outcome of the vote counting was not changeable. But they knowingly lied to Trump’s frothing supporters to fundraise, and to burnish their credentials for the lunatic vote in the 2024 presidential contest. The former Agency Director supporting backers heard affirmation of their demagogues’s lies, and unleashed mob violence to intentionally subvert both the Constitution and democ- racy itself.

Even after the insurrectionists were cleared from the Capitol, and the vote counting resumed, Hawley, Cruz and five other Republican senators, were joined by more than 100 GOP representa- tives in the House to object to ac- cepting the votes of the America people. Lawmakers who hours before had covered on the floor, fearing for their lives, still voted to dishonor the will of the American people.

For all of them, may their names always be remembered for this sin against our nation. May their reputa- tions be forever lashed with an iron cord to Trump’s repulsive lega- cies. And may history’s judgment of them be harsh and unforgiving. Their disgrace and ignominy will be well deserved.

Jan. 6 was momentous for another, more hopeful reason. That day the nation learned that Josh Ossof and Raphael Warnock had both won both of Georgia’s U.S. Senate seats. Critically, this gives the Democrats majority control, with Vice President Harris’ tie-breaking vote of the Senate. This provides the Biden administration the opportunity to achieve important legislation for Americans. First priorities will be to correct the failures and underfundings of Trump’s COVID vaccine distribution, to provide much needed stimulus money to Americans, and small busi- nesses, and to rescue state and local governments which are being crushed by the enor- mous burden of spending, cou- pled with lost revenues due to the pandemic. Those victories also make starkly clear what a failure Donald Trump has been. In his four years as President, the Republicans have lost the House, the Senate, and the Presidency.

Just as national Democrats are gearing up to legislate, lo- cal Democratic officeholders are also assuming the reins of government. Two of those lead- ers joined us for our January meeting, Nathan Fletcher, Chair of the San Diego County Board of Supervisors, described the Board’s “Framework for the Future,” emphasizing reformed governing priorities now that Democrats have a majority of the Board. These include a focus on reducing the economic crisis; making progress on coordinated local policies to confront climate change; and fashioning a science and data driven approach to COVID vaccinations and mitiga- tion. Raul Campillo, newly elect- ed San Diego City Councilman for District 4, explained that the Council’s new 8-1 majority would reflect Democratic values. These include small business relief; creation of good-paying union and green jobs; substanti- nal infrastructure investment, as well as municipal worker protections. Campillo was also happy to report that funding for infrastructure, or had owned before you were married), your spouse and two children would each receive one-third of your estate.

3. If, when you died you were unmarried and had two children, each of your two children would receive one-half of your estate.

4. If your estate then passes by “deed of gift” to your par- ents’; but if none surviving, to your brothers and sisters; but if none surviving, to your uncles and aunts, and so on down the line.

The point of all this: to avoid what would perhaps be an unini- tiated disposition of our property, and also to avoid a costly and time- consuming court-required administra- tion (“probate”) of your estate, we should each pass on our estates by the appropriate written instru- ment – trust or will.

WHERE DOES YOUR PROPERTY GO IF YOU DIE WITHOUT A WILL OR TRUST?

Exception except where you hold title with another as a joint tenant, or have designated your beneficiary under an insurance policy, retirement plan, or IRA, if you die without leaving a will or a trust (called “dying intestate”), your entire estate will pass in accordance with what are called the laws of intestate succession.

Assume you own a home and some mutual funds, and you die intestate, here’s what would happen under California law:

1. When you died you were married and had two children, and the home and mutual funds were owned by you and your spouse as community property (meaning, essentially, any property acquired by either spouse while you are married, except acquired by gift or inheritance) (in which each of you own an undivided one-half interest), your spouse would receive your one-half community proper- ty interest (in addition to the one- half interest that she or he already owned).

2. If, when you died you were married and had two children, and the home and mutual funds were owned by you as your own separate property (meaning property you, alone, had acquired by gift or intestate, or had owned before you were married), your spouse and two children would each receive one-third of your estate.

