Singing to save their lives
Unique vocal group benefits people with Parkinson’s

By CYNTHIA ROBERTSON | Mission Times Courier

It’s always been said that singing is good for the mind and body. A group called the Tremble Clefs, whose members practice at Palisades Presbyterian Church in Allied Gardens, proves this on a whole other level. Originally formed in 1994, Tremble Clefs members are people who have been diagnosed with Parkinson’s disease.

Clever name, clever concept — and it works. People living with Parkinson’s benefit from the activities in a Tremble Clefs session through the vocalizing, movement, remembering complex song lyrics, timing and harmonies. They also all enjoy the socialization at the weekly practices, making friends in a non-judgmental environment.

Marketing manager Jeff Castell explains why singing helps to mitigate the effects of Parkinson’s. “People living with Parkinson’s can have symptoms of a diminishing voice, loss of facial expression, diminished movement, changes in everyday lives of all persons.”

Zosa running on need for different City Council voice

San Diego City Council District 7 candidate Noli Zosa says the two main assets he would bring to the council are his business sense and grassroots community work experience. Zosa, a partner in the local Dirty Birds restaurant chain, has lived in District 7 neighborhoods of Linda Vista or Mission Valley for over 30 years. In that time, he has served on various local community groups like the Linda Vista Planning Group. He said he first got the bug for community service as a student director of a legal resource center in Linda Vista while attending law school at his alma mater University of San Diego.

“That’s really where I discovered my passion for serving the public,” he said, adding that he still does some community service through USD — most recently helping low-income residents with housing and legal issues while attending law school at his alma mater University of San Diego.

The census provides vital information about the nation’s growing population and infrastructure, which impacts the everyday lives of all persons. The 2020 census begins in San Diego and Imperial Counties in mid-March 2020, and community-based organizations in the region have been working together for a year to ensure full participation in the once-a-decade population and housing count.

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San Diego Community Newspaper Group
living in the United States. Census data is used to allocate funding for communities, ensure public safety, and plan new schools and hospitals. People use census data to decide where to open businesses and offices, which create jobs. The 2020 census is the first census to rely heavily on digital response, but will still have phone, mail, and Wi-Fi-enabled kiosk options available before enumerators are sent door-to-door.

Some of the highest rates of “hard-to-count” (HTC) populations have been identified in our region; and the state of California stands to gain through the $115 billion that the state of California is investing $187.2 million to outreach and educate the hardest-to-count populations on the 2020 census, funding the efforts of municipalities, nonprofits, and community-based organizations to ensure California’s communities have fair representation and funding as a result of 2020 census participation. This investment pales in comparison to the $11.5 billion that the state of California stands to gain through 55 federal spending programs, according to the GW Institute of Public Policy Counting for Dollars 2020 report.

When compared to the results of the 2010 census, San Diego County is the 21st hardest county to count, and Imperial County is identified as the most undercounted region in the entire state of California. According to data from the state of California, San Diego and Imperial Counties have more than 255,000 individuals who are considered extremely hard to count. However, data from the Advancement Project tells us this number could be even higher, with as many as 781,277 people at risk of not being counted in 2020 in San Diego and Imperial Counties.

The region was awarded more than $4.4 million by the state of California to fund their efforts to increase census participation in the 230 census tracts most at risk of undercount. An additional $400,000 was provided through San Diego Grantmakers. “Nonprofits and community members, funders, and government agencies have been talking about how to make sure that we reach our hardest-to-count neighbors for nearly the past two years,” says Megan Thomas, vice president of collaborations and initiatives, at San Diego Grantmakers. “For this once-in-a-decade opportunity to promote fair representation and secure the funds we need to support San Diego and Imperial region, we are doing our best work, together.”

Even everyone to be counted

Community groups came together to start the non-partisan Count Me 2020 Coalition in early 2019. United Way of San Diego County is the Administrative Community Based Organization (ACBO) for Region 10 that oversees the collaborative work of the Count Me 2020 Coalition, which is a group of more than 150 civic and community-based organizations from San Diego and Imperial Counties. Member organizations are committed to ensuring a complete and accurate count of the 14 populations identified by the state of California as “hard-to-count.”

“Our region has some of the highest hard-to-count populations, which include various ethnic groups, immigrants, and new people to the region,” says Ray Hennessy, executive director of the Advancement Project. “We need everyone to be counted so we can get our fair share of funding and representation in Washington, D.C.”

The coalition’s first big event was a May Day March on April 30th, which drew several thousand people.

“Count Me 2020 will be a long campaign—political and community leaders have an important role to play in getting everyone counted,” says Hennessy.

The STEPHEN THERESA PARISH SOCIAL CENTER

St. Therese is calling all prospective teachers who wish to work in the Catholic schools in the Diocese of San Diego to attend a job fair on March 21.

This collaborative job fair, hosted at St. Therese Parish’s Social Center, is a great way to interact and get to know the administrators responsible for hiring at more than 20-plus different Catholic schools throughout San Diego.

School administrators will be on site to answer questions about their school and discuss any pre-school through eighth-grade positions available for the 2020-21 school year.

Prospective teachers should bring several copies of their resume and cover letter to the job fair.

Preschool, elementary and middle school teaching positions in every content area, along with teacher aide and other support staff positions, may be available. Some schools may require teachers who teach religion to be Catholic.

The Teacher Job Fair will be held March 21, from 9 a.m. to noon at the St. Therese Parish Social Center, 6026 Camino Rico, San Diego.

ALSO ASSOCIATION HIRES SAN CARLOS RESIDENT FOR FUNDRAISING ROLE

The ALS Association Greater San Diego Chapter has hired San Diego native and San Carlos resident Melissa McElvain to the newly created position of associate director of development and donor engagement.

Melissa McElvain

McElvain will play an integral role in advancing the mission of the ALS Association by developing non-event-related donor strategies and increasing fundraising opportunities, along with corporate sponsorships and planned giving, according to Steve Bevcar, executive director, ALS Association Greater San Diego Chapter.

McElvain previously spent the past 18 years (2001-19) as head softball coach at the University of San Diego (USD). With more than 300 game victories, she owns the all-time record for most wins in the history of the USD softball program, which began in 1980.

McElvain graduated from Patrick Henry High School (class of 1995) and then attended Oklahoma State University (OSU) on a softball scholarship. McElvain played on the OSU Cowgirls squad when the team played in the 1998 Women’s College World Series, finishing third. She returned to USD to work as assistant sports information director for a year before leading the school’s softball program.

McElvain is a living donor advocate. In 2013, McElvain’s friend Dana Findley was suffering from focal segmental glomerulosclerosis (FSG), which causes scar tissue to form on the kidneys. With the
Count me Census using your home address.

Once the invitation arrives, you can respond for your home in one of four ways:

- **Online**: Complete the questionnaire at the official website, my2020census.gov or your desktop computer or mobile device, to both Questionnaire Assistance Centers and Kiosks hosted by libraries, governments, and community groups at various locations around the region. A full list of locations will be posted to countme2020.org in the next few weeks. The online self-response form is provided in 12 languages plus English, and 59 other language assistance guides are provided online, including in Braille and large print.

- **Phone**: Response can be made by phone. Depending on the language preferred (12 languages plus English), there is a toll-free number a resident can call. Call the Census Bureau Customer Service Center at 800-923-8282.

- **Paper questionnaire form**: If requested, a paper form can be provided in Spanish and English, as part of the update/leave campaign and for those who do not receive mail at their physical address.

- **In-person**: In-person home visits by official census enumerators will begin in April 2020 to visit college students who live on campus, people living in senior centers, and others who live in large groups of people. In May 2020, census enumerators will begin visiting homes that haven’t responded to the 2020 census by April 30, 2020, to help make sure everyone is counted.

For a list of important 2020 census dates, visit censusoutreach.org. In the near future, the Count Me 2020 website will have locations of the Questionnaire Assistance Kiosks and community-run assistance centers, as well as a full list of census-related events and volunteer opportunities in various neighborhoods.

San Diego and Imperial Counties, the majority of 2020 census efforts are coordinat ed through the Count Me 2020 Coalition, led by the United Way of San Diego County, with support from SANDAG and the County of Imperial. For additional information on the 2020 census in our region, please visit countme2020.org, calliforniacensusus.org or 2020census.gov.

Refrain from incidental discussions and conduct yourself accordingly. For more information, please visit countme2020.org.
in posture, shallow breathing and they can experience isolation and loneliness,” he said. “We encourage people to come ‘test drive’ a session and see what it’s all about. They usually always return because it is a very welcoming, friendly community of like-minded people who support one another.”

Tremble Clefs members have come to the group via referral from a vocal therapist, movement disorder specialist, friends, family or by word of mouth from support groups and exercise classes that they participate in.

“It’s a cross pollination of all the Parkinson’s community. People also have found us by their searches online leading them to trembleclefs.com and our social media channels on Facebook and Instagram,” Castell said. San Carlos resident Sharon Zelin said that her husband Ken Sinclair was referred to Tremble Clefs through a member of a support group that they both attend. He had been diagnosed with an atypical Parkinsonian disease called Lewy Body Dementia, which impacts his speaking voice, and he had suffered a few choking spells. “We weren’t sure we would initially fit into this group, but were very surprised how welcoming the members were,” said Zelin.

Founder and president, Karen Hesley, a speech-language pathologist with degrees in linguistics and communication disorders, established the voice and movement program in 1994 while working at the Scottsdale Memorial Hospital in Arizona. In 2001, additional locations were established in central San Diego, Rancho Bernardo and Encinitas. Tremble Clefs San Diego, Inc. was incorporated as a nonprofit organization in 2016 and has grown nationally with additional locations in Massachusetts, Missouri and Washington.

