Del Cerro 4 Black Lives Matter

Local group forms to discuss race, racism

By KEF CLEMSON | Mission Times Courier

Following the murder of George Floyd in Minneapolis, which sparked nationwide protests led by Black Lives Matter, Del Cerro resident Grace Hatch dealt with her emotions about watching yet another Black man killed by police by drawing Floyd’s face.

“I probably did like 25 versions with ink and marker. I had no plan, but that was something I wanted to do,” said the 19-year-old Hatch, who is currently attending UC Santa Cruz, but is back home in the community she grew up in due to coronavirus concerns and summer break.

Kate's older brother, Morgan Hatch, saw the drawings and suggested putting them up around the neighborhood. “By the next day, most of them were torn down,” Grace said. The incident illuminated how the community was dealing with the nationwide protests. “That just encouraged us to keep putting them up and keep pushing the conversation about it.”

San Diego Oasis featured in virtual senior centers videos

At the onset of the shelter-in-place orders due to the COVID-19 pandemic in mid-March, the leaders at the nonprofit San Diego Oasis had to make very quick decisions on how to continue to deliver their classes and workshops virtually. Until then, all of their classes were delivered in-person at more than 40 locations throughout the San Diego County region.

Although San Diego Oasis’ mission is to change the way people liver their classes and workshops virtually. Until then, all of their classes were delivered in-person at more than 40 locations throughout the San Diego County region. "By the next day, most of them were torn down," Grace said. The incident illuminated how the community was dealing with the nationwide protests. "That just encouraged us to keep putting them up and keep pushing the conversation about it."

SEE VIRTUAL SENIORS, Page 3

Instructors at work leading their online classes for San Diego Oasis (Courtesy San Diego Oasis)

County approves mental health crisis team

New unit will respond to crisis without law enforcement

KENDRA SITTON | Mission Times Courier

On Tuesday, June 23, the County Board of Supervisors unanimously voted in support of creating a Mobile Crisis Response Team to respond to have clinicians respond to nonviolent behavioral health incidents rather than law enforcement.

People with untreated mental illness are 16 times more likely to be killed during a police encounter than other civilians, with race and gender compounded those risk factors. The Black Lives Matter movement in San Diego was galvanized in 2016 when Ugandan refugee Alfred Olango was killed by police after his sister called for emergency psychiatric aid.

The board approved a pilot program last year to respond to behavioral health calls in North County. After months of delays due to North County lacking behavior health facilities for the crisis team to take people to, that pilot program is close to launching. The pilot program is supported by District Attorney Summer Stephan and Sheriff Bill Gore to bring new options to address nonviolent situations.

Supervisor Nathan Fletcher’s proposal expedites bringing
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new SANDAG Data Science and Analytics report, “COVID-19 Impact on the San Diego Regional Economy: Black and Hispanic Communities Hardest Hit.”

As the San Diego region’s labor market continues to experience a historic decline, Black and Hispanic communities are most impacted, according to a July 10 – Aug. 13, 2020
Mission Times Courier

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 homeowners 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 homeowners 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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NEWS BRIEFS

HENRY STUDENT RECEIVES TWO SCHOLARSHIPS

Patrick Henry graduate Alby Penny is on a role.

On June 24, Cox Charities Advisory Board members awarded a total of $77,000 in scholarships to 25 students, including Penny. “This year has been unprecedented in so many ways for our graduating high school seniors, and we’re excited to bring them some good news during this challenging time,” said Sam Attiya, senior vice president and region manager for Cox Communications in California. “These 2020 Cox Scholars are so deserving of these scholarships, and Cox and our employees are proud to recognize all of their hard work and accomplishments.”

For more information on the Cox Scholars program, visit cox-charities.ca.

On July 8, Wheelhouse Sustainability Scholarships earned him $1,000.

For more information about Wheelhouse, visit wheelhouse-cal.com.

Penny will be attending Carnegie Mellon University in the fall and is planning on majoring in electrical and computer engineering and hopes to pursue a career in the renewable energy sector. He enjoys volunteering in his community and credits the institutions he’s spent his time volunteering with playing a large role in forming his character — the Boy Scouts and the La Jolla Quaker Meeting.

FREE COVID ANTIBODIES TEST WITH BLOOD DONATION

Through the month of July, San Diego Blood Bank is testing all blood donations for SARS-CoV-2 antibodies, the virus that causes the COVID-19 as a service to the community and to assist in identifying potential candidates for convalescent plasma.

Appointments are required for all blood donations. The antibody test detects if someone’s immune system has developed antibodies to the SARS-CoV-2 virus, regardless of if someone showed symptoms. This is not a diagnostic test. It will not detect active infections or recent exposure.

Donors who are found positive for SARS-CoV-2 will be able to donate COVID-19 convalescent plasma (CCP) the next time they donate. CCP is being used to treat patients in critical condition.

The test is authorized by the Food and Drug Administration (FDA) for emergency use. Per state law, all reactive and nonreactive test results will be reported to the California Department of Public Health. Donors will receive results in their SDBB wellness portal 7-10 days after donation.

To be eligible to donate blood, you must be at least 17 years old, weigh at least 114 pounds and be in general good health. To make an appointment, visit sandiegobloodbank.org/donate or call 619-400-8251.

BBB WARNS OF QUARANTINE PUPPY SCAMS

Families spending more time at home have turned to the internet to look for a pet. Scammers advertise on websites for pets that don’t exist and are never shipped. The coronavirus pandemic has given scammers more opportunities to ask for money upfront. Scammers also make excuses as to why buyers can’t see the pet in person before heartbroken, would-be pet owners figure out they have been conned.

Better Business Bureau Serving the Pacific Southwest (BBB) warns consumers as an increase in puppy scams have nearly doubled during the past few months. Victims claim to have lost hundreds to thousands of dollars in deposits, specialty crates, COVID-19 sanitation, insurance, shipping and other fees. Since January 2020, BBB has received a total of...
the program to the entire county, which was the long-term goal of the pilot program. Supervisor Kristen Gaspar, who spearheaded the pilot program, questioned why Fletcher was circumventing the phased in and targeted process the board initially planned on but ultimately voted in favor of the motion.

The current system for responding to suicide calls, psychotic episodes and other behavioral health calls is the Psychiatric Emergency Response Teams (PERT) which pairs a clinician with a member of law enforcement. According to Fletcher, of the 54,000 mental health-related calls in the county in 2014, PERT responded to 10,000 of them. Half of those responses concluded with the person going to jail or the hospital.

Law enforcement even being present can escalate a situation, make it unsafe and can add to the traumatic nature of the event. When I had a friend in mental health crisis, the PERT clinician was mostly observing during the interaction. The mere presence of police sirens and a police car escalated the situation. I could visibly see my friend becoming less comfortable and less interested in talking through her feelings. She was handcuffed, searched and put in the back of a police car for expressing suicidal thoughts during a psychiatric crisis,” Chrisry Croft, a mental health professional, said about a time she needed emergency care for a friend who was eventually taken to a psychiatric hospital.