It gets more complicated where you have no spouse and no chil- dren. Your estate then passes by “degree of kinship” to your par- ents’; but if none surviving, to your brothers and sisters; but if none surviving, to your grandpar- ents but if none surviving, to your uncles and aunts, and so on down the line.

The above statements are not to be used as legal advice for the reader’s particular situation. Richard McEntyre practices law in the area of estate planning and administration, having served the San Diego community as a lawyer for over 40 years. Chris von der Lieth is Dick’s associate lawyer, having worked with him for over 15 years. Affordable rates. References available. Our office is conveniently located at 2615 Camino Del Rio South, Suite 101 (in Mission Valley, just east of Bob’s restaurant) (Telephone (619) 221-8279)
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A look ahead at legislative priorities

By TONI G. ATKINS

As we embark on 2021, there are unknowns and challenges ahead of us, but also opportunities.

We returned to Sacramento this month to continue our legislative work, which as you can imagine, is largely focused on the COVID-19 pandemic. That was our legislative priority in 2020, and continues to be this year. Too many lives have been lost and many more disrupted by this virus. The Senate will continue to work to find ways to help our neighbors, schools and businesses survive the impacts of this pandemic. In addition to work on vaccine procurement and distribution, the Legislature and the Governor will be working with our new federal partners on funding solutions to protect renters and homeowners, as well as students, teachers, health care personnel, small businesses and the vendors and suppliers who depend on them.

COVID-19 has exacerbated what was already a critical need for more affordable housing and more housing supply in our state. In taking a leadership role, the Senate has introduced the ‘Building Opportunities for All’ Senate Housing Package, which includes six bills aimed at offering housing opportunities and solutions for Californians.

I have two bills in the Senate housing package — SB 7 (The Housing + Jobs Expansion and Extension Act) which would expand and extend the existing CEQA streamlining process for environmental leadership development projects. SB 9 (The California Housing Opportunity and More Efficiency (HOME) Act) — which will help streamline the process for new housing units while maintaining local control and preserving neighborhood character. It would allow more homeowners to create a duplex or subdivide an existing lot in residential area.

We have a unique opportunity to pursue legislation and policies that support the housing needs of local governments and all Californians and I’m excited that the Senate is leading the way. More information can be found at focus.senate.ca.gov/housing.

We also must tackle the other crisis that touches all Californians: climate change. Given the wildfires, record high fires, and persistent drought conditions, I introduced SB 1 (The California Sea Level Rise Mitigation and Adaptation Act of 2021), which helps local communities address sea level rise. That need is particularly important critical in San Diego, since it affects both our economy and military.

The Senate will also be advancing a $4.1 billion bond measure to help communities invest in climate resiliency—including addressing sea level rise, preparing for droughts, and preventing wildfires.

I’m also proud to co-author SB 2 with my colleague Senator Steven Bradford (D-Gardena), which requires law enforcement officers to have their certifications revoked following the conviction of serious crimes or termination from employment due to misconduct. This legislation is a social justice commitment to ensuring that no one is above the law.

There is important work ahead. I am deeply honored to have been re-elected to represent the 39th Senate District and humbled by the opportunities my community has given me to serve. Should you ever need to get in touch with my office, please do not hesitate to reach out to my District Team. By Phone: 619-645-3113. Submit a comment online: sd39.senate.ca.gov

For up-to-date news follow us on Facebook and Twitter sdnews.com

—Sean Quintal writes on behalf of the La Mesa Foothills Democratic Club.

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: www.senate.ca.gov/Atkins

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POLITICS

LMFDC

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Jan. 15 – Feb. 11, 2021
Mission Times Courier / College Times Courier

the long-promised San Carlos branch library is already in his proposed budget. First hand information from local and national political leaders is a regular feature of our club’s monthly meetings. If you would like to stay abreast of local and national political developments, or if you would like to become more involved in local matters, you are welcome to join our monthly meetings. The first Wednesday of every month we meet on Zoom at 6:30 p.m., with the formal meeting commencing at 7 p.m. To join us, you may find the Zoom links at lmfdems.com.