The therapeutic benefits of singing for people with Parkinson’s emerged from Hesley’s work as a speech therapist while providing the Lee Silverman Voice Treatment (LSVT). Primary speech symptoms include low voice volume and poor articulation. Singing addresses both of these issues, explained Hesley, a San Diego County resident.

Hesley explained that she and others soon discovered that the therapeutic gains of singing went beyond increasing volume and improving articulation.

“Tremble Clefs provides a social environment which offered the singers an enjoyable, communal activity and the motivation to communicate. The success of the initial group was based not only on the therapeutic results, but also on the joy and power of choral singing and on the amazing spirit and courage of the individual members.”

“This is still true today, after 25 years, and continues with each new chorus that join the Tremble Clefs family,” Hesley said. Zelin can vouch for this. “Although Ken does not sing loudly, nor does he like his singing voice, he gets the opportunity to exercise and work his vocal muscles, and interact with others, which is socially a very positive thing,” she said. “We both love the music we sing, enjoy the instrumental component, and really like our music director, Matt. We especially enjoy our violinist Francesca.”

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This has become audibly louder and much clearer to understand. He also performs in the seasonal talent shows as the emcee as well as reading his original stories aloud,” said Castell, who also participates in the weekly sessions. “I love it. I get to spend time with my spouse sharing something we both can do together and having a professional singer and musical director like Matthew Ignacio has surely improved my vocal abilities,” he said.

Castell said that he has enjoyed the many friendships made in the singing group.

Knight thinks the same. “No one is self-conscious of their symptoms when you are at TC. Members may shake, have difficulty walking or even be in a wheelchair and all are perfectly accepted. We can relax and be ourselves with others who understand exactly what we are going through,” he said. Tremble Clefs is a free program with no auditions and members do not have to know how to sing. At Palisades Presbyterian Church, the weekly practice sessions are Thursdays, 1 to 3 p.m.

The public is invited to hear the Tremble Clefs perform at a Spring Benefit Concert on March 13, 2020, at 7 p.m. at Palisades Presbyterian Church, 6301 Birchwood St. The concert will feature Quartetto Luminuso, a virtuoso classical ensemble comprised of clarinetist Robert Zelickman, violist Pativkiki Nykter, violinist Francesca Savage and cellist Cecilia Kim. Musical works are to include composers Stamitz, Sibelius, Piazzolla, Crussell and others. This marks the fourth year Quartetto Luminuso has performed to support Tremble Clefs San Diego and raise awareness of Parkinson’s.

For ticket information, call 619-363-0814 or go to trembleclefs.com.

—Cynthia Robertson has been a local freelance writer and photographer for more than 30 years. She is also the author of a novel, “Where You See Forever.” Her website is cynthia robertson.com.

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**QUARTETTO LUMINOUSO**

**DATE:** March 13, 2020

**TIME:** 7 p.m.

**PLACE:** Palisades Presbyterian Church, 6301 Birchwood St., San Diego

**CONCERTS:**

**APRIL 12, 2020**

**FREE Pancake Breakfast**

**APRIL 19, 2020**

**7 p.m.** FREE Concerts

**ST. L.A. FESTIVAL**

**APRIL 26, 2020**

**9 p.m.** FREE Concerts

**CEARS HEARING CENTER**

**3590 Camino Del Rio North # 201**

**Located Inside The Senta Clinic**

**619-810-1204**

**Robert A. Fallicla**

**CEO & Chairman**

**Lucia Harnoy**

**Director of Audiology & Hearing Services**

**Hearing Care Services**

- Licensed doctorate-level audiologists
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- Hearing aid sales, service and repairs
- Custom hearing protection from noise
- Hearing aid accessories and batteries
- Tinnitus evaluations, consultations & treatment
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**MISSION TIMES COURIER**

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**March 13 – April 9, 2020**

**Chef’s HEARING CENTER**

**CHEARS HEARING CENTER**

3590 Camino Del Rio North # 201

Located Inside The Senta Clinic

619-810-1204

**March 13 – April 9, 2020**

**Mission Times COURIER**
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so what Zosa would propose for neighborhood issues, too. One idea he has for this would be to give businesses access to an “Adopt-a-
City, Zosa also sees the disconnect between developers and communities. His Is that one way to increase
revenue without raising taxes is to allow more businesses to operate in Balboa Park.

“Let’s figure out ways to increase revenues to the city where we can afford to pay the pensions of our hard-working city employees, fire- fighters and police officers and keep that talent in the city,” he said.

Public/private partnerships are not just good for funding solutions to major issues like homelessness or the pension crisis, they are al-
so what Zosa would propose for neighborhood issues, too. One idea he has for this would be to give businesses access to an “Adopt-a-
Neighborhood” program similar to the Adopt-a-Highway program for state freeways. Ideas like this were born of Zosa’s experience on the Linda Vista Planning Group.

“As chairman of Linda Vista Planning Group, whenever a busi-
ness or development comes into our community, I say, ‘How are you going to be part of this community?’ If you really want development and businesses to thrive and the local residents to support you, please invest in our community,” he said, adding that although it was not quid pro quo, he felt compelled to ask Linda Vista’s marijuana businesses what their benefit to the community is and encouraged investment in places like the local library and the Boys & Girls Club.

“They have a disconnect between developers and communities, and that’s why you have a lot of NIMBYs,” he said.

In addition to viewing the disconnect between developers and communities as the cause of re-

cistance to development in the city, Zosa also sees the disconnect between what voters expect from government and what govern-
ment delivers as the cause of distrust in solutions to issues like the convention center and the climate action plan.

Zosa said that voter rejection of Measure C to raise hotel tax-
es for the convention center and social programs failed because “unfortunately, the voters of San Diego do not trust government to spend their dollars when they say, ‘This money is going to homeless.’” That was the same argument against Measure C, that you can’t trust the money to go where it’s sup-
poused to go. He pledged to the money from the Transnet tax being diverted from road repair to the trolley sys-

tem as an example of why voters mistrust government.

In the absence of support for a public initiative to fund the con-
vention center expansion, Zosa again sees the business commu-
nity as the likely solution. “We might need to privatize part of the convention center to get it done,” he said. “The city will lose if it is not expanded.”

Another area Zosa sees local government building mistrust is the regional climate action plan. Although he believes climate change is happening and is man-
made, Zosa said the city plan to move to renewables will increase cost on low-income families, at least in short term. But it is the issue of cars versus bikes that has him most fired up.

“I see a misappropriation of funds going to bike lanes that cost $5.6 million per mile, which is very expensive and has very, very low ridership,” he said, adding that the $279 million appropriated for bike lanes in the city would be better spent fixed roads, or adding more solar panels on city buildings.

A TOUGH RACE

Zosa said he decided to jump into the race for City Council to bring a voice to the city that may go missing come November.

“We need someone who has been in the private sector, he said. “There’s not too many people who are locally elected, es-
pecially on City Council, that have experience in the private sector and there’s going to be even less with Scott Sherman, Barbara Bry, Mark Kersey all going away. You look at the current City Council can-
didates, they don’t have that busi-
ness experience, which is critical. We need a balance of voices for good governance.”

In addition to a lack of busi-
ness candidates, the City Council race after the primary will all but assure a Democratic major-
ity, Zosa said he doesn’t want to see one party rule over the city. Democrats with super majority, and “majority bosses making all the decisions.”

“If we have just a Democratic mayor and a Democratic super majority City Council, you might as well just put everything on con-
sent, because there’s not going to be any debate,” he added. “That’s not going to be good for the city of San Diego.”

If the March primary results are any guide, Zosa is looking at a tough uphill battle. His challeng-
er in the November runoff, Deputy City Attorney Raul Campillo, re-
cieved 36.4% of the vote to Zosa’s 30.6%. A roughly 6-point margin doesn’t seem too mountain-
able until you look at the results for the other two candidates in the primary — both Democrats. Wendy Wheatcroft received 19.4% of the vote and Monty McIntyre garnered 13.5%. Added up, it gives the Democrats a 40.9-point advan-
tage going into November.

Zosa maintains he is still in the race for a few reasons — voters outside of Linda Vista still don’t know him, the March primary had very low turnout in District 7 and because of the presidential primary between main candidates Joe Biden and Bernie Sanders, the turnout was heavily Democratic.

“For people who lean to the right side, there wasn’t much rea-
sion to put out in this election and that’s something that’s going to turn around in November,” Zosa said, adding that his main strat-
egy is to win is to mobilize fellow conservatives to the polls and to get his message and his resume of experience out to voters.

“I’m ready from day one to jump into city government,” he said.

—Reach editor Jeff Clemetson at jeff@sdnews.com.
Guest editorial

By MATT STOLLER

At the end of February, President Donald Trump dismissed concerns about Covid-19. As he put it, the virus is “under control” in the US and “the whole situation will start working out.” But according to Politics, Trump is privately voicing worries that the impact of the virus will undermine his chances of re-election. His panicked actions of late — including preventing an American from being treated in ARUBA, at the request of a fearful Sen. Richard Shelby — confirm that this virus is a political event of the first magnitude. While few in Washington have internalized it, the coronavirus is the biggest story in the world and is soon going to smash into our politics in unpredictable ways.