“The mental health care she received likely saved her life, but I can’t help imagining other possibilities that would have eased her into receiving help that night instead of simulating arrest,” Croft said.

For people who have interacted with PERT and law enforcement mental health responses regularly, they noted the difference between someone being booked for assault or being checked in to a hospital is usually left to the officer’s discretion — which can lead to bias playing a role in the decision.

“Are they 5150 — a danger to themselves and others — where they go to the hospital or is what they’re doing criminal and they go to jail seems in so many instances such a judgment call,” Luke, a social worker specialized in homeless care, said. [Editors’ note: Luke is remaining anonymous so he can speak openly about his interactions with PERT.]

He explained that when someone is in distress, police professionals rather than law enforcement officers responding to call from a business about a homeless person are incentivized to get the person out of the business district as fast as possible. However, when a similar call is made from a shelter or community meal area where the only people who are being affected are also homeless, the response is usually much slower.

A staff member at a local college library explained that while she was not told directly, officers in-situatned that whether a homeless person having a mental health episode was booked in jail or received a different response largely depended on whether the person “pissed off” enough people.

“That’s really subjective,” said the staff member.

Many of the people at the library show up again as soon as they are released from jail or the hospital. The lack of long-term care and shelter makes the law enforcement interactions a recurring issue for the police, library staff and homeless people.

“The police hate doing it too. They get annoyed. It’s just a bad system. It’s a bad system for everyone,” the staff member said.

During the supervisor’s meeting, many members of the public called in support of Fletcher’s package of racial justice and law enforcement realignment proposals. Bishop Cornelius Bower called to oppose them because they did not do enough to address the major police reforms needed.

“The police hate doing it too. They get annoyed. It’s just a bad system. It’s a bad system for every-one,” the staff member said.

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Avoid payment methods that can not trace the seller. Methods that offer no recourse and no way to get money back for victims of fraud include wire service, gift cards or apps such as PayPal or Zelle. Credit cards may be accepted but fraudsters will steal the information to use it in other scams.

Research breed prices. Purebred dogs advertised at discounted prices may be fraudulent. Look out for additional fees for services such as vaccination, shipping, special crates or Covid-19 related charges, which could be a sign of a scam.

News Briefs CONTINUED FROM Page 3

61 puppy scams reported on BBB Scam Tracker, and a loss of over $30k just in the Pacific Southwest region. BBB recommends the following tips to avoid getting caught in this tear-jerking scam:

Visit the pet in person. Proper precautions can allow visitation with a possible pet, such as maintaining social distancing and wearing facial masks. Consumers can also ask to see a puppy over a live video chat. Use reverse image search to locate the picture of the puppy appears on different sites.

Learn more at sdge.com/safety

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experience aging, adjusting to a 100% fully online environment was a big change and risk. The team now can reach out to our physical location at Grossmont Center, but through the new virtual senior center model, they can,” she continued. “The classes we offer allow students to continue with their studies and participate in new ones, while not physically being together.”

**COX CAMPAIGN**
A new social media campaign from Cox Communications features the virtual senior center created by San Diego Oasis, as part of the technology company’s Connection Project initiative, a move to strengthen communication which began the COVID-19 period by reaching people with messages of connection.

A short film (visit bit.ly/2NFJOM), which focuses on the virtual senior center, features Valanciute, president and CEO, of San Diego Oasis. “We have always known that the most meaningful connections are the ones people share with each other. As a digital connections company, we know that we are really in the business of human connection. It’s our purpose and why we do what we do.”

Valanciute described social isolation among seniors as “an epidemic” before COVID-19, with some studies indicating social isolation is equivalent to smoking 15 cigarettes a day.

“So when Cox connected with us to create this documentary style film to feature a virtual senior center, we immediately said yes, because if we can reach more people to inspire them to stay connected, we can combat the detrimental effects of social isolation, among seniors in San Diego, throughout California, and across the United States,” she said.

**GRANDFATHER AND GRANDDAUGHTER RELATIONSHIP STRENGTHENED**

Longtime San Carlos resident Ed Robles is not someone who stays at home easily. Before California’s shelter-in-place orders went into effect, the 93-year-old World War II veteran was busy and active, filling his time with personal training sessions, coffee club, and volunteering with the San Diego Police Department’s Retired Senior Volunteer Patrol (RSVP), where he even won “Law Enforcement Volunteer of the Year” in 2015.

Almost as soon as the pandemic hit, his granddaughter Christianna Ortiz set Robles up on Zoom, and he dove right into the San Diego Oasis course catalog. He now takes eight to ten classes per week, in subjects such as philosophy, tai chi, history, and technology. His new online life isn’t limited to educational pursuits, either. “He loves Instagram,” said Ortiz with a laugh, “He has his own page and spans me.”

However, she emphasizes online learning has been the key to preserving Ed’s mental health — and thereby his physical health — while he’s socially distancing.

“The classes make him think and engage while at home. It’s amazing the amount of questions he has,” Robles has eagerly embraced virtual learning, fitness classes and social groups, and he will likely keep these up long after the state re-opens.

“Ed’s experience shows that our 65-plus population is confident to navigate life online, which will be crucial for combating social isolation in the long months until it’s safe for seniors to re-engage physically with society — and, even more importantly, demonstrates that the solution to isolation in older adults may very well be virtual, especially for those who are already homebound or have limited mobility,” Valanciute said.

**WATER BOARDadopts RATE INCREASES FOR 2021**
The San Diego County Water Authority’s Board of Directors has adopted a rate increase of 4.8% for untreated water and 4.9% for treated water in calendar year 2021 for its 24 member agencies.

The board told its staff to return in September or October with any further opportunities to reduce the 2021 rate increases, such as a decrease in rates set by the Metropolitan Water District of Southern California or the acquisition of federal or state economic stimulus funds.

Rate increases are driven by reduced water sales, higher rates and charges from MWD and continued regional investments in supply reliability. The adopted rates are 10% lower than proposed last month following refinements by the staff.

In 2021, the Water Authority will charge its 24 member agencies an all-in municipal and industrial rate of $1.474 per acre-foot for untreated water, or $68 more per acre-foot than they currently pay. Charges would be $1,769 per acre-foot for treated water, or $83 more per acre-foot than in 2020.

Actual figures will vary by member agency, and each member agency will incorporate costs from the Water Authority into the retail rates it charges to residents, businesses and institutions.

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Dr. Katie Valadez D.C. is also Webster certified, which is a specific chiropractic technique for pregnancy.

Being a college two-sport athlete herself, Dr. Katie enjoys working with children of all ages to support their athletic endeavors. She is committed to making an impact on her native community through supporting families and adults.

Also, a prior collegiate athlete who hails from Reno NV, is our Chiropractic Assistant Taylor Hires-Caulk. You will see her smiling face when you enter our office.