—Sean Quintal writes on behalf of the La Mesa Foothills Democratic Club.
While the COVID-19 pandemic has impacted the operations of many restaurants and eateries in the areas surrounding the San Diego State University campus, SDSU Dining Services has redesigned the meal plans for the current academic year, allowing students more spending flexibility.

The change is a result of many restaurants not owned or operated by SDSU having significantly limited their operations due to COVID-19 health and safety guidelines. More than 20 dining options remain available and open. Due to a statewide stay-at-home order that took effect Sunday, Dec. 6, outdoor dining at all locations has been shut down and capacity inside Aztec Shops markets and eateries on campus has been limited to 20%.

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Of the dining options that remain open around campus, 16 locations are open on weekends and nine are open for dinner on weekdays. These locations currently provide thousands of item options to choose from, and popular campus eateries such as The Garden Restaurant, University Towers Kitchen, Salad Bistro, Chipotle, Shakesmart, Aztec Markets and the Habit remain in operation.

“SDSU Dining Services is committed to offering easily accessible dining options to our students,” said Todd Summer, CEO of Aztec Shops and associate vice president of Business and Financial Affairs. “The introduction of new offerings and spending flexibility options underscore SDSU Dining Services’ efforts in service of the campus community.”

To expand offerings, SDSU Dining Services — a division of Aztec Shops — has added food truck service to Villa Alvarado on Monday, Wednesday and Friday. Online ordering is now available at The Garden, University Towers Kitchen, Vinnie’s and Salad Bistro with pick-up at the eatery within 15 minutes or at a later designated time.

SDSU Dining’s self-run eateries and contracted restaurants campus significantly reduced, it is evident that low traffic in several locations on campus could not support business operations. Additionally, SDSU Dining has taken action to modify student meal plans for this year to provide more flexibility. Students’ daily allocated meal funds and swipe totals will also now roll over each week and the remaining balance at the end of the fall semester will now roll over to the spring semester for this academic year.

Students in need of assistance for food access are also encouraged to seek support through the Economic Crisis Response Team (ECRT) and the Food Pantry, both of which help connect students with healthy food options.

For a full list of open locations and operating hours, please visit eatatsdu.com/hours.

“SDSU is benefiting by having alternatives for sustainable transportation and, through our efforts, we are working toward reducing our carbon footprint on campus,” said Richeson. “Some of the commitments and improvements made by our university are programs such as vanpool; offering services such as shuttles, carsharing, and ridesharing; encouraging the use of bikes; and the opportunity to receive pre-tax enrollment in MTS trolley passes.”

CIRCULATE SAN DIEGO AWARD AND NOMINATION

SDSU Mission Valley was nominated for a Circulate San Diego Momentum Award this year in the Complete Streets award category.
We are waiting for guidance from the city regarding how we will hold elections, given the pandemic, but there are enough resources available to get kids back to school safely, Hardy Elementary is working hard to prepare for in-person instruction. It will take a lot of effort to make sure that it is done safely. In recent history, the usual resources have never provided enough funds to accomplish certain goals and priorities. That is where volunteer groups like the PTA and Dad’s Club come in. In order to make sure that there are enough resources available to get kids back to school safely, an eco/electronic waste disposal fund has been made a concerted effort to expand its digital offerings during the pandemic. On College-Rolando Library’s Facebook page, Monthly webinars can be accessed on the organization’s website. To receive information and a Zoom link, complete their form to request email updates. Go to ces.sdsu.edu/usher-lifelong-learning-institute-sdsu or email the office at osher@sdsu.edu.

—Karen Austin writes on behalf of the Alvarado Estates Association.
“Being nominated for this award means we were successful in designing streets that encourage biking and walking,” said Laura Shinn, director of planning for the Planning, Design and Construction department.