As Jon Stokes notes, we will, in all likelihood, be locking down travel in some areas of the US for several weeks, as they did in China. People may be advised against gathering in large groups. It’s not clear what any of this will do for campaigning or primary voting, whether most of us will vote by mail or have our votes delayed. Moreover, the coronavirus is going to introduce economic conditions with which few people in modern America are familiar: the prospect of shortages, the collapse of thousands of banks and businesses. At the depth of that depression, cotton hit its lowest price in 200 years and steel production fell to 15% of capacity. The situation became so desperate that in just one month in Toledo, Ohio, the 300,000 residents stood in bread lines every day. Children were competing with rats for food. And thousands were dying of dysentery. The politics too turned desperate, with one labor leader telling Congress that “if the Congress of the United States and this administration do not do something to meet this situation adequately, next winter it will not be a cry to save the hungry, but it will be a cry to save the government.”

And yet, the old order had no answers for the collapse of holdings, but businesses, academics, and bankers proffered only belt-tightening. Within the Republican establishment, President Herbert Hoover worked 18-hour days, exhorting confidence while refusing to take even basic steps such as having the government guarantee bank deposits. Instead, his administration’s army attacked hungry protesters in Washington, D.C., a move that prompted an angry Republican congressman, Fiorello La Guardia of New York, to remind the president: “Soup is cheaper than tear gas bombs.”

Meanwhile on the Democratic side, progressives and conservatives in the party were locked in a bitter battle for the nomination. Many Democrats agreed with Howard, Maryland governor and presidential candidate Albert Ritchie, for instance, argued that we should rely “less on politics, less on laws, less on government.” Another candidate, Speaker of the House John Nance Garner, claimed that the greatest threat to Covid was the “tendency toward socialism and communism” and pledged a massive cut in government spending as “a tax sales increase. Others turned to extreme racism and xenophobia. Only Franklin Delano Roosevelt, who went on to win a contested triumph, campaigned on aggressive government involvement in the economy — or as he put it, a “workable program of reconstruction,” which later became the New Deal.

That era’s political desperation is alien to a few for obvious reasons. First off, we haven’t faced shortages of such magnitude for a very long time. More importantly, we have for decades lived under a political framework that work is as familiar as a term popularized by economist John Kenneth Galbraith in the 1958. As an attentive student of America automatically produces a surfeit of jobs and wealth, and the problem is solely one of distributing the bounty. Under the serene song of affluence, we began offshoring critical production capacity overseas and businesses. In 1971, economist Nicholas Kaldor noted that American financial policies were turning “a nation of creative producers into a herd of rentiers increasingly living on others, seeking gratification in ever more useless consumption, with all the debilitating effects of the bread and circuses of imperial Rome.” Still, Bill Clinton and George Bush accelerated the trend throughout the 1990s and 2000s.

Affluence politics is not the politics of being wealthy, though, but rather the politics of giving up to what creates wealth in the first place. That is to say, it’s the politics of ignoring our ability to make and distribute the things people need. With the banking collapse in 2008, the election of Trump in 2016 and his mourning of empty factories, and Bernie Sanders dominating the early primaries, that era may at last be passing. A pandemic disease outbreak would only hasten this progression and force us back into the politics of production.

With potential shortages of goods, and restrictions on people’s movement, both parties are heading into unknown territory. It is likely Democrats will use this opportunity to further their case for Medicare for All. Pandemic recovery plans and medical bureaucratic costs focused on billing do not mix well — stories about astronomical out-of-pocket costs of Covid-19 testing are already circulating. Republicans are likely to take a more xenophobic approach, emphasizing restrictions on foreigners and infected Americans. When it comes to managing shortages, however, both parties are split, just as they were in 1932, between their Wall Street factions that assume affluence and the less populist factions that seek assertive public power.

The Democratic Party certainly echo those of the Great Depression, with candidates from卡特·佩里到Amy Klobuchar trying to wrap themselves in FDR’s mantle. Regardless, the end of affluence politics means focusing on whether medicine is on shelves, not bitter disputes over bountiful and wasteful hospital and insurance billing departments. It means caring about bureaucratic competence in government, and accuracy in media, not because these are nice things to have but because they are necessary to avoid immense widespread suffering. It means understanding that pharmaceutical mergers that benefit shareholders while laying off scientists are destructive, not just because they are unfair, but because they make us less resilient to disease. (Shareholders, as it turns out, also have lungs.) Finally, it means recognizing that wealth, real wealth, is not defined by accounting games on Wall Street, but the ability to meet the needs of our own people.

We came to these realizations once before in 1932, and created a vibrant democratic state over the following few decades — one that rapidly expanded our life spans, defeated the Nazis, and helped create Silicon Valley. The convergence of the Covid-19 outbreak and the presidential election will force us to do it once again. We’ve lived in the world of unreality for far too long.

As Richmond Federal Reserve Bank president Tom Barkin recently put it, “Central banks can’t come up with vaccines.” It’s time to get ready for what that implies.

—Matt Stoller is director of research for the American Economic Liberties Project. Visit economicsliberties.us.

Covid-19 supply chain shutdowns can lead to social, political change

By MATT STOLLER

March 13 – April 9, 2020

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As Richmond Federal Reserve Bank president Tom Barkin recently put it, “Central banks can’t come up with vaccines.” It’s time to get ready for what that implies.

—Matt Stoller is director of research for the American Economic Liberties Project. Visit economicsliberties.us.
Dems celebrate primary victories, prep for November

By PAT BOERNER

Navajo Canyon Republican Women of California is pleased to announce our next meeting will be Tuesday, April 14, from 5-8 p.m. and held at the Carlton Oaks Country Club located at 9200 Inwood Drive, Santee.

Liz Wheeler, host of “Tipping Point with Liz Wheeler” on One America News Network, will be the featured speaker. Anyone who has watched the TV series knows that Liz is one of the most outspoken and pithy television personalities and is best known for being no-nonsense and straight talking. In addition to her TV career, she is also an established author and has published her book, “How To Topple The Left’s House of Cards,” in 2019.

All are welcome and encouraged to join us to meet and mingle with other like-minded conservative thinkers. There will be lots of spirited conversation as we have just finished the March primary and are now looking ahead to November with great optimism.

The cost is $30 and that includes a gourmet burger bar dinner. Cash and checks are accepted, but no credit cards. There will be a no-host bar. As an added attraction to the evening, we will have our annual “Road Show” with used treasures offered at a silent auction.

Reservations are required as we do anticipate a large crowd. Please RSVP to RSWPwenc@gmail.com or call Marjie at 619-990-2791 for questions or to confirm your reservation.

The Republican Women of California San Diego County monthly meeting will be held at the New Legacy International Business Spotlight

The board of directors of the La Mesa Foothills Democratic Club has voted to cancel our Campaign Kick-off meeting on April 1. Our May 6th meeting will be determined at a future time.

“Changing our actions for a short period of time will save the life of one or more people you know,” said Governor Newsom. “That’s the choice before us. Each of us has extraordinary power to slow the spread of this disease. Not holding that concert or community event can have cascading effects — saving dozens of lives and preserving critical health care resources that your family may need a month from now. The people in our lives who are most at risk — seniors and those with underlying health conditions — are depending on all of us to make the right choice.”

If “Dump Trump” is the clarion call for all Democrats running for national office this fall, then “Our Blue County” is the appropriate slogan for most San Diego area elections this cycle. Democrats dominated the March 3 primary, with great results from north to south and even out East County way. With a couple of exceptions — the District 2 County Supervisor seat to replace termed-out Diane Jacob will go to a Republican and the 71st Assembly seat shows our Liz Lavertu a tremendous underdog — the election results are pretty darn encouraging. Even Ammar Campa-Najjar in the heavily Republican 50th Congressional District had a great showing, garnering the most votes against two out-of-district, well-funded Trumpers. It’s still going to be a very uphill battle, but one has to give him at least a chance against disgraced former Congressman Darrell Issa.

In our immediate backyard, the 53rd Congressional District, vacated by a retiring Rep. Susan Davis, will pit former Obama staffer Sara Jacobs against San Diego City Council President Georgette Gomez. While Jacobs garnered the most first-place votes, there were many Democrats in this race, so it will be most interesting to see how the votes are allocated in the fall. We are guaranteed to be represented by a great Democrat in either case.

The local state races show our incumbent Assembly member Shirley Weber with an almost insurmountable lead over her Republican opponent in the 79th Assembly District, and Senator Toni Atkins is running unopposed in Senate District, and Senator Toni Atkins is running unopposed in Senate.

Liz Wheeler to speak at Republican Women meeting

By PAT BOERNER

By PAT BOERNER

La Mesa Foothills Democratic Club will be a no-host bar. As an added attraction to the evening, we will have our annual “Road Show” with used treasures offered at a silent auction.

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The Republican Women of California San Diego County monthly meeting will be held at the New Legacy International

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sdnews.com 7
March 13 – April 9, 2020
Mission Times Courier
Using California’s Red Flag Law to combat hate crimes

City Attorney News

By Mara W. Elliott

A 35-year-old Clairemont man threatened on Facebook to “shoot up” a gay bar in Hillcrest and then kill himself. He reiterated those threats to law enforcement after being detained. Our office intervened with Gun Violence Restraining Order (GVRO) to prevent this attack.

This is just one example of more than 300 situations where our office has obtained a GVRO to avert potential gun violence tragedy in San Diego. While the majority of cases referred to our office involve domestic violence or threats of suicide, we’ve also found GVROs to be a valuable tool for preventing hate-fueled violence in our community.

Using California’s Red Flag Law, our office obtains GVROs to safely remove firearms from individuals who pose a danger to themselves or others. They also serve another purpose — preventing the person named in the order from acquiring new guns and ammunition.

We established California’s first GVRO program and are training hundreds of other agencies throughout California on how to use this life-saving tool.