We are excited to be a beacon of health, love & support in this community amidst this challenging & stressful time. We look forward to supporting and serving you!
**Guest editorials**

**Fanita Ranch impacts will stretch beyond Santee**

By COLLEEN COCHRAN

Recently, the threat of bull-dozers spurred me to take a hike in northern Santee. The Stowe Trail—a trail that leads from Santee Lakes through Sycamore Valley Road across to Mission Gorge Road—is one of the last havens for endangered Quino checkerspot butterflies, creatures that once flutted abundantly through out San Diego County skies, and for endangered least Bell’s vireo songbirds.

Because I had been hearing a lot of news about HomeFed Corporation’s plans to raze the area by constructing Fanita Ranch, a development of 3,000 units of multi-story townhouse boxes. I decided I better go on that hike before it becomes too late.

The Fanita Hills, as the region sometimes is called, is home to coyotes, mountain lions, gray fox, and 18 other mammal species, 21 types of reptiles and amphibians, the precious Fanita Sulphur butterfly, 22 species. Van Collinsworth, di- rector of PreserveWildSantee.org, describes the region as a step back in time before the deep into the Stower Trail there isn’t a trace of anything manmade in sight, save the occasional flying animal and the occasional vernal pools there, which are rare because 98 percent of them have been destroyed due to San Diego County development. Within them live some of the last remaining San Diego fairy shrimp.

If HomeFed’s Fanita Ranch development is built, the sleepy mountain valley, where Santee Lakes Campground is located, will be turned from two lanes into four, two in each direction, with a raised strip in the middle. The speed limit will be raised from 40 to 50 mph, although I very much doubt drivers will be able to reach that speed most hours of the day, since the only ways in and out of the Fanita Ranch complex will be via Fanita Parkway or Cuyamaca Street, where there will be school and residents, an additional 15 per- cent of Santee’s present popula- tion, using those roads. More likely, these new Santee residents will be spending a good portion of their days idling in their cars as they wait to cross over or onto Mission Gorge Road.

Construction noise will replace the chirps and buzzes of nature’s creatures, so Santee Lakes Campground will become a far less enticing destination. In its Environmental Impact Report (EIR), HomeFed promised to mitigate construction noise by placing in place a sound barrier wall. Campers will, however, still be left with fumes, dust, and loss of views of greenery, and they will no doubt still hear the con- struction noise too.

The construction, which will go on for 15 years, will leave present Santee residents end- during streams of trucks going through the area, emitting loud and dusty air. Air quality won’t just be reduced during construc- tion, it will be reduced forever. In the end, citizens will have lost the lovely natural barrier that gave their city their hometown feel, on- ly to have it replaced with hunks of walls, gates, parking lots, and massive concrete buildings.

All citizens throughout San Diego County will be negatively impacted by the development. Because the Fanita Ranch area is an essential biological reservoir linking adjacent open spaces pro- tected by the county’s Multiple Species Conservation Program. Any users of Mission Trails Park can expect to see a depletion in wildlife. Vistas throughout the region will be destroyed, air quality will be reduced throughout.

Traffic on Mast Boulevard, already the stuff of commuters’ nightmares, will become horrific.

The impact of this traffic will be felt on West Hills Parkway and Mission Gorge Road, all the way down through Allied Gardens and Granville. HomeFed promises to add an extra lane at the Mast entrance to SR-52, but that remedy will not prove apt until the entire load of traffic that is going to infect that highway. Some commuters will seek relief by using the I-8, so traffic will worsen on that highway as well.

Santee City Council member Stephen Houlihan and Van Collinsworth of PreserveWildSantee.org have put together the General Plan Protection Initiative that would enable citizens to vote on whether or not they want Fanita Ranch, a proj- ect that vastly exceeds size pa- rameters set forth in the Santee General Plan. Unfortunately the Santee City Council, most of whom are more beholden to the Building Industry Association than their own citi- zens, used a “study” to delay the Initiative vote from 2018 until November of 2020, thus provid- ing opportunity for a contested “approval” of the megaproject instead of a direct vote.

Santee citizens are fighting city council’s underhanded scheme, and citizens throughout the county can join them in their fight. To do so, contact your city council representative or voice their concerns about Fanita Ranch. Their letters will go on the record, potentially reviewed by a judge, should the situation arise.

**Community colleges offer high school grads an alternative to a gap year**

By LYNN CERESINO NEAULT, Ed.D.

Flummoxed by a public health crisis that has bought an unprecedented end to high school for many, along with uncertainties about starting college in the fall, today’s high school graduates are feeling anx- ious and confused about what lies ahead.

As the public health crisis prompts many colleges and universities to announce on-line learning for the coming fall semester, many students and their parents are pondering alternatives, including a “gap year,” while waiting to return to more a more tradi- tional college experience.

It’s easy to see why. For ma- ny, the pandemic has quashed the iconic scenes of college life: living in a dorm, packed lect- ure halls, fraternity or soror- ity parties, and the excitement of college football. As tempting an idea that a gap year represents, the downside is that it only pro- longs the process of acquiring a college degree at a time when more jobs are requiring at least some post-secondary educa- tion for workforce training. As leaders in transfer to San Diego State University and many other four-year institutions throughout the state and nation, Grossmont and Cuyamaca Colleges have robust transfer programs that provide a seamless pathway to a bachelor’s degree. In fact, more than half of CSU gradu- ates and 30% of UC graduates began their studies at a commu- nity college.

Community colleges, the leading source of workforce training in the state, are also key to the economic recovery of the state and East County. Grossmont College programs like nursing, respiratory ther- apy and Administration of Justice, and Cuyamaca College programs such as paralegal studies, science majors, and or- namental horticulture are just a few of the many workforce training programs that thou- sand of residents throughout the county utilize every year to prepare for employment in good-paying careers.

At just $46 per credit, Grossmont and Cuyamaca colleges are the logical alter- native to paying the high cost of four-year universities.

With many universities currently being online, the runway in the fall will be a college at a community college, abe- online, makes more sense now than ever before. Even better, recent high school graduates can now attend the first two years of community college for free under the College Promise Program. The Promise program also provides students with financial need $250 to pay for books and other expenses in their first semester.

For new high school graduates unsure of their plans for the fall, it is up to you to at- tend Grossmont or Cuyamaca College.

You will get an excellent education at a fraction of the cost of a university. To learn more about Grossmont or Cuyamaca, edu or grossmont.edu.

Lynn Ceresino Neault, Ed.D. is chancellor of the Gross- mont-Cuyamaca Community College District.

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**Letter**

**Still waiting...**

Have you, a family member or friend ever waited for a re- ply from our city government? You may not be alone with your frustration. A 92120 neighborhood has attempted to obtain an honest, open di- alogue with many city officials since 2017.

It really concerns me when our city officials can’t come together to reach reasonable solutions mitigating neigh- borhood issues and avoiding site- distancing, unsafe driveway intrusions into private prop- erty, added speeding noise, traffic, debris, brake dust, etc."