While SDSU Mission Valley did not receive this award, the nomination acknowledges its well-designed streets for all modes of transportation, which also includes aesthetically appealing and safe environments for bikers and pedestrians.

SDSU Mission Valley was previously awarded the Circulate San Diego Mobility Certification for its transit-oriented, sustainable, smart growth plan.

“The certification was validation of our multi-modal approach to transportation planning at SDSU Mission Valley,” said Shinn.

The mixed-use, walkable, and bikeable community plan will allow the university community and greater San Diego community to experience a live-work-play environment that emphasizes the use of active transportation and leverages the presence of the trolley station, which will connect SDSU Mission Valley to other destinations in San Diego County.

“We were recognized for the connectivity of our plan to the adjacent sites and the rest of Mission Valley,” said Shinn.

“This certification represents the community’s recognition of our efforts.”

Building a resilient and sustainable university is a priority in SDSU’s five-year strategic plan, “We Rise We Defy: Transcending Borders, Transforming Lives,” which seeks to update the University Climate Action Plan, for all locations, with defined benchmarks.
Girl Scouts adopt COVID safety to cookie sales

By KAREN AUSTIN

As we shift from 2020 to 2021, I’d like to acknowledge the dedication of the Girl Scout organization which rallied to help girls and volunteers stay connected as they continued to deliver on their promise to build girls of courage, confidence and character. Girl Scouts has been operating in San Diego since 1917, with troops of girls participating for the past 104 years right here in our College Area schools and neighborhoods. My own daughters are two of those neighborhood Girl Scouts and are among more than 20,000 in San Diego.

With such a rich and long history, the organization has learned to adapt and evolve to meet the needs of girls, their families and communities. The 2021 cookie program is an example of just that. Carol M. Dedrich, the current Chief Executive Officer of the San Diego Imperial Council, says, “Our girls are using innovative techniques this year to market cookies in a socially distanced manner. They will rely on channels like Digital Cookie, an order taking website and app, to help them safely and effectively manage their cookie businesses online and provide customers with the option for direct delivery by FedEx or USPS.” Moreover, she continued, “for the first time, our girls will learn and utilize e-commerce technology as we partner with Grubhub’s delivery service.”

This new national partnership will allow cookie customers to order and pay for cookies through Grubhub’s website or app. A few other program modifications will also help to ensure the safety of Girl Scouts and cookie buyers alike, as cookies are sold around town. Girl Scouts will, of course, follow the health guidelines established by the State of California and San Diego County to help reduce COVID-19 transmissions. Under the current purple level, booth sales in front of grocery stores and other businesses are not permitted.

Instead, Girl Scouts will use their entrepreneurial skills to provide a contactless cookie experience. Expect girls to put their tech hodgepodge to good use with digital marketing, ordering, and even payment acceptance. They will organize distribution and deliveries by dropping off orders at door steps, creating a pick up point or posting cookies by mail. Girls may choose whether or not to participate in this Girl Scout tradition, which was started in 1917 by a troop in Kansas. Soon, Girl Scouts and their mothers around the nation were baking and selling cookies together in their neighborhoods. The original shortbread recipe was used to develop the current Tollhouse cookie, fashioned in the shape of the Girl Scout emblem.

An important fundraising effort to raise operating revenue, the cookie program also aims to help girls develop these five skills essential to their own leadership and success in life: setting goals, decision-making, money management, people skills and business ethics. In addition to personal development, girls can earn fun rewards and a share of money they collect for their own troop activities. All net proceeds stay in San Diego to fund local Girl Scouting, including programs, activities and scholarships.

Are you ready to make this year’s cookie sale a success? Please visit the Girl Scout website at www.girlscouts.org and choose the “where to buy” tab to learn more about this year’s cookie program. And be sure to thank your local Girl Scout troop representatives for their hard work and dedication to Girl Scouting and the community. With continued dedication to safety, this year’s cookie sale will be a success! Thank you for your continued support. We look forward to seeing all of you!