Hate crimes have increased dramatically since their decade-low rate in 2014, and they increasingly target individuals as opposed to property. With this law we protect the most vulnerable populations in our city, particularly those who face discrimination and even threats of violence because of their race, religion, national origin, gender identity or other characteristics.

As city attorney, my job is to ensure all our citizens feel safe in their own communities.

A GVRO was obtained in each of those cases to prevent a potential hate crime:

• A 50-year-old man confront ed three Muslim women in Little Italy, forcefully bumping one with his shoulder. He pulled the hijab off another woman’s head, and punched the third woman. The victims testified in court. He yelled at them, “Go back to your country!”

When San Diego Police went to his apartment, he answered the door with a handgun in his hand. The officers observed an AR-15 assault rifle, tactical vests and ammunition inside. He was arrested and charged with three counts of battery and a hate crime. The police confiscated seven long guns (some with scopes), a double-barreled shotgun, two handguns, and hundreds of rounds of ammunition.

• A 38-year-old Ramona man left disturbing telephone messages referencing bullets and guns at the San Diego offices of an English as a Second Language school, after he got into a political argument on Facebook with the school’s director. When he learned the school was planning a field trip to Ramona he left messages saying he didn’t want “those [exp]losive” illegals up here” and that his neighborhood was “MAGA territory.”

• A 30-year-old man stated that he wanted to purchase automatic weapons and large capacity ammunition magazines in Arizona, and then commit the largest mass shooting in U.S. history and broadcast it on Instagram. He mentioned a school in the Poway Unified School District, and stated he wanted to kill people based on their race.

These disturbing examples demonstrate how powerful GVROs can be at thwarting hate crimes and preventing gun violence. Our office will remain proactive and vigilant in our effort to prevent this kind of violence, and I want to continue to work together as a community to stamp out hate. I urge community residents to report dangerous conduct to the San Diego Police Department immediately. With your help we can protect all San Diegans, regardless of who they are or where they come from.

—Mara Elliott is City Attorney for the City of San Diego.

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L MFDC CONTINUES FROM PAGE 7

District 39. Council member Chris Ward is way ahead of another Democrat, Sarah Davis, in the 78th Assembly District race and will face her again come November. And club favorite Lorena Gonzalez has again dominated in her 80th Assembly District race.

And in the San Diego may or’s race, it looks like Assembly member Todd Gloria will face Republican Scott Sherman in the fall, though fellow Democrat Barbara Bry is not mathematically eliminated as of this writing. Either way, Gloria appears to have an insurmountable lead to become San Diego’s next mayor.

Even more locally, in San Diego’s 7th Council District, club member Raul Campillo out-performed Republican and chicken wing entrepreneur Noli Zosa, and a few fellow Democrats to appear to be the presumptive favorite to win the seat in the fall. Zosa received less than 31% of the vote, while the Democrats in the contest totaled almost 70% of the votes cast. While the Republicans are sure to pour thousands of dollars into this city race, the math doesn’t look good for them at this time. There’s a similar scenario playing out in the city’s 5th Council District, so it’s not out of the question that the Democrats could see an 8-1 City Council majority and a Democratic mayor—an unprecedented occurrence in San Diego political history. In Districts 1, 3 and 9, all November contestants are Democrats.

This Democratic wave was seen in the South Bay where the Supervisor District 1 race will feature two Democrats squaring off in the fall, and a near sweep of all the council races in Chula Vista, along with Democrat Greg Vargas’s overwhelming showing in Congressional District 51.

To the north, Mike Levin and Susan Davis are in close races in their respective Congressional races, as is Brian Mainshein in his Assembly District 77 race. The Board of Supervisors District 1 race shows the two Democrats totaling more many votes than the incumbent Trumper, Kristin Gaspar, and the Newland Sierra measure was soundly defeated by voters.

Even the countywide court contests looked good for our endorsed judicial candidates Alana Wong Robinson and Michelle Talleigio, both winning their seats outright. Tim Nader, in Superior Court Office 30, will survive the primaries and a strong general election. Our County Board of Education seats, along with the Community College and San Diego Unified contests, were largely dominated by endorsed Democratic candidates.

—Tina Rynecky is president and Jeff Berecz is vice president of programming for La Mesa Friends Democratic Club.

News Briefs

CONTINUED FROM Page 2

S AN DIEGO FOUNDATION GRANTS TO INCREASE OUTDOOR ENGAGEMENT

The San Diego Foundation today announced the availability of Environmental Initiative grant funding through the Opening the Outdoors Program. The 2020 grant cycle will prioritize nonprofit

SE E NEWS BRIEFS, Page 9
programs that provide access to San Diego's natural resources for the enjoyment of all San Diegans today and tomorrow. According to The San Diego Foundation Parks for Everyone report, 45% of San Diego County’s total land area is green space, yet many low-income communities of color have a disproportionately lower degree of access to parks and open spaces. This lack of access has decreased community engagement in the outdoors, directly impacting both the mental and physical health of San Diegans.

In response, The San Diego Foundation’s Opening the Outdoors grant cycle will invest in programs that clearly contribute to system or individual change resulting in opportunities for children and families in the San Diego region to grow, connect and thrive through positive interactions with the outdoors.

To be considered, eligible organizations must submit a proposal by April 6. The San Diego Foundation will prioritize applications with thoughtful collaborations, strategic partnerships and measurable goals. Proposals will be reviewed by foundation staff and a review committee comprised of a diverse group of community volunteers with expertise in philanthropy and the environment.

While participation is not required in order to apply, interested nonprofits are encouraged to sign up for the Informational Webinar hosted by The San Diego Foundation BROTHERS FAMILY RESTAURANT
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San Diego’s Finest... FROM Page 8
SEE NEWS BRIEFS, Page 4

sdnews.com

March 13 – April 9, 2020
Mission Times Courier

9
Donate your car to the CARS FOR KIDS program

Center Hotel, 875 Hotel Circle South on Monday, April 13, at 9:30 a.m. Kirby Horrell of Saved in America will speak on how retired Navy SEALs rescue teens from sex traffickers all over the world. RSVP to ride.lamar@cox.net by Tuesday, April 7.

The June lunch meeting of Navajo Canyon will feature Treecor Loundon, acclaimed speaker, author and political activist speaking on “Enemies Within.” Details to be announced soon, but you will want to save the date Tuesday, June 9, to hear this dynamic speaker. Please visit our website at rwcNavajo-Canyon.org and check us out on Facebook at Republican Women of California-Navajo Canyon.

We have been exposed to a whirlwind of political advertisements and promises the past several weeks and, of course, there will be many more to come. Voting in our representative republic/democracy is a privilege and responsibility, not just to vote, but to be an educated voter. It is not easy to sort out the truths from the untruths during an election cycle, but please take the time to do some research and make wise choices. If indeed, your vote is your voice, then be aware that an uniformed voice is no better at the ballot box than anywhere else in public life.

When you are being asked to vote for change, you must take into account how much better things are now than just three to four years ago. Our economy is booming, unemployment is at record low levels, middle class taxes are reduced, our military is stronger, the wall is being built and doing what it was intended to do, and our trade deals are being renegotiated and made fairer to the United States.

The list goes on and on. We don’t need change — we need to continue on the current path and be grateful that we have found our way to a stronger nation and more respected status in the world.

—Pat Boerner writes on behalf of the Navajo Canyon Republican Women of California.

Liz Wheeler (Photo courtesy NCRWC)
**Allied Gardens/Grantville Community Council news**

By SHAIN HAUG

For the first time in many years, I was a passenger, rather than a driver, south on state Route 163 through the park, east on Interstate 8, and north on Waring Road. For the first time, I gave my undivided attention to the finger canyons and hillsides along that route. These are only a small sample of canyons and hillsides throughout the city; areas that have avoided development because of difficult terrain and restricted access.

Because of the good fortune of those limitations, we still have these last vestiges of our wild coastal desert. They are fragmented and often invaded with foreign species, but still we can restore and preserve them as a natural resource for generations to come.

San Diego Canyonlands is dedicated to this essential part of our environment. Its goals include bringing the canyons back to their natural ecologies by repairing the damage done by our surrounding commercial and residential development.

At the next Allied Gardens/Grantville Community Council (AGGCC) Town Hall Meeting on Tuesday, March 24, at 6:30 p.m., at the Benjamin Library (corner of Glenroy Street and Zion Avenue) Clayton Tschudy from Del Cerro Action Council news

By JAY WILSON

The two primary projects in Del Cerro continue to be the All Peoples Church (APC) and the proposed Del Cerro Maintenance Assessment District (MAD).

On Monday, March 9, the residents on Marne Avenue, whose backyards border the All Peoples Church, met with staff from the APC along with staff from The Atlantis Group, the land-planning experts assisting APC with development of the project. As a follow-up to the meeting with the residents on Marne, the staff from APC and the Atlantis Group made a full presentation to Navajo Community Planners (NCPI) on March 11.

Following their presentations to the Marne Avenue residents and the NCPI, APC will now be submitting their plans to the city for a second review. This will lead to a second cycles report from city staff following their review of the revised plans. Hopefully the second cycles report will resolve whether or not there will be a signaled intersection leading into the church parking lot and confirm the location of the one-story parking garage.

The Del Cerro MAD is still sitting with the city. It is our understanding the Del Cerro MAD is next in line. The city’s action is to approve the wording for the petition and to give the green light to move forward, which will allow for property owners to begin signing the petition. It requires 30% of Del Cerro property owners to sign the petition in order to bring the MAD proposal to a vote by property owners.