Our current administra- tion has side-stepped even the

common sense fixes truly laying at the foot of our city await- ing implementation. Further, this administration has shown lack of focus, will, support, en- dorsement and communication without forward thinking leadership, guidance, direction or accountability, which hasn’t helped the making reasonable end results.

To date, not one city offi- cial has shown responsibility to answer our May 13, 2017 letter that was sent to six others. This is simply unacceptable!

Lead by example and not be a part of the problem.

—Ralph Richardson, San

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**OPINION/LETTERS** Mission Times Courier encourages letters to the editor and guest editorsials. Please email submissions to jeff@sandiegsouthern.com. Include your phone number and address for verification. We reserve the right to edit letters for brevity and accuracy. Letters and guest editorials do not necessarily reflect the views of the publisher or staff.

**SUBMISSIONS/NEWS TIPS:** Send press releases, tips, photos or story ideas to Colleen Cochran at colleen@sdnews.com.

For breaking news and investigative story ideas, contact the editor by phone or email.

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**Trump’s motto is ‘E Pluribus Ego’**

By SEAN QUINTAL

In 1782, a newly formed country, acting through its nascent legislative body, adopted a Latin phrase to be emblazoned on its currency: E pluribus unum, in English, “out of many, one.” The Founders of this new nation selected the motto as a representation of the nation that had emerged from a previous collection of 13 colonies.

In the 244 years since, that motto has come to mean something altogether different: a nation whose population has grown to a population of more than 310 million, a heterogeneous collection of people from continents around the globe, many of whom look, speak and worship differently from the those who forged the country, and many of whom arrived here in chains. The nation burgeoned precisely because it represented ideals that are reflected in that Latin aphorism: We Americans are many, we are different, but finally, we are one.

That fundamental American aspiration has been tested and tried, through blood and suffering, through literal armed conflict. America has faced moments that threaten disunity and disintegration. In our most proud moments, America and its leaders have found the will and strength to manifest our ideals of unity and solidarity, and by doing so have preserved not just the nation, but its values too. America today is again living through one of those moments. And while the American people have once again found common cause, our President, tragically, has not.

Today, America faces multiple historical challenges simultaneously: a public health crisis and an economic crisis without precedent for at least a century, as well as public expression of rage at racial and social inequities unlike anything in half a century. Despite many Americans literally marching in the streets for unity, America has a President who governs exactly as he campaigned — a belligerent incarnation of grievance, resentment and division.

In so many ways, Donald Trump has used the U.S. Presidency, not as an institution that exists for the betterment of the country’s citizenry, but rather as a catalyst for self-interest and self-aggrandizement. His cabinet and administration have functioned not to serve the public, or even his voters, but instead his own psychological needs and, of course, the business interests of himself, his family and his friends.

Trump governs for “his” people, the “real” America. In fact, Trump sees the “United” States as a problem to be campaigned against. If we were to mark our currency with a motto for the Trump presidency, it would read: E pluribus ego. Out of many, for me.

America endures with something pure at its core. Reach down deep enough in America — past slavery and racism, through genocide and exploitation, between patriarchy and oppression — and you’ll find generosity, community and solidarity. It becomes visible in the heroic acts of our people, and is sometimes marked by the leadership of our presidents.

George Washington’s resignation as Commander in Chief emphasized the power of Congress, affirming that in this country there would be no king, and that power would reside with the people’s representatives, Lincoln, and Grant after him, endured enormous consequences for courageously fighting to implement a meaningful, inclusive and just Reconstruction of a cleaved union. FDR resisted pressures out of many, for me.

**Republican Women focusing on history and future**

By PAT BOERNER

As we have just concluded our nation’s celebration of Independence, it is a perfect time to remember the sacrifices of those who founded this great nation, and those who have fought to preserve it. While this year has presented challenges, we are rising to the occasion and remain committed to the very essence of America — freedom. Never let a day go by that we don’t appreciate what our Founding Fathers gave to us and realize it is our responsibility to preserve and protect that freedom and our Constitution.

Navajo Canyon Republican Women of California has the largest membership of all the clubs in San Diego County. Although our meeting schedule has been affected by COVID-19 and the social distancing we will continue to be an effective force for the Republican Party. Our members are becoming educated, writing letters, making phone calls, and financially supporting candidates in the upcoming November election.

We look forward to getting the go-ahead to walk precincts and have conversations with our neighbors about important issues on the ballot.

Voter turnout is the number one issue for Republicans winning elections. Meanwhile, we are staying in touch with each other via Zoom meetings and conference calls. This is the perfect time to become a member of Navajo Canyon and be kept in the loop of important election information and becoming an active volunteer.

When we say that this is the most important election in our lifetime, it is not an overstatement. The extraordinary economy we were experiencing prior to COVID-19 is beginning to come back. We are seeing positive economic indicators including the decrease in unemployment even beyond what was projected. As we take individual responsibility for wearing masks and social distancing we will continue to reopen safely across the country and get back to business and life as before the pandemic. The only way to return to that record breaking economy is to re-elect President Trump and let him continue the policies that turned this country around and stopped the downhill spiraling. Biden simply does not have the business experience, the stamina or the foresight to guide America through this challenging time.

**SAVE THE DATE**

Tuesday, Oct. 13 is the scheduled date of our annual Fashion Show at Bali Hai in San Diego. We look forward to a delicious lunch and seeing our members model the beautiful fashions from Glamour Girlz in El Cajon. Bali Hai offers us a large outdoor seating area but due to the current circumstances this is definitely on the “wait and see” plan. If we are able to keep this date it will indeed be a celebration! Please check and see the latest updates on our website at rwcNavajoCanyon.org and visit us on Facebook at Republican Women of California-Navajo Canyon. For more information on our activities or about joining Navajo Canyon Canyon, please contact Waskah at waskahwheelen@aol.com.

—Pat Boerner works on behalf of the Navajo Canyon Republican Women of California.
Evolve into a court battle. While county residents are waiting to hear the results of their efforts, I suggest they take a walk along Stowe Trail. If HomeFed has its way, one day soon, the trail will be transformed to noisy suburban sprawl.

Send comments to Chris Jacobs, Principal Planner City of Santee, at cjacobs@cityofsantee.gov.

—Colleen Cochran, JD, is a legal editor, nature enthusiast, and warrior against climate change.

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Fanita Ranch

CONTINUED FROM Page 6

from both left and right to weld together a riven country, and in doing so, not only defeat fascism abroad, but also save capitalism at home. Lyndon Johnson, a longtime segregationist, signed the Civil Rights Act, even as he acknowledged it would cost the Democratic Party the South. After 42 months of a Trump presidency, can anyone honestly claim to envision Donald Trump ever putting his own interests aside, in order to unify the country? Can anyone even imagine Trump displaying the patriotic selflessness of those who preceded him in office?