Michelle Irwin is principal of Patrick Henry High School.
San Diego Restaurant Week to host first-ever April celebration

A blossom of foodie adventures await San Diegans as San Diego Restaurant Week (SDRW) bundles the yields of spring into an eight-day edible extravaganza, expanded to provide more dining than ever before alongside much needed industry aid! The beloved foodie event brings new life to the restaurant community from Sunday, April 11 through Sunday, April 18 and features over 160 restaurants offering variations of prix fixe menus at affordable prices.

In its first-ever vernal season debut, SDRW will return to San Diego in alignment with a celebratory ‘Spring Harvest’ theme for San Diego diners. Whether you are looking to puck a deal, glean a great value, produce a customized dining plan or just enjoy a budding tasting experience, SDRW gathers all of that into one meal of your choice.

“Transitioning San Diego Restaurant Week from January to April in 2021 lets the community enjoy the fun dining experiences they love with SDRW but in a way that will maximally benefit our restaurant industry,” stated Ben Cleenger, CRA San Diego Chapter president. “Diners will get to choose their method of support through in-person dining, to go orders or even gift card purchases. As we start to shake the winter dust off, this week of dining in San Diego will boost energy into our cultural communities and our favorite restaurants.”

Spanning across San Diego County, participating restaurants will offer three-course prix-fixe dinner menus for $20, $30, $40, $50 or $60 per person and/or two-course prix-fixe lunch menus for $10, $15, $20 or $25 per person. Restaurants sprouting with innovation will showcase their menus through traditional in-house dining, expanded outdoor spaces as well as to go accommodations.

This delicious week is the perfect opportunity to explore the trending food scene of the Spring 2021 season, the return to the thriving culinary scene of San Diego, and to show your support for your local restaurant owners who have traversed an exceptional year of challenges. Both veteran favorites and newly established eateries that have carved out their space in San Diego’s Culinary Bedrock will participate in this foodie-lover’s week operating under the most current guidelines from public officials.

“Our San Diego restaurants have faced tremendous hardships over the course of the last year. From multiple rounds of closures to costly infrastructure investments to support safe outdoor dining, the strain on small business owners has been insurmountable for many,” stated Andy Baumann, San Diego Restaurant Week Chair. “Our neighborhoods eateries need community support to dig out of these holes as we have just begun our climb back. San Diego Restaurant Week will come at a perfect time for restaurateurs to create new dynamic offerings with the Spring Harvest and to generate the essential revenue they need to sustain business into the future.”

San Diego Restaurant Week encourages “Restaurant Week Your Way” by creating dynamic meal options and flexibility for the diner. Create your perfect palate with personalized menu options from your favorite participating San Diego eateries. Choose between your combinations of entrée, appetizer, drink, and/or dessert to create your own customized, one-of-a-kind Restaurant Week experience.

Don’t just eat and drink like any other week — indulge until your blooming heart’s content with everything San Diego has to offer. Tickets are not necessary for this delectable week of discounted dining, but reservations are recommended! Visit SanDiegoRestaurantWeek.com for more information.
Scout cookies

Continued from Page 13

and the financial assistance that helps all girls participate.
This year’s cookie lineup includes: Thin Mints, Samoas, Do-si-dos, Lemon-Ups, Tagalongs and Trefoils priced at $5. Due to higher production costs, the Girl Scout S’mores and gluten-free Toffee-tastics specialty cookies are $6 each.

If you aren’t inclined to eat cookies, maybe you’ll consider donating boxes to deployed service members through Operation Thin Mint. This amazing program originated here in San Diego in 2002 under the leadership of Jo Bee Jacob. When she transitioned from a 27-year career as a military officer to the San Diego County Girl Scout council CEO position, Jacob literally switched from Navy blue to Girl Scout green and from working with military troops to mentoring Girl Scout troops. Twenty years later, her win-win approach to raising needed funds for Girl Scout programs has sent 3.25 million boxes to the surprise of military troops serving our country in places like Iraq, Korea and even the Arctic Circle. That really says something about the generosity of our San Diego community.