Youth sports are everywhere within the Navajo Community this time of year. Nearly 2,000 children are playing youth sports this spring. There is Crusaders Soccer, Navajo Girls Fast Pitch Softball, Allied Gardens, San Carlos and Mission Trails Little Leagues, Patriot Baseball, and Mission Trails Lacrosse.

Two new large grass fields have just been added at Gage and Marvin elementary schools. Virtually every grass and artificial field is in use for practices and Saturday and Sunday games. Please be cautious as you drive through our community. At any moment, a child may run across the street to get to practice or retrieve the ball that is bouncing and/or rolling across the street.

The next quarterly meeting of the Del Cerro Action Council will be on Thursday, April 23, at 7 p.m., at Temple Emanu-El.

In the spirit of Vincent DePhilippis

Restaurant Review
By FRANK SABATINI JR.

The name Filippi’s Pizza Grotto lands in the books of San Diego’s oldest restaurants. And if you’re a fan of classic Italian-American style food, the aromas and flavors that waft inside will likely remain etched in your mind.

To my surprise, the family-owned business has many more locations than I realized beyond its ground-zero operation in Little Italy and this Grantville spot. In what started out as a grocer in 1950 at 1747 India St., eventually turned into a bustling restaurant followed by 13 others spread mainly throughout San Diego County. There are also statewide outposts in Temecula, Napa and Norco.

Founded by Italian immigrant Vincent DePhilippis and his French wife, Madeleine Manfredi, all locations are owned by relatives of the late couple.

“IT’s in our bylaws that the individually owned locations must stay within the family,” explained Lucas Trily, the great-grandson of DePhilippis. He co-owns the Grantville and Kearny Mesa locations.

The Grantville location opened in 1982 (Photos by Frank Sabatini Jr.)

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619-281-3511, realcheesepizza.com
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Linguine with baby clams

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Mission Times Courier
FOOD & DRINK
Herb-dusted focaccia made in-house is your complimentary table bread. It’s accompanied by butter, and it is normally light and airy. Although in a second basket we requested to mop up our pasta sauces, the bread needed five more minutes in the oven. It was too doughy in the middle.

In any case, their portions are substantial. In any case, their portions are large and extra-large sizes as well.

As a result, the menus through-out the chain are pretty much the same. Nearly 90% of the food is house-made. And the pizzas carry two signature features: Loads of grade A whole-milk mozzarella cheese (a pound of it per large pizza), and toppings that are always tucked beneath the sinful, cheesy mantle. Be advised that what constitutes as a regular layer of cheese at other pizzerias easily equates to double cheese at Filippi’s.

Some of the owners add their own dishes into the lineup. This location, for example, offers a pepper steak sandwich and a lemon chicken entree.

But we came knocking for pasta and the big, tender meatballs.

Visiting as a twosome, our kickoff was a small antipasto in which you’ll consistently find cubed Provolone, salami, mortadella, beans and veggies contained within a pile of iceberg or romaine lettuce. Dressed in basic vinaigrette, the dish is available in large and extra-large sizes as well. In any case, their portions are substantial.

This small antipasto easily feeds two people.

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My spouse’s pasta combo plate included a swell bargain for $10.95, comprising two nicely cooked poolside pastas, the bread needed five more minutes in the oven. It was too doughy in the middle.

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iNat Observation of the Month: Cedar waxwing

By PATRICIA SIMPSON

Cedar waxwings are possibly some of the most striking birds one can encounter in San Diego in the wintertime. Since they are small (about the size of a sparrow) they are often heard before they are seen. They travel in groups (aptly called an “ear-full” or a “museum”) and communicate with high-pitched trills and whizzy thin whistles. They can be heard and seen in Mission Trails Regional Park like the ones in this observation by mhrains posted on iNaturalist at the ones in this observation by Mission Trails Regional Park like the ones in this observation by mhrains posted on iNaturalist at bit.ly/2PHcX2A.

Once the birds are observed, they are hard to forget. Cedar waxwings (Bombycilla cedrorum) wear a stylish black mask across the face and sport an elegant crest above the head. Their plumage ranges from a soft rusty color on the head, fading into pale brown on the shoulders and back, and grey on the wings and tail. The under belly is pale yellow. The tip of the tail bears a bright yellow bar and sometimes, the red waxy wing tips that give the bird its name are visible.

When cedar waxwings visit my yard, I like to call them “masked bandits with wings.” What are they there to steal? Berries and pomes! An ear-full of waxwings can clear a native toyon (Heteromeles arbutifolia) of all its pomes in a day or two. Though these birds supplement their diet with insects in warmer months, their favorite food is fruit and they are considered true frugivores, meaning they eat the whole fruit, digest the pulp and pass the seeds intact. This makes them excellent propagation tools in the environment.

Last year, a flock of cedar waxwings cleaned out my toyon within a couple of days. They chose a high perch over my driveway to say, they left a mess on the ground. But complain I did not! I grabbed a pair of tweezers, proceeded to collect the freshly cleaned seeds and started my own propagation project in my greenhouse. I was amazed at the results: over 90% germination rate when planting the seeds with no further treatment at room temperature (compared to 50% according to native plant network.org).

—Patricia Simpson is a trail guide at Mission Trails Regional Park.

Purple haze of spring

By NORA BODRIAN

Walking through Oak Canyon in January, I saw shrubs with pointed branches which I initially mistook for sappy redberries. Then I noticed the little clusters of tiny purple flowers and remembered that these hills were blanketed in a purple haze last April. These are Ramona-lilacs (Ceanothus tomentosus), also known as woollyleaf ceanothus, of the Buckthorn family (Rhamnaceae). What a pleasure to see the promise of spring’s upcoming floral display!

The Ramona-lilac, or “mikel” in Kumeyaay, has its place in the foothills and canyons of Southern and Baja California. It is a nitrogen-fixing plant; its presence increases available nitrogen in poor soils through nitrogen-fixing bacteria in its root nodules. The shrubs provide calcium and protein for foraging wildlife, seeds for birds, pollen for bees and butterflies, and provides shade and shelter for small creatures. It is not a “lilac” at all — the name was given due to the color of the inflorescence in the spring, with purple or sometimes white flowers.

Traditional uses by Kumeyaay include boiling the leaves and berries to relieve skin conditions and making baskets from the branches. Take some of the fresh blossoms, add water; rub, and you will get lather and a mild aroma. Ramona-lilacs are easy to recognize in the spring. The shrubs grow 5-10 feet tall on hillsides and in the canyons of the chaparral. The small evergreen leaves are alternately arranged, with three major veins from the base, and serrated edges. They are shiny on top to reflect the sun, and woolly on the underside to retain moisture. The woody parts are red, especially when new.

The shrub will grow summer dormant to conserve energy and drop half of its leaves to make its own mulch. After a brush fire, the plant will re-sprout only from the seed, and not from the base of the burned stem. This makes it an obligate seeder, and the heat of a fire is an effective stimulant for seed germination. Seedlings will sprout from the ashes within a few months of a fire, and Ramona-lilacs may eventually dominate its surroundings. However, if fires are too frequent or too intense, then the re-establishment of the shrub population is less likely.

Ramona-lilacs are excellent for a native plant garden, as they are low maintenance, tolerant of clay soil, and serve as slope stabilizers.

—Nora Bodrian is a trail guide at Mission Trails Regional Park.
In February, City of San Diego staff and the MTRP Foundation staged the 24th annual Volunteer Awards Celebration, an opportunity to acknowledge the service of the 829 individuals who volunteered at Mission Trails in 2019. Collectively, the volunteers worked a total of 11,991 hours of service, valued at more than $660,000.

At the Volunteer Awards Celebration event, a dinner hosted by the MTRP Foundation preceded a ceremony where volunteers were recognized for their dedication to the park. Senior Ranger Ryan Robertson provided updates, including the fact that the new Field Station at the East Fortuna Staging Area was to open soon, and that planning related to projects outlined in the updated master plan for the park had commenced.

Rangers presented in their respective focus areas, and the awardees received a certificate from Councilmember Scott Sherman and gift cards from the MTRP Foundation. Volunteers also received certificates marking five, 10, 15, 20 and 25 years of service. To learn about volunteering at Mission Trails, from one-day service projects to longer-term engagements, please visit mtrp.org.

PHOTO CONTEST
Engage with and support Mission Trails Regional Park (MTRP) by entering the 28th annual Amateur Photography Contest. The MTRP Foundation organizes the contest as a way to encourage photographers of all ages to capture their experiences of MTRP through the lens, and to share their unique perspectives with the community.

Participants may submit up to five entries ($5 fee per entry) and the images can include these categories: plants, animals, people, and landscapes. The contest divisions include children ages 12 and younger, teens (13-17 years), and adults (ages 18+) so photo enthusiasts of all ages can participate.

Photo contest entries will be displayed at the park’s Visitor Center from May 9 through June 19, with an awards reception on Sunday, June 7, from 2-4 p.m. Photo contest entries must be received by mail or dropped off at the MTRP Visitor Center by April 24. For more information including contest rules, prizes, and an application, visit mtrp.org.

MEMORIAL BENCHES, PLAQUES*
Do you feel a strong connection to Mission Trails Regional Park and would like to both support the park and recognize your and/or loved ones’ dedication to MTRP? If so, we have an opportunity for you.

At the park, you’ve likely seen park users relaxing on benches and sitting at picnic tables to take in the beautiful natural surroundings. Recently, additional spaces for bench placements at the base of Cowles Mountain were approved, and there are five benches spaces currently available for perpetual sponsorship.