If there is any sort of crisis that offers a President a clear opportunity to unify the country, it’s a public health emergency. The COVID-19 pandemic brought the American people together, at least for a few months, in a brilliant moment that allowed us all to recognize our interconnectedness and interdependence; we were, literally, all asked to sacrifice for one another. It was stirring, inspirational, and felt like America at its best. But rather than sound a clarion call for national unity, this President instead lied and minimized the danger to his citizens, refused to accept responsibility for his government’s ill-preparedness and its disastrous response, and then contradicted his administration’s own public safety policies when he believed it was to his political benefit. Donald Trump this month claimed that Americans who wear masks in public do so not in the interest of public health, but rather to signal disapproval of him. Now even the most basic act Americans can do to protect one another from a pandemic disease has been weaponized as a blade of division, to cut deeper the rifts Trump intentionally exploits for his personal gain, and at America’s expense.

It is obvious that Donald Trump has contempt for institutional norms; he also makes plain his malign indifference to America’s laws, and to the Constitution from which those laws derive authority. These qualities represent legitimate threats to our fragile political system. But perhaps more fundamentally, Donald Trump assaults the very ideal that has held this country through its most grave challenges: the recognition that we are all many, but we are one. This November, it will be up to us, the many, to ensure that we may remain one, united.

—Sean Quintal is vice president of laws and legislation for the La Mesa Foothills Democratic Club.

CONTINUED FROM Page 7

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Locals defy COVID regulations to save neighbor's life

By MAKENA HUEY

Ever since quarantine began, Peter and Alyce Doan, along with their three young children, have been taking walks around their San Carlos neighborhood to get exercise and fresh air. On April 11, the day before Easter, the family decided to take a shortcut home — a route they had never taken before.

As they approached the intersection between Blue Lake Drive and Twin Lakes Drive, they slowed to allow an older man to pass them. The man nodded. However, something about the man’s behavior made Peter pause.

“When he first fell, we were like, ‘Should we get close to him? Are we OK to get close to him? Does he have COVID?’ What if we have it, and we give it to him?”, Alyce said.

Peter realized the man was not breathing, and although he didn’t know what to do, he knew they “had to do something.”

Alyce, along with a mail carrier who was passing by, called 911. The operator instructed Peter to perform CPR on the man, who was now turning blue.

Defying social distancing regulations, he took off his sweater and his son’s sweater, placing them under the man’s head. Peter — who now believes everyone should learn basic CPR skills — said his chest compressions were too soft and slow at first because he was afraid the man would “break.”

“I was so scared for him,” Peter said. “And I didn’t even think at that time about COVID or anything. I just saw him lying on the street, and I wanted to do something, I wish I knew more.”

A woman driving by got out of her car to help. She held the man’s hand and looked in his wallet to find his address.

Realizing the man was only a block and a half away from his home, someone ran to his house, where he found the man’s wife and brought her to the scene of the accident.

Another neighbor heard the commotion and came outside. He happened to be a physician, so he took over chest compressions for Peter until the firefighters from Station 34 arrived — about 10 minutes after the man first collapsed.

Eighteen minutes after they arrived, the firefighters were able to get Bob’s heart to beat again, and they rushed him to the emergency room.

After the ambulance left, Peter, Alyce and their children continued to think about the man lying in the middle of the street.

“I feel like I didn’t do enough,” Peter said. “I feel I should have done more. If I had known more, I could have done more. It was kind of an uneasy feeling — we didn’t know if he was OK or not.”

THE ROAD TO RECOVERY

When 76-year-old Bob Kennedy woke up in a hospital bed, he did not know where he was or how he got there. The last thing he remembered was enjoying his daily walk, four days earlier.

Kennedy collapsed due to heart condition that led to ventricular fibrillation, prompting doctors to intubate him, put him on a ventilator, induce a coma, and implant a pacemaker. He was hospitalized from April 11 to April 30.

“The time in the hospital was pretty rough because 24/7, I was there by myself except for the nurses and the lab techs and the doctors,” Kennedy said.

Due to the pandemic, Kennedy’s wife — Nancy Davis Kennedy — and his two daughters were unable to visit him, so they communicated through twice-daily phone calls, which the nurses helped coordinate.

“I actually think that the worst emotional part had to be for Nancy and my two girls and my mother and my brother because there was nothing I could do, and they didn’t know what was going on,” Kennedy said. “So that had to be really, really hard for them.”

Kennedy said the day he was released from the hospital was especially emotional because it was the first and last time he was able to hug one of his children since the pandemic began.

“The only physical contact I’ve had with either one of my daughters was that day I got out of the hospital because I said, ‘I’m damn sure gonna give them hugs,’” Kennedy said. “I miss that a lot.”

Since returning home, Kennedy said he is doing well. He is back to walking over two miles every day, and he recently won money golfing.

MEETING HEROES

With the help of her neighbors, Davis Kennedy was able to identify the couple as Peter and Alyce, who lived about 10 minutes away. Davis Kennedy called Alyce to thank her and Peter for saving her husband’s life and to tell them that her husband was going to be OK.

Peter said when Alyce told him that Bob was OK, he asked, “Who’s Bob?”

“‘He had no idea what my name was,’ I was just some guy he found laying in the middle of the street,” Kennedy said. “The story is not me. The story is the everyday people who rallied and came to my aid.”

Peter said he felt both happy and relieved when he found out Kennedy had survived because he felt responsible for the stranger’s wellbeing.

Davis Kennedy continued to update Peter and Alyce on her husband’s condition until he was able to return home.

The Kennedy’s recently invited Peter and Alyce to their house for a social-ly-distanced lunch so they could meet each oth-er’s families and thank them in person.

“When they walked in the house, it was very, very emotional for both Peter and me,” Kennedy said. “Both of us teared up. We couldn’t hug each other, but it was very amazing. It was a special, special day, and I know my daughters were very touched by what [Peter and Alyce] had done, as am I. I can’t say enough about them.”

Peter and Alyce, who are Vietnamese, said they bonded with Kennedy, whom they learned is a Vietnam veteran. During their lunch, they took turns sharing stories about their experiences in the country.

Kennedy, who has now had three near-death experiences, said he considers every day since he was wounded in Vietnam to be a gift. He is certain he would have died, or at least had severe brain damage, if it were not for the selflessness of his neighbors.

“It was just a magical team effort to keep me alive,” Kennedy said. “This was not a one- or two-per-son event; this was good neighbors getting out and doing what they needed to do to help a neighbor.”

The Purple Heart recipient said he is extremely grateful.

“To me, Peter and Alyce are heroes because they actually saved my life,” Kennedy said.

Peter and Alyce disagree. They think anyone would have done what they did.

“We don’t think of ourselves as heroes,” Alyce said. “We just saw that he needed help, and we were just going to help. Nothing was going to stop up from helping him. Even with COVID going around, we just had to do something.”
Nighttime creatures at Mission Trails

Why are some animals nocturnal? It is an evolutionary phenomenon where prey animals come out at night when their predators might not find them. Consequently, the predators have adapted hunting skills, and some might have enhanced their sight, speed, or senses of heat and smell. As bats produce sounds to locate prey through echolocation, tarantulas have specialized hairs with sensory receptors to “see” in the dark.