As a volunteer who leads troops for both of my two daughters, I have first-hand experience supporting girls who sell cookies as a way to give back to the organization. When I asked my 15-year-old daughter, Caroline Austin, what stands out in her memories of those times, she said, “I had fun selling cookies with my friends at booths, I remember pulling our wagon with cookies through the neighborhood and now I’m just going to have to figure out how to help sell cookies COVID-style!”

I know the value of the Girl Scout experience and I know how yummy all those cookies are! For information about Girl Scouts and the 2021 cookie program, visit sdgirlscouts.org or email cookies@sdgirlscouts.org.

—Karen Austin writes on behalf of the Alvarado Estates Association.
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More outdoors books

By JEFF CLEMETSON | Mission Times Courier

If you need to shed some pandemic pounds, or if you just need a good laugh to cheer you up from the COVID blues, here are a couple other titles with outdoor themes and local roots:

“PACIFIC CREST TRAIL: SOUTHERN CALIFORNIA”

Last year, Wilderness Press released the seventh edition to its Southern California Pacific Crest Trail guidebook. This edition’s update was written and compiled by Laura Randall, upon previous editions by Ben Schifrin, Ruby Johnson Jenkins, Thomas Wissnet and Jeffry Schaffer.

The book is designed to guide readers along the 942.5-mile section — from the Southern border to Tsuamum Meadows — of the 2,650-mile trail by helping hikers locate the trail, find water sources, and access resupply routes. It offers rich descriptions, planning tips, and information on the region — including detailed information on the geology, wildlife and fauna found along each segment of the trail. The book also has sections promoting the “Leave No Trace” principle.

The book also provides important details on camping, permits, the best seasons to go, and more. Also, the full-color maps of the trail are drawn to scale with one another.

“Pacific Crest Trail: Southern California” is a complete guide to planning a day hike, a weekend trip, or an ambitious thru-hike, but is also an interesting read for nature buffs.

“The Pacific Crest Trail Association states that “Pacific Crest Trail: Southern California will plant both your feet in the dirt, so you can travel into the wild with confidence.”

“Pacific Crest Trail: Southern California, 7th Edition” ($29.95, softcover) is available wherever book stores are sold, including bookstores and gift shops, as well as popular online retailers.

“TITILLATING TALES FROM THE OUTHOUSE”

From Serra Mesa resident Tom Leech, co-author of “San Diego: Hiking, Biking & Camping” (Premier Pub), comes a, well, different kind of first book to feature poems.

In many of my published books, I’ve included an original poem or two that relates to the topic and provides a fun change-of-pace,” he said.

With co-author, and wife, Leslie, we wrote a poetic illustrated children’s book “The Curious Adventures of Santa’s Wayward Elves.”

Although meant to be an enjoyable humorous read, there are some tidbits of practical advice for outdoor hikers and campers who find themselves between toilets.

“Our long-time group hiker, it’s standard practice after an hour or two on the trail we split the guy and gal hikers with the phrase, ‘OK, it’s time for our bush break.’” Leech said.

With a laugh he said, “When you feel the need to go, look for a bush or shrub in a somewhat secluded spot. Several book poems (numbers 6, 8, and 18) have some fun with the need to locate a spot to take a pee.”

For more information about “Titillating Tales from the Outhouse” and other books from Leech, visit presentationspress.com.

— Reach editor Jeff Clemetson at jcfjej@sdnews.com.

Great outdoors

CONTINUED FROM PAGE 3

write his own memoir. He transcribed his journals over a two-month period before writing his first draft and then polishing the book for four years.

“Uphill and Into The Wind” is Reed’s debut memoir, although he points out that he has been published before in a San Diego Writers Ink anthology and throughout his career in various landscape architecture trade publications. But this memoir is special to him.