In addition to the benches at Cowles Mountain, there are other areas in the park where memorial and commemorative plaque opportunities are available, for both benches and picnic tables. Learn how you can memorialize your family and loved ones through the MTRP Foundation’s Memorial and Commemorative Plaque Program by contacting Kristin Sweeney at ksweeney@mtrp.org or call the 619-668-3280.

Jennifer Morrissey is executive director of the Mission Trails Regional Park Foundation.
Patrick Henry Mock Trial Team

Mr. Kevin Kelly serves as our attorney coach of the PHHS Mock Trial Team and reported that they have just completed the 2019-20 campaign in impressive fashion. He stated, “The Mock Trial Team competes on a county-wide level and includes approximately 600 students across 32 high schools. The program is an after-school activity that can be fairly characterized as intellectually demanding, requiring students to prepare and take to trial a criminal case from pre-trial motions to verdict. It requires students to research facts, analyze the law, organize their thoughts, prepare witnesses, anticipate opposing positions, and present arguments to a judge. It is intense, extremely competitive, and attracts only the most highly motivated students in the San Diego area. In a word, the mock trial competition is hard. As a coach, I am privileged — alongside co-coach Ken Medel and teacher-advisor extraordinary Jenny Ronco — to work with my team for several hours per week from September through February.”

Mr. Kelly was proud to report PHHS student Dillon Broderick won this year an award for Outstanding Pre-Trial Attorney. This impressive distinction brings great honor to himself, his parents, the team, and PHHS. PHHS celebrates the great work of our team and recognizes the following students for their commitment and dedication: Adia Feigner, Allee Exum, Alii Grimm, Andrea Zayas Conner, Aviel Cleveland, Brandon Guerra, Cameron Blakey, Claire Sutliff, Dillon Broderick, Hannah Murray, Ines Laimenche, Iris Drake, Jackson Miller, Jonah Segovia, Jenny Russell, Kyra Duong, Kellen Foster, Kianna Hawthorne, Kiersten Waters, Lily McDonald, Lily Stockdale, Maddie Filner, Maddie White, Matthew Dollman, Miriam Rosen, Samira Hassan, Trenna O’Harran and Via Ruiz.

For more information, visit the SD Mock Trial website at: smocktrial.org.

February Student of the Month

Sergio Rynard was selected as our Student of the Month for February.

He is an amazing student and has excelled during his four years at Patrick Henry High School. Stated Vice Principal Bill Miller during the monthly breakfast held by the Allied Gardens Kiwanis Club, “Rynard has challenged himself by taking multiple AP classes and has been a member of our Associated Student Body program during his entire tenure at Henry. He serves this year as our ASB president and is credited for bringing unity and a positive energy to the team. Here are some of the great things that teachers have said about Sergio:

• “He is a very gracious and thoughtful student. He is extremely active in ASB and takes his leadership position seriously.”
• “Sergio is one of the best counseling monitors we have ever had — very friendly, helpful and great leadership skills.”
• “Sergio brings a unique and valuable insight to ERWC every day. With a voice that is strong and powerful, Sergio makes those around him better, challenging them to question the status quo. He is well liked by his peers and this teacher.”

Patrick Henry celebrates Black History Month

Black History Month was established in 1926 in the United States and was chosen to coincide with the birthdays of Abraham Lincoln and Frederick Douglass. It began as a way of remembering important people and events in history with the primary goal of teaching lessons about black American history in our nation’s public schools.

In today’s world, I’d like to think we integrate it all year, however this year, our Black Student Union club (BSU) coordinated some schoolwide activities which fostered this spirit. BSU president Zyah Cephus and vice president Aequia Osman wanted to write articles for the broadcast news to air weekly stories about influential people who have made a difference in our country. They also wanted to bring a special presentation for the students
who attended and helped achieve all and qualified for nationals. and came out as champions. attended the Area 11 Superbowl Patrick Henry Naval Junior ROTC state competition Henry NJROTC wins state competition

PHHS

CONTINUED FROM PAGE 16

at Henry. They wanted to invite Nate Howard, who spoke at the district’s African American Summit to student leaders across the district, to visit Henry. We emailed him and once he heard who was asking and why, he waived his presentation fee and accepted a small grant (to cover travel expenses from Los Angeles to San Diego) from our PHHS Foundation. The presentation he gave to a crowd of more than 400 students was about breaking away from stereotypes and writing your own story about who you are. Howard’s positive messages were given through his original poetry and by being a strong presence on the stage encouraging the students to participate in various ways. Students were asked to reflect on moments in their lives that were life changing and how that affects who they are today. He asked them to consider writing and telling their story rather than allowing others to do so.

Howard is a noted speaker who graduated from USC. He is the founder of an organization named Movement Be and spends time in after-school programs to inspire others to use poetry and writing as a form to express themselves. After the event, students were encouraged to give the speaker feedback, and one student in the crowd wrote, “I wanted to let you know that it was very special hearing you guys speak at Patrick Henry. My skin isn’t of color, so at first when I was invited, I didn’t feel welcome but you guys made it a lot easier to cope with others in the room. I went home that day after the presentation and told my mom everything that happened.”

Our BSU club has done a wonderful job in celebrating the outstanding work of others, but more importantly, they are focused on being a positive presence on our campus and on other campuses as well. They have taken on a special partnership with Green Elementary where club members volunteer every late-start Monday, by spending hour on their campus reading to and mentoring young students selected to participate by the Green principal.

Principal Sandra McClure sent the following shout-out to our students for their support and help. She stated, “For the last few months, our Green students have worked in partnership with Henry’s Black Student Union. The Henry Patriots have been mentors to our Green Georgos. In order to make our meetings possible, our Henry BSU members wake up an hour early on their late-start days to meet with our kids. Together they discuss role models, positive characteristics, and even model exemplary ‘Playground Behavior.’ Our Henry students plan out the lessons and activities, and then come work side by side with our students. This is all done on their own time! We have 24 Green Georgos who have signed up for this opportunity, and there are about 10 Henry mentors who come support us. Our little guys truly look up to their high school mentors, and our mentors have been such an amazing example in so many ways. The Henry team has been so supportive — Mrs. Nix, the BSU advisor, and Listy Gillingham have supported us every step of the way. It truly has been a powerful and meaningful partnership, and I want the Henry Staff and students to know how much we appreciate their support!”

—Elizabeth Gillingham is principal of Patrick Henry High School.

San Carlos United Methodist Church
Easter Sunday Services
Sunday | April 12th | 8:15 & 10:00 am

Our Easter celebrations, featuring choirs, orchestra and a special Easter sermon, will be held at 8:15 and 10:00 am in the Sanctuary with nursery care provided for infants and toddlers. A special children’s Easter Celebration will take place in the Fellowship Hall during both services. We hope you will join us as we celebrate the risen Christ.

San Carlos United Methodist Church
6554 Cowles Mountain Boulevard San Diego, CA 92121
PHONE | (619) 443-3371
WEBSITE | sancarlosumc.org

EDUCATION
March 13 – April 9, 2020
Mission Times Courier

Robotics Showcase a success despite rain

By JAY WILSON

Once again, the Henry Cluster STEMM Foundation was asked by David Ege, branch manager of the San Carlos Library, to partner with the San Carlos Library for the annual Robotics Showcase Extravaganza on Saturday, Feb. 22.

This year’s event was held at the Mission Trails Church, located at 4880 Zion Ave, in Allied Gardens from 10 a.m. to 1 p.m.

Each team will build a single golf hole based on this year’s theme, which is Earth Day. Every team is to work with an adult volunteer such as a parent or teacher. The team is to design and build the hole, set it up on the day of the event, have the team members present to answer about their design and encourage the public to try to sink a golf ball into the hole in their mini golf challenge hole.

The public is always invited to play the course and vote for their “Favorite Hole.” The winning team will be awarded the Henry Cluster STEMM Foundation Mini Golf Challenge trophy. For more information and to register a team, go to hctemm.org.

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

The first weekend of February, Patrick Henry Naval Junior ROTC attended the Area 11 Superbowl and came out as champions. The team placed first overall and qualified for nationals.

Congratulations! An outstanding job to all cadets who attended and helped achieve this goal. Thank you, too, to all of the supportive parents who came to cheer on the team and to our amazing cadre that we all love so much! Feb. 1, 2020. This was the day that it all came down to. The day marked in every cadet’s calendar. The day we dreamed of with hours

SEE NJROTC CHAMPS, Page 18

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of practice, hard work, and dedication. Here’s how the day played out:

• 9:30 a.m.: Personnel Inspection

• Noon: Athletics (Students prepared to break their body down by pushing past their limits)

• 12:45 p.m.: Academics (What did the cadets learn, memorize, and study?)

• 4:15 p.m.: Relays (The cadets need to be the fastest, use long strides, and put a win up on the board)

These are all the things the cadets had heard hundreds of times — the things that they’ve done to prepare for this day. The cadets put everything into this competition because they wanted to be on top. And for the Patriots NJROTC, it was worth every single bit of dedication, because at 5:30 p.m., the words were spoken: “First place, Patrick Henry!”

History was made and the Henry cadets will continue to make it. Next stop is Pensacola, Florida for nationals.

Amazing job to all the schools that were part of this Navy League journey. Special congratulations to Paloma Valley Battle Cats and Troy Black Warriors! Henry looks forward to representing the West Coast with you.

—Ron Flaherty is a Naval Junior ROTC instructor at Patrick Henry High School.

Crusaders Soccer Club to compete in National Premiere League

By JAY WILSON

Crusaders Soccer Club President Terry Cords and Director of Coaching Rene Miramontes are very pleased to announce that seven of the club’s top competitive division teams have been invited to join the Southwest Division of the National Premiere League (NPL).