Animals that are primarily out at night at Mission Trails Regional Park include bats, owls, woodrats, mice, skunks, opossums, raccoons, and grey foxes, as well as scorpions and tarantulas. Some animals are crepuscular, active at dawn and dusk; these animals include bobcats, coyotes, mountain lions, and cottontail rabbits.

According to author, regional bat expert, and MTRP Trail Guide Don Endicott, there are 10 species of bats at Mission Trails Regional Park, and 22 species in San Diego County. The most common ones residing in the park are Canyon bats, Yuma myotis, Big brown bats, Mexican free-tailed bats, and Pocketed free-tailed bats. Living in diverse habitats throughout most of the world, bats are impressive mammals that can be nectar eaters (nectivores), fruit eaters (frugivores), or insect eaters. Nectivorous bats are responsible for pollinating many types of plants and “fruit bats” disperse seeds, greatly assisting reforestation in tropical regions. However, most of the over 1,300 species of bats, and all 10 species present in MTRP are insectivores. During their nightly forays, they consume moths, gnats, mosquitos, and other flying insects as well as those on the ground including grasshoppers, centipedes, and scorpions. One species that lives just north of San Diego County, the little brown bat, has been documented eating 1,000 mosquitos in a single hour — that’s a lot of mosquitos!

Mexican free-tailed bats are generalists who typically feed on moths, consuming hundreds of tons of invasive and crop-damaging species throughout the Southwestern U.S.

Cute and cuddly! Not really what one thinks of when meeting a cactus. But our observation of the month by christybeck (vis-bit.ly/ig5bwPai) isn’t just any prickly plant, it’s the Fish-Hook Cactus (Mammillaria dioica). Cute for its small size and tight cluster. Cuddly for its softer-than-most appearance. But let’s not fool ourselves, it’s never a good idea to cuddle with a cactus, especially one that bears the name “fish-hook,” a tool meant to capture and not let go of its prey.

Have you ever noticed that a cactus has clusters of spines all around? These are called areoles. In the Fish Hook Cactus, straight short spines shoot out of the areole in a circle formation, except for one long spine at the very center which grows quite a bit longer than the others and is curved at the end, like (you guessed it) a fish hook! You may see mammillaria cacti in bloom in early spring and enjoy the beautiful white to cream colored flowers. Each petal has a pale pink line through the center. The fruit that follows in late spring to summer is quite striking. It is oblong, bright red and supposedly delicious, tasting somewhat like a mix of strawberry and kiwi, which explains the other common name for the plant: Strawberry Cactus. In San Diego, the Fish-Hook Cactus is found on the coast and in the desert at up to 1,500 feet in elevation. Most of the observations of this cactus in the MTRP Biodiversity Project on iNaturalist are actually located in an open space area adjacent to the park’s western boundary, but Fish Hook Cactus may be found within the park boundaries, so keep an eye out for it and be sure to document it if you see it.

Just in case you fell in love with this cactus and are still considering the cuddling thing, check out this observation (bit.ly/2Z0Eb-l9C) by jaykeller from 2015. Mr. Lizard, if he could, would highly recommend you refrain from such attempt.

—Patricia Simpson is a trail guide at Mission Trail Regional Park.
Del Cerro Action Council news

By JAY WILSON

In the interest of public health and common sense, the quarterly meetings of the Del Cerro Action Council will be a Zoom meeting on Thursday, July 23 at 7 p.m. The link to the Zoom meeting will be posted on our website at delcerroactioncouncil.org beginning Monday, July 20.

Our two district council candidates, Raul Campillo and Noli Zosa, and mayoral candidates, Todd Gloria and Barbra Bry have accepted invitations to participate in separate candidate forums. The District 7 forum will be on Wednesday, Aug. 19 and the mayoral forum will be on Wednesday, Sept. 23. If restrictions are still in place for an in-person candidate forum, the forums will be via Zoom.

The Princess Del Cerro Park is now open for individual families to use the grass area and many families are returning to enjoy the use of the two grass areas. The yellow tape remains around the swings and the play equipment.

Allied Gardens/Lesaffre Youth Soccer teams are now meeting and conducting training sessions with a millimeter performing social distance between players.

Youth sports are certainly taking on a new perspective because only training sessions are allowed at this point. It is very strange to drive by our little league fields and see training sessions with no players in the dugout and baseball bats and bags separated along a fence line at least six feet apart.

Soccer teams are training with new drills that require social distancing as well. If you stop by to watch, someone will take your temperature.

The City of San Diego is continuing to work with David Pfeifer, the architect with domusstudio architecture on the ongoing up-grading of the parks for the San Carlos Library. David gave an update on the library at the July 8 Zoom meeting of the Navajo Community Library with Council member Judy McCarthy. Not to date myself, but I attended that meeting while working with Council member McCarthy.

The current hope is that the Regional Water Quality Control Board will sign off on the vacant lot at the corner of Jackson Drive and Golfcrest Drive, confirming the soil is environmentally safe to build on within the next several months.

The Del Cerro Action Council board of directors wishes you all good health and we urge you to support our local businesses within Del Cerro and our surrounding neighbors.

We will see you on Zoom on July 23.


Allied Gardens/Grantville Community Council news

By SHAH HAID

Our next Town Hall Meeting will be held on Tuesday, July 28 at 6:30 p.m. using the online Zoom program. We will begin with presentations by the police department and elected representatives.

Our principal topic will be the San Diego River Park Foundation. The vision of the foundation is to protect and enhance the river’s valuable natural and cultural resources and to encourage communities to embrace this legacy and to celebrate it with the creation of a river-long park system.

In this era of closures and social distancing, Allied Gardens residents are finding creative ways to stay engaged in the community and spread positivity. As you walk our residential streets you will see neighbors who have created chalk art on sidewalks, posted signs of encouragement, and, if you are lucky, you may find a brightly painted rock.

“Allied Gardens Rocks!” was started to spread fun and kind-ness, and to build a sense of community. The idea is to decorate rocks (paint, chalk, markers) and hide them in various locations throughout the neighborhood with the hopes of brightening someone’s day. If you find a rock, take a picture and post it to the Facebook group, then hide the rock in a new location.

Neighbors of all ages can enjoy rock hunting and contribute their artwork to this fun game. Allied Gardens resident Shannon Hurt Axles and her family have painted several rocks.

“I wanted to pay homage to famous works of art since museums are temporarily closed, and of course, we have to pay tribute to our favorite Allied Gardens hot spot Fosters Freeze,” she said.

To learn more about how you can participate and the rules for decorating and hiding rocks, join the Facebook group “Allied Gardens Rocks!”