“It’s a really interesting story. I’m so glad I put it out there,” he said.

The book is already gaining some recognition. In November, the Surfing Madonna Oceans Project awarded Reed its Local Authors Community Arts Award.

A review in the Encinitas Library reads, “Reed’s debut memoir, although written over several decades. Finally I said my poems could well be a real book.”

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Although meant to be an enjoyable humorous read, there are some tidbits of practical advice for outdoor hikers and campers who find themselves between toilets.

“As a long-time group hiker, it’s standard practice after an hour or two on the trail we split the guy and gal hikers with the phrase, ‘OK, it’s time for our bush break.’” Leech said.

“With a laugh he said, “When you feel the need to go, look for a bush or shrub in a somewhat secluded spot. Several book poems (numbers 6, 8, and 18) have some fun with the need to locate a spot to take a pee.”

For more information about “Titillating Tales from the Outhouse” and other books from Leech, visit presentationspress.com.

— Reach editor Jeff Clemetson at jcfjej@sdnews.com.

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

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

For a limited time, readers of this paper will receive a special discount on our full chimney cleaning and safety inspection package with special attention to chimney water intrusion points in preparation for the rainy season.
New York, he was interested in the work he did as a paraprofessional at university libraries and went on to get a Master’s in Library Sciences. The couple stayed in New York for several years but when they had a child, decided to raise them outside of the city. They moved to San Diego where Jones’ wife worked at SUSD and he commuted to a library near UTC. Nine years later, he landed the job at College–Rolando that means he is close to home, his children’s school and his wife’s workplace. He can even walk or bike to work if he desires.

Now that he is at College–Rolando, Jones is focused on strengthening the Friends of the Library — a nonprofit organization that fundraises for programming at the library largely through book sales. “A lot of the Friends over the past couple years have walked away. I know that we could have a much more robust Friends groups here, it’s really just a matter of getting the word out, letting people know they’re welcome, their ideas are welcome and we want to hear from them,” Jones said.

At whatever point library services return, Jones said he is ready to “hit the ground running” to use their rooms for events.

“We really want it to be like a community center again and I think people are going to be really excited to be doing social, in-person events again,” he said. “I’m just a librarian in the city. I honestly do what I do on a day-to-day basis but I do feel like there’s such a larger perspective of how important libraries are.”

For more information on the Friends of the Library, visit collegerolandolibrary.org. To take part in the library’s virtual events, visit facebook.com/collegerolandolibrary.

—Reach contributing editor Kendra Sittion at kendra@sdsnnews.com.

Renters need to consider buying this year

By SARAH WARD

If you are currently a renter or know a renter, please read this column carefully. You are likely aware of the government money printing occurring — the trillions of dollars of stimulus for struggling taxpayers and businesses. While I certainly support the idea of aiding society during these unprecedented times, an issue I want to highlight, as any economics professor will tell you, is that increasing the money supply without additional economic output leads to a weakened dollar and eventual inflation.

Simply put, flooding the economy with additional dollars makes each current dollar worth less and likely leads to rising prices, including higher food costs and higher rent coming soon.

The absolute best protection against this coming inflation is to own hard assets, which includes real estate. As the dollar weakens and inflation accelerates, expect both rents and real estate prices to significantly increase over time. A slow economy is masking this inflation effect currently but as the pandemic wears-off and this economy heats up, many experts are saying to expect rising prices for everything.

If you are currently renting, contact me at your earliest convenience for a more detailed discussion of your purchasing options. Purchasing a property this year will lock in a fixed housing payment for many years to come and protect you from rising rents. Additionally, much of your housing payment is typically tax deductible, possibly saving on annual income taxes. Other benefits of purchasing property include building equity as San Diego real estate prices appreciate and additionally, gains on primary residences are typically partially or fully tax-free.