“We have boys and girls teams with birth years of 2002 to 2006 participating at this very high skill level,” Miramontes said. “We will be playing against teams from throughout Southern California.”

As of now, the schedule has NPL games at the Pershing Middle School fields on March 14, 15, 22, 28, April 4 and 5, 18, 19 and the finals on April 25, 26 and May 2.

The NPL website states this is a national competition platform created to elevate and change the competitive youth soccer landscape by extending developmental principles espoused by U.S. Soccer into more age groups and clubs; linking competition with player development and identification platforms; and providing meaningful weekly competition culminating in the NPL Finals.

Competitive team tryouts for the Academy, Premier and Elite divisions for boys and girls born between 2002 and 2005 are scheduled in April. The tryouts for the boys are on April 6 and 8 and the tryouts for the girls are on April 7 and 9. All tryouts will be on the Pershing Middle School fields from 4:30 to 6 p.m. To register, go to crusaderssoccer.org.

The 2020 Recreational Division season is underway with more than 550 boys and girls playing Crusaders Soccer on Sundays through April 26 (no games on Easter Sunday). Because of the increase in the number of players and teams, games are being played on Field No. 1 at Pershing Middle School and on the new grass fields at Gage Elementary School.

“Our recreational division is powered by 60 volunteer coaches and division coordinators,” said Jay Wilson, chief operations officer for Crusaders. “It is our duty to help instill sportsmanship, team play and soccer skills that makes our recreational division so successful.”

As we begin our 2020 recreational season, Ivan Melendez, one of our key competitive coaches, has been appointed our Recreational Division technical advisor.

“Terry and I have been playing soccer all my life,” Melendez said. “I have been coaching Crusaders Soccer Club competitive teams for six years and my goal is to work with and help our volunteer recreational coaches and players. I am looking forward in helping train our recreational players and assist our recreational coaches however I can. I will be a resource for our coaches, parents and players. I will provide information on how to conduct specific drills and/or an entire practice session. I am an open book, and I want to enrich our recreational program experience. I have a strong background with our recreational program as a coach for many of the camps and clinics. In addition to coaching competitive boys and girls 7v7 and 9v9 teams for the Crusaders Soccer Club. I have also coached 11v1 and junior varsity high school teams. I have been involved with the entire spectrum of youth soccer.”


Make the Right Choice Senior Living

Established in early 2008, Jean Brooks (UCSD Graduate) and Todd Brooks (Air Force Veteran, US Air Force Academy Graduate) had the desire to develop Assisted Living Care Homes and Services for seniors that are a cut above the rest at fair & competitive rates. Right Choice Senior Living has developed Assisted Living Care Homes and Services for seniors that are a cut above the rest at fair & competitive rates. Right Choice Senior Living has Residential Care Homes located in highly desirable neighborhoods close to UCSD, La Jolla, Pacific Beach, Clairemont (Mount Street Area) medical facilities and the beach. Come see us today before making your final choice. Make the Right Choice Today. For more info call (619) 246-2003 or go to the website. NOW HIRING CAREGIVERS! CALL NOW!

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Now HIRING! CALL NOW!
Happy birthday to us! You are all invited to celebrate the March 23rd birthday. We have archived pictures from the mid-60s of the grand opening for viewing. We have also curated a few stationary pieces from that era that are also on display. A birthday cake and light refreshment will be provided for all guests in attendance. Monday, March 23, at 11 a.m.

ALL ADULTS: Introduction to building an accessory dwelling unit – Have you thought about building an accessory dwelling unit on your property? Would you like more information about the possible cost, permitting process and various design options? If so, please join us for an informational ADU presentation. A representative from San Diego Development Services and several ADU builders will give a presentation about building the process from start to finish. To register for this free program, go to tinyurl.com/adu-sdpl. Saturday, April 11, at 10 a.m.

Free Tax Help – AARP volunteers are on site to assist with tax preparation. This is a free service and geared toward older adults and people with moderate to low income. No need for an appointment as this is a first-come, first-served program. Mondays, 9:30 a.m.-4 p.m., and Fridays, 12:30-5 p.m. through April 10.

Book Club: ‘Life After Life’ by Kate Atkinson – Join our group of book lovers as we discuss this work by the winner of the U.K.’s Whitbread Award, Kate Atkinson. Tuesday, April 14, at 1 p.m.

YOUTH PROGRAMS

Spring into STEAM program – March kicks off San Diego Public Library’s fourth annual Spring into STEAM program! This year’s theme “Go Wild!” explores the sights, sounds and ecosystems of the rainforest. Free for ages 9-12. Spring into STEAM programs are offered at all 16 city libraries during the months of March, April and May. Kids can build their own mini-rainforests, meet some of the animals that call the rainforest home, and use Minecraft to learn about biodiversity. Participants who finish three or more programs will receive a pair of binoculars. Program dates, times and locations are available at the library’s website. Advanced registration is required.

Celebrate Pi Day! – The library will be hosting a pi memory challenge. We will have the first 100 digits of pi on display. A birthday cake and light refreshment will be provided for all guests in attendance. Monday, March 16, at 1 p.m.

ALL ADULTS: Programming – Check out our regularly scheduled youth programming: Baby Storytime on Mondays at 10 a.m.; Toddler Storytime on Tuesdays at 10:30 a.m.; Yoga Storytime at 1 p.m. on Wednesdays; Preschool Storytime on Thursdays at 10:30 a.m.; Friday Free Play for ages 0-3 on Fridays at 10 a.m. For tweens and teens, we have Tween Scene on Tuesdays at 3 p.m. and Tween Gaming on Thursdays at 3 p.m. All school-age children can get assistance with Homework Help on Mondays, 2-4 p.m., and Wednesdays, 12:30-3 p.m.

CLOSED FOR CESAR CHAVEZ DAY

All San Diego Public Library locations will be closed for Cesar Chavez Day on March 17.

Kathryn Johnson is managing librarian of the Allied Gardens/Benjamin Branch Library.
AGGCC
Continued from Page 11
San Diego Canyonlands will discuss the Canyon Enhancement Planning process for Navaajo Canyon. This area includes Navaajo Open Space Park and the Navaajo Canyon Trail that runs between Adobe Falls Road and Mound Avenue. This will be the third in a series of stakeholder meetings that have taken place since November 2019. Suggested improvements for Navaajo Canyon include trail maintenance, palm removal for fire safety, and added information kiosks.

This will be the final opportunity for you to learn about and to give your suggestions and support for the revitalization of Navaajo Canyon. All of us who live in the surrounding area and all of those who frequent the canyon should try to attend this meeting.

Further information about San Diego Canyonlands can be found at sdcanyonlands.org.

SCAC
Continued from Page 11
On our trip, we learned that Buenos Aires is considered the “Paris of South America” and “owns” the Tango, a provocative dance that requires athleticism and a flair for drama. We witnessed penguins in Ushuaia, Argentina carrying on in conversation. We sailed past Antarctica on Feb. 9, when unusually warm temperatures were recorded there as glaciers melted. But most importantly, a few days later, on Valentine’s Day — 38 years since the day we met — President Schulze and I renewed our vows aboard the Celebrity Eclipse, with a ceremony conducted by Captain Leo.

Our next SCAC meeting is scheduled for Wednesday, June 3, 2020, at 6:30 p.m. at the San Carlos library, 7265 Jackson Ave., has a few beds available for seasoned gardeners or folks looking to try their hand at gardening starting in April 2020. The water fee for a one-year commitment is $100 and all gardeners are asked to share their harvest with the monthly food distribution event when able. For more information or to sign up for a bed, please contact Chris Stoneberg at chrisstoneberg@gmail.com or 619-987-1280.

Renewals of your subscription to our newsletter are due in March 2020. The form for new subscriptions is found on our website at AGGCC-Newsletter. Don’t miss out on this valuable source of information.

—Shain Hang is the President of the Allied Gardens/Grantville Community Council. Reach him at aggccshain@yahoo.com and let him add you to our email contact list.

FREE Home Downsizing Seminar for Seniors
Call Jeff to Sell Your Home! 619-886-8790

Monday
May 4th at 6PM
Must R.S.V.P. with Jeff
Location: Nicolosi’s
Italian Restaurant
7005 Navajo Rd.

SCAC president Mark Shulze and vice president Patricia Mooney renewed their vows on a cruise ship vacation.

News Briefs
Continued from Page 9
Foundation on March 11 at 1 p.m. Register for the webinar at bit.ly/3ur2zCC.

For more information about The San Diego Foundation’s Opening the Outdoors Program, or to apply for one of the available grants, visit sdifoundation.org/OTO.

More information about San Diego Blood Bank can be found at sdb blood.org.

—Patricia Mooney is vice president of the San Carlos Area Council. Email pattymooney@gmail.com.
ONGOING EVENTS

'Clybourne Park'
Through March 21
Spanning 50 years, this insightful, satirical drama from Lorraine Hansberry’s classic play “A Raisin in the Sun,” from Lorraine Hansberry’s classic play “A Raisin in the Sun,” is being sold by a white couple turns the tables by jumping to "The Hollow" — a dark comedy by Matthew Ignacio — at the center of the trouble when we find his dull with Parkinson’s. Also featured is at the corner of Taylor Street and Presidio Drive.