We are about to embark on a new project, the decorative painting of the electrical and communication service boxes throughout our neighborhood. The work done by the Clairemont Town Council and the folks at Foster Elementary show us how beneficial this will be to the community. If you have experience with this kind of project we need your help in sorting out the administrative details, costs, and artistic requirements.

Meetings of the AGGCC Board of Directors are held monthly to design and implement community projects. Every odd numbered month, Town Hall meetings are held for civic representative reports, public comment, and presentations on matters of concern to you.

Are you interested in getting involved? Use the “Contact” page on the website, aggccouncil.org, to let us know how AGGCC can support the community. Your feedback is greatly valued. As is your membership on the Board.

The next meeting will be on Tuesday, Sept. 1 at 6:30 p.m.

—Shain Harg is president of the Allied Gardens/Grantville Community Council.

COMMUNITY

San Carlos Area Council news

By PATRICIA MOONEY

Happy summer to our San Carlos neighbors! We hope that you and your family are doing well during these uncertain pandemic times.

As the San Carlos Area Council (SCAC) has not met for a number of months, and we have no idea when our meetings might resume, I thought it was nice to share a post moment in the recent history of our neighborhood that is still relevant to right now.

Five firefighters visited us in 2018 to talk about proper brush management ahead of this year’s fire season:

“Be prepared.” The San Diego Fire & Rescue Ambassador video can be viewed at youtu.be/T1DTxK7OB_9E.

The Mission Triads Regional Park’s “Dangers of Embers” video can be viewed at: youtu.be/mihPGBnzcE.

SCAC meetings are now on hiatus until further notice. If you have a San Carlos story to share, please email the San Carlos Area Council vice president Patricia Mooney.

—Patricia Mooney is vice president of the San Carlos Area Council. Email pattip@crystalpyramid.com.
Curry callings
A charitable Thai restaurant spreads its wings

Restaurant Review
By FRANK SABATINI JR.

You’ll be hard-pressed finding massaman curry any tastier and more complex than what’s served at 55 Thai Kitchen.

The highly affordable eatery, founded by a practiced chef from Thailand, has gradually expanded to four San Diego locations, including one that sits a stone’s throw from San Diego State University.

Vijit Pipathajonchai began cooking as a young teenager at his family’s restaurant in Bangkok. He would later run several kitchens, emigrate to the U.S., and become co-owner of J&T Thai Street Food in Linda Vista.

But it wasn’t until he launched the original location of 55 Thai Kitchen in the back of a modest grocer in Golden Hill more than two years ago that he began unleashing flavors and recipes inherent to his homeland. Consumers and food critics suddenly began applauding his concise menu while bestowing rousing encores to the chicken massaman curry in particular.

When I spoke to Pipathajonchai shortly after he first opened, he emphasized the dark-brown curry is made exactly like it’s done in his native Bangkok, meaning it’s rich in meat stock, brown sugar, cloves, cumin, tamarind, chili paste and a host of other ingredients.

Massaman is paired often to beef or lamb in Thailand, although here it permeates chunks of tender chicken thigh meat, which appear more like pot roast than poultry because of the curry’s deep color. There’s also tenderly cooked potatoes and bell peppers in the mix. And the end result is sensational.

As with most of the curries, stir fries, and rice and noodle dishes served at 55 Thai Kitchen, you’re given a choice of spice level — not from the usual 1-10 point heat scale, but rather from an uncomplicated selection of “none, mild, medium or hot.”

I chose “medium” for the massaman. It translated easily to a “4” with its slow, steady burn. But it was nothing that a few swigs of house-made limeade couldn’t quell.

My dining companion opted for “mild” when ordering his yellow curry with chicken. After steering my spoon into the sweetish coconut-spiked liquid, and stealing a piece of scalloped breast meat, I can attest the spice level is safe for the wimpiest of palates.

He requested “mild” as well for a bowl of tom kha soup we shared, and skipped over a choice of protein additions (beef, shrimp, chicken and tofu) in lieu of veggies. Despite falling way below my preferred spice level, the soup struck that classic, spellbinding allure of when coconut milk, lemon grass, galanga, kaffir lime and cilantro unite. Floating within the pearly broth were scallops, cabbage, mushrooms and zucchini.

Our only caveat about the meal was the disjointed sequence in which our food came out. The yellow-curry entree preceded the soup. An order of pleasantly crispy spring rolls materialized several minutes later, only to be trailed...
Climactically by the coveted massaman curry.

The garbled timing is a consequence of fast-casual restaurants that have us placing full meal orders at front counters before seizing a table. I’m afraid the days of receiving soups or salads or appetizers first are fast disappearing. All menu items are served in sturdy cardboard bowls or boxes. The eating utensils are plastic. Though the quality of the food rises to the level of a nice full-service restaurant. Indeed, the lack of porcelain plates and silverware conserves on overhead, and such savings are passed on to customers. For example, egg rolls are $5 cents apiece, and most entrees are priced below $9 for adequate portions.

Pipatkhajonchai should also be commended for his philanthropy. He donates meals and portions of his profits to local schools, first responders, and military personnel. It’s been one of his goals since starting the business, which also involves helping underprivileged children in Thailand. And if you’re wondering what the “55” in the name represents, we’re told it’s simply a lucky number for Pipatkhajonchai. In addition to operating in The College Area and Golden Hill, the restaurant’s other locations are in the East Village and Pacific Beach.

—Frank Sabatini Jr. is the author of ‘Secret San Diego’ (ECW Press) and began his local writing career more than two decades ago as a staffer for the former San Diego Tribune. You can reach him at fsabatini@san.rr.com.
Each year, Henry selects a theme to help build the school culture around their three pillars of Being Welcoming, Do No Harm, and Using Choice Words. This year, our school t-shirts were designed with a “Kindness Matters” theme and our advisory team of teachers (kudos to Chad Miller, Linda Good, Tom Knapiak, Elise Morgan, Mike Pinto, Karen Thomas, and Karl Bolton) began their work around building activities to help our students understand the importance of working together.

The year began with a special Wisdom Quest, where students were assigned to meet with three different staff members to learn their wisdom that they elected to share with them. Secretaries, custodians, teachers, counselors, and administrators were included in the activity to help students meet people outside their bubbles and to appreciate the wisdom adults can share with them from all walks of life. Mrs. Passmore, long-time PHHS receptionist, shared her love of reading and created a special bookmark for every student with the top 50 books every adult should read during their lifetime according to the Internet.

Our last advisory class of the year was built around being grateful. Students were each given a Kindness Matters postcard (printed by teacher Karl Bolton) to write a thank you note to someone who was near and dear to them and asked to give them out during lunch time. Watching students share these special postcards at lunch was quite impressive on many levels. Students were also given a skinny slip of paper to write a message of gratefulness to a teacher, friend, or parent that was to be turned in for our school mural.