San Diego real estate values are still discounted compared to other areas of California and land here in America’s finest city is scarce. Demand for property continues to increase and supply is limited. There has never been a more important time to own valuable real estate.

If you are renting, please consider purchasing a property this year. It is time. Let me address some of the typical buyer concerns I have heard over the years.

For one, your first home does not have to be your forever home. You can live in a property for a couple of years and then either stay, sell and move up, or rent the property out. One method (I have used myself) is to purchase a new primary property every few years and then rent out your existing property. That way you can start building a small portfolio of rental properties.

Another issue worrying buyers is having a lack of down payment. However, there are many programs that only require a 1% to 5% down payment and for most veterans, a zero down payment program is available. On most loan properties, I only put down 3.5% on each one. The key is that mortgage approval is mostly based on credit score and income.

Something else to consider are mortgage rates. Rates are still ridiculously low but a weaker currency generally causes interest rates to increase, especially when the economy starts growing. In fact, mortgage rates, while still quite low, are starting to increase.

Another item to consider is that there are actually a lot of desirable properties that continuously come on the market but you need an experienced buyer’s agent to uncover excellent properties, present a clean offer, and get an offer accepted. I have an outstanding system and track record for finding my buyers desirable properties and getting offers accepted. I work closely with my buyers throughout the buying process.

So if you are renting, think seriously about the idea of a property purchase this year. Now is the time to finally start the process of becoming a real estate owner, protect yourself from rising rents, and build long term wealth. Call me: 858-411-6043.

—Sarah Ward is a realtor with Fine & Coastal Real Estate. Reach her at sarahward2021@gmail.com.

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RENTERS NEED TO CONSIDER BUYING THIS YEAR

Your College Area Realtor

By SARAH WARD

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—Sarah Ward is a realtor with Fine & Coastal Real Estate. Reach her at sarahward2021@gmail.com.
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San Diego, 92120
3 Bed | 2 Bath | $649,900
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SOLD
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4 Bed | 2 Bath | $677,000

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San Diego, 92122
1 Bed | 1 Bath | $370,000
Represented Buyer!

SOLD
204 Garden Grove Lane
El Cajon, 92020
3 Bed | 2 Bath | $671,000
Represented Buyer!

Single-Family Home Stats 2020 YTD vs. 2019 Analysis
Median Sale Price
Up 5% to $645,750
Median sale price is now at $645,750, up 5% from $615,250 in 2019. When you price correctly from day one, you can maximize offers and ultimately sell for the highest possible price as quickly as possible.

Average Days on Market
Down 41.7%
Median days on market are exceptionally low, at 14 days for the year. Current high demand and low supply play a major role, especially when compared to 2019’s statistic at 24. Strategic pricing and marketing ensure your home sells for top dollar in few days on market.

Sale-to-List Price Ratio
Up 1.8%
Correctly priced, strategically marketed homes sell at or above list price, and sellers focused on ROI often seek my advice on how to invest in strategic updates before listing their home for sale. This year’s ratio at an impressive 99.7%.

Months Supply of Inventory
Down 64.3%
Have you ever seen a house fly? Well for-sale homes are flying off the shelves these days. We are seeing historically low supply in 92115 at only half a month of supply. Ready to cash out? Now is the time!

Ready to find your dream home, but not sure how to maximize the equity in your College Area home?

With this much money on the line, and so many tedious details to keep track of, you’re right to want to approach this carefully.

Understanding your local market is an important part of a successful move. You deserve to get a strong return on investment and with the right information and preparation—you can!

My hands-on approach takes the stress and confusion out of selling your home because I sweat the small stuff—allowing you to stay focused on this move.

From start to finish, I work with you to help prepare your home, attract buyers, and facilitate a successful sale. Thanks to my proven system and passion for real estate, I’ve built a reputation for routinely providing a seamless and successful experience for my clients.

Sarah Ward
REALTOR® | DRE#01943908
Sarah@fineandcoastal.com
858-431-6043

Call Sarah Today For Your Initial Consultation!
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