Ongoing Events


Deadbrokedown is a solo acoustic act playing a fun and rowdy brand of originals, America and blues. Dave Deak is a veteran guitar player and songwriter and was selected as a finalist and performed in the 2018 San Diego Fair songwriter competition. Deadbrokedown plays all over San Diego County and has opened up for national acts as they travel through Southern California.

si.fri.day, March 25

Peter Pan

Through March 28

Peter Pan Jr. Theater presents its namesake play, "Peter Pan," flying boy Peter Pan and his fairy companion Tinkerbell encounter Wendy and her brothers when flying through London searching for Peter’s shadow. When Wendy helps Peter sew it back on, he offers to take them all to his home in Neverland where they meet the Lost Boys and encounter the evil Captain Hook. The conflict between Peter and Hook takes center stage as the magical adventure turns dangerous and teaches every- one the true power of friendship. Shows are at 7 p.m. and an additional 1 p.m. show on Saturday. At the Ray and Joan Kroc Salvation Army Performing Arts Center, 6101 University Ave, San Diego. $17 tickets and information found at ppr.org.

Friday, March 27

2020 SDMA Nominee Showcase

As part of the 20th annual San Diego Music Awards, the SDMA Week 2020 Nominee Showcases are a way of presenting the 2020 nominees, while support markers to the Serra Palm and of the Spanish camp, which contained Spain’s presence in California from 1769 to 1774. Visit the site of the Spanish camp, which contained California’s first Spanish fort and mission, as well as a military field hospital and adja- cent cemetery, which reportedly still contains the unmarked graves of at least 30 of San Diego’s first “Unknown Soldiers.” Visit other modern memorial markers to the Serra Palm and the nearby La Playa Trail and Derby Drive. Free. RSVP to the House of Spain at svp2020@gmail.com.

Lecture: March 15, 5-6:30 p.m. at House of Spain, 2168 Pan American Road East in the Balboa Park Palisades area. Free parking is located across the street in the Spreckels Organ Pavilion parking lot.

Lecture: March 21, 9-11 a.m. at the foot of Presidio Hill, at the corner of Taylor Street and Presidio Drive.

Ethical Dilemmas in the ICU

This program will explore the complex decisions that families and providers grapple with in intensive care unit (ICU) settings. Decisions are often time-critical, such as in the case of a brain bleed. Families are often asked for guidance regarding aggressive care, e.g., tracheostomy, percutaneous endoscopic gastrostomy (PEG), entero- clysm, etc. Speakers include Jami LaBuzetta, M.D., UCSD ICU Neurologist, and Bethany Glum, UCSD ICU Nurse. 1:30-3 p.m. at Palisades Place, Suite H. Free program and free parking.

Friday, March 13

Lampighters Community Theatre presents Agatha Chris- tie’s comic mystery about an unhappy game of romantic fol- low-the-leader that explodes into murder at the home of Sir Henry and Lucy Angkatell. Dr. Cristow, the Harley Street lo- thario, is at the center of the trouble when we find his dull with Parkinson’s. Also featured is guest vocalist Matthew Ignacio. Meet the artists after the performance and enjoy free refreshments. All donations will be used to support the Tremble Clefs therapeutic singing pro- gram. 7 to 9 p.m. at Palisades Presbyterian Church, 6301 Birchwood St. $10-$50 tickets and information at tremble- clefs.com.

Sunday, March 15

‘Garden of the Dead’ Lecture & Historic Walk

Learn about the sacrifices made for special discussions, visit bit.ly/37AMUQL.

Sunday, March 15

Guitars. Acts to perform are: Richey Derick, Jody Bentz, Wicked Echoes, Nights Like Thieves, Alvin & The DWs, The Hiroshima Mockingbirds, and Spice Pistols.

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Saturday, April 4

Brew Community Market

The Brew Community Market brings the community together by creating this diverse venue of local artisans, craft home goods, hand-made jewelry, bath soaps, scented candles, and more. The Brew Community Market is located in the parking lot to the side of the Brew Coffee Spot building, 6101 Lake Murray Blvd, in La Mesa, and hosts up to 25 different vendors. This is a monthly event. Come savor 10 a.m. to 2 p.m. from many local businesses in the community. For more information, visit brewcoffeespot.com.

Saturday, March 13

Lampighters Community Theatre presents Agatha Chris- tie’s comic mystery about an unhappy game of romantic fol- low-the-leader that explodes into murder at the home of Sir Henry and Lucy Angkatell. Dr. Cristow, the Harley Street lo- thario, is at the center of the trouble when we find his dull with Parkinson’s. Also featured is guest vocalist Matthew Ignacio. Meet the artists after the performance and enjoy free refreshments. All donations will be used to support the Tremble Clefs therapeutic singing pro- gram. 7 to 9 p.m. at Palisades Presbyterian Church, 6301 Birchwood St. $10-$50 tickets and information at trembleclefs.com.

Saturday, March 13


Deadbrokedown is a solo acoustic act playing a fun and rowdy brand of originals, America and blues. Dave Deak is a veteran guitar player and songwriter and was selected as a finalist and performed in the 2018 San Diego Fair songwriter competition. Deadbrokedown plays all over San Diego County and has opened up for national acts as they travel through Southern California.

Saturday, April 4

Brew Community Market

The Brew Community Market brings the community together by creating this diverse venue of local artisans, craft home goods, hand-made jewelry, bath soaps, scented candles, and more. The Brew Community Market is located in the parking lot to the side of the Brew Coffee Spot building, 6101 Lake Murray Blvd, in La Mesa, and hosts up to 25 different vendors. This is a monthly event. Come savor 10 a.m. to 2 p.m. from many local businesses in the community. For more information, visit brewcoffeespot.com.
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supply,” it read. San Diego Blood Bank also stated:

• Individuals are not at risk of contracting COVID-19 from donating blood. COVID-19 also continues to pose no known risks to patients receiving blood transfusions, with no reported or suspected cases of transmission via this process.

• Increased donations are needed now as San Diego Blood Bank prepares for possible decreased blood donations as a result of COVID-19 travel restrictions. If the outbreak continues to spread, additional challenges could arise, which could potentially reduce the number of eligible donors further.

“We are working with local hospitals to fill inventory in anticipation of a potential drop in supply due to travel restrictions or other potential impact of the coronavirus,” said David Wells, CEO, San Diego Blood Bank. “We are encouraging people to come donate blood to ensure a safe supply is available.”

San Diego Blood Bank is currently deferring people who have traveled to areas with WHO level 3 travel notices (currently China, Italy, Iran and South Korea) for 28 days from their date of departure from the outbreak area. If donors have been exposed to or treated for coronavirus, they are also deferred for 28 days. People experiencing coronavirus symptoms, including fever, cough and shortness of breath, should not attempt to donate. San Diego Blood Bank strongly encourages all healthy individuals to donate blood. To be eligible to donate blood, you must be at least 17 years old, weigh at least 114 pounds, and be in good general health. To make an appointment, visit sandiegobloodbank.org or call 619-400-8251.

The San Diego Youth Symphony and Conservatory (SDYS) will present its 24th annual Celebration of Music Education concerts on Sunday, March 15, in San Diego Symphony Hall, paying tribute to hundreds of outstanding music educators throughout the county. As the region’s largest nonprofit provider of ensemble-based music education programs, SDYS has advocated for performing arts curriculum and is focused on emphasizing all-inclusive offerings and learning opportunities, for almost 75 years. The three-hour performing performances by 10 large ensembles and orchestras, the concerts will also host winners of SDYS’ annual Concerto Competition as featured soloists, backed by their own orchestras. Also, two outstanding music educators will be honored with the youth program’s Profiles in Music Education Award at the opening of the concerts, and all San Diego county music educators are invited to attend. Attendees will enjoy concerts free of charge by registering tickets at sdfs.org/educator.

One of the music educators to be honored is guest resident Crystal Pridmore, who teaches music at Finney Elementary in the Chula Vista Elementary School District. Pridmore is recipient of the 2019 CMEA Southern Border Section Elementary Music Specialist Fortissimo Award and was recognized as a credentialed music teacher in 2020. She holds a BA in Music Education and an MA in teaching from Point Loma Nazarene University. A California resident, Crystal Pridmore is currently teaching a subject teaching credential in music. Pridmore will be honored at the March 15 showcase and announcement of the 2020 award recipients.

She frequently performs throughout San Diego as a soloist and choir member and is the creator and co-host of the “The Music Club Live!” podcast, chronicling the reestablishment of music programs in Chula Vista Elementary School District after a 30-year absence of arts education.

The other recipient is Serafiin Paredes, who has been a music educator in the San Diego Unified School District since 1999. He is currently developing the music program at Memorial Preparatory Academy for Science, Careers and Athletes and serves as the Mariachi Director at the University of San Diego. Serafiin V. Y. Vivas and the Symphony and Conservatory’s Celebration of Music Education Concerts at Jacobs Music Center’s Copley Symphony Hall will be held March 15, 2020, at 1 p.m. and 6 p.m., and on Sunday, April 19, 2020, at 4 p.m. Visit sdfs.org for tickets and information.
Community Food Drive
Extended through April 30

DROP OFF YOUR DONATION AT IDEAL 5161 WARING ROAD, SD, CA 92120

Due to our region’s high cost of living, tens of thousands of low-income families rely on the Food Bank to put food on the table. Of the 350,000 people the Food Bank serves monthly, 39,000 are low-income military personnel and their dependents; 10,000 are fixed-income seniors; 76,000 live at or near the poverty level and receive assistance through the Emergency Food Assistance Program; and 2,800 are elementary school children living in poverty who receive weekend backpacks full of food through the Food 4 Kids Backpack Program in 14 San Diego County school districts. (SD Food Bank Hunger Fact Sheet 2019). Please join us in supporting the San Diego Food Bank!

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

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