The mural was created by Mr. Karl Bolton and during the pandemic, he took over 2,500 slips of paper and created a life-size image of a peace sign from the slips of paper students turned it. This mural will go up in the quad, when the students return to Henry as a reminder that what we do as a community does matter and has a ripple effect on others. Special thanks to our team who developed these ideas to show our students and staff that kindness really does matter at Henry!

I Scholar named for 2020

I Scholar was founded and launched in 2014 by Irina Chukhray, a PhD student in Sociology at Rice University. Chukhray obtained her BA degree in Psychology, followed by her MA degree in Women’s Studies at San Diego State University, and her MA degree in Sociology at Rice University. She aims to obtain her PhD degree in Sociology at Rice University in 2018.

After graduating from Patrick Henry High School (PHHS), Chukhray set her mind to one day give back to the school and especially the teachers who motivated and encouraged her to pursue her academic goals. She decided to help PHHS seniors currently mentored by the same teachers that mentored her (PHHS science teacher, Mr. Andy Mangahis, and PHHS English teacher, Mrs. Erin Mangahis).

Chukhray designed IScholar with the intention of creating a scholarship that would be useful to its applicants. In her own experience of applying for scholarships, she noticed that the required essay component seemed like an extra writing assignment that did not directly relate to the college application process. The application requirements for IScholar, however, mirror current college application requirements, resulting in a practice run (i.e. essay draft and required supplemental material) for college applications. Using that format, she structured her prompt and selected a student.

This year’s 2020 award went to Emily Donahue (class of 2020) as she presented herself as a strong candidate who has persevered to achieve her goals. In her application essay she writes: “My whole life, I have been fascinated with nature, with animals, with ecosystems and cause and effect. Even as a kid I knew I wanted to have a career that would put me out in the field to study nature’s beautiful creations. Now, to fulfill this dream, I plan to major in environmental engineering and minor in marine science at a four-year university.
PHHS CONTINUED ON PAGE 14

PHHS CONTINUED FROM PAGE 14

A celebrity senior (Photo courtesy PHHS)

Patrick Henry principal retires

On May 8, 2020 Mrs. Elizabeth Gillingham announced her retirement to her staff and in the following week announced it to the school community. She writes her last message below as the principal at Henry High School:

“It is with mixed emotions...”

PHHS CONTINUED FROM PAGE 14

Do you know of our “Chef Program” We create daily from scratch salads & baked items we prep for you

Food Bar Full Service Deli Farm Fresh Produce Old Fashion Meat Market Baked Goods Nutritional Supplements Beer & Wine

Now you can order for pick-up or delivery through Mercato.com

With a degree or two, under my belt, I hope to find a job with a research organization that focuses on marine life. I want to help spread awareness about the importance of conservation, and develop solutions to minimize the negative effects. Specifically, I would love to focus on saving the coral reef ecosystems and the shark populations. My life would consist of field research, data analysis, and the education of others. Ecosystems and the delicate balances that make up natural habitats are like a constantly changing puzzle that I can’t wait to solve. That is why my dream is to attend a university to earn a degree related to my dream. I believe that I am a strong candidate for college admissions because of my passion, leadership and perseverance. Over the course of my life, these traits have developed my passion, leadership and perseverance. Over the course of my life, these traits have developed

Class of 2020 goes out with a parade

With in-person graduations being banned due to COVID 19, Henry High School kicked into gear with a new way to honor their graduating seniors. Thanks to several Zoom meetings with senior ASB representatives and advisor Autumn Flores, a plan was made to honor the graduates in a special, socially-distant way. Stations were placed around the school for students to visit and get gifts along the way while they made one last drive around the campus.

Station 1, started off with a literal blast from Vice Principal Bill Miller, who had a green-smokey filled bomb that he pulled the string on every 15 minutes to welcome the next 20 decorated cars that lined up with seniors wearing their caps and gowns and their families who were all ready for a tribute.

Station 2 had our counselors lined up to cheer the seniors with their cars decorated with large car-size caps and tassels put on their car hoods facing the grads as they entered through a large balloon arch made to welcome the Class of 2020. Special banners lined each station as students drove past the halls of learning they traveled through.

At Station 3, students were able to drop off thank you cards written to various staff members and in return got a gratitude newsletter written by the Henry staff for the class of 2020. From there, they picked up cookies, diploma covers, programs, popcorn bags, and key chains provided by our ASB.

The Grad Night Parent committee provided two special stops. One was an 8 by-10 inch yearbook photograph of each graduate and the other was a stage for the grads to stop and take a traditional graduation photo while pomp and circumstances was being played in the background. Each grad was greeted by Principal Gillingham (live and a large cutout) so pictures could be taken with them receiving their diplomas as if we were at USD Jenny Craig Pavilion. A red carpet was included which made the event feel festive and special for each of the graduates as they had their moment to celebrate their achievements.

At the end of the day, each senior seemed happy with the tribute given the circumstances and felt as though the school had done the best they could to honor them in a personal and significant way.

Congratulations to the Class of 2020! You set the bar high for others to follow you and your legacy of school spirit will be one that other classes will hope to demonstrate in future years.
PHHS CONTINUED FROM PAGE 15

I also put energy into building a strong community feeling at Henry. That included adding three pillars — Do No Harm, Use Choice Words, and Be Welcoming — which helped build a warm and caring culture among the students and the staff over time. I could feel the difference standing each year in the front of the school as I greeted students who entered on their way to their morning class. I also could see the difference in terms of the way the students treated the school. Simple things like trash ending up in cans began to take hold and the spirit at each home game became legendary and noticed by other schools when they would compete against us.

It has been a sincere pleasure to work with the community at Henry, too. I was embraced by the Alumni Association by being invited to preside over the 50th anniversary of Patrick Henry High School. I have loved sharing our work written by me and other staff members with the community event because once a friend of mine that will truly matter to us. I hope this continues with the new principal too!

And a special thanks goes out to our staff, custodians, counselors, nurses, and cafeteria workers who all embraced the Henry family we developed and made sure the students would receive an educational program that was something we would all be proud of.

The students will always be my favorite part of Henry High School.

—Elizabeth Gillingham is the now former principal of Patrick Henry High School.

Library news

ALLIED GARDENS/ BENJAMIN

As of July 6, all library book drops are open Monday through Friday 24 hours a day! Book drops will open on weekends soon, so be sure to check our website for the most up to date information.

Virtual Short Classics Book Club: Are you looking for a quick read and some conversation? Be sure to check out the summer reading Book Club on Facebook at https://31msos.com. Each month, a title will be selected that is readily available online. Participants will read the book and then come together for a virtual discussion led by a staff member.

Summer reading: Our summer reading program started on June 1, but there is still plenty of time to sign up and read 10 books or 10 hours! Card holders of all ages can get involved.

—By Kathryn Johnson, branch manager of the Allied Gardens Benjamin Branch Library

The San Carlos Branch Library is now part of the San Diego Public Library located at 9219 on Mission Boulevard between Friday between 10:30 a.m. and 5:30 p.m. Here’s how it works:

• Once you receive email notification that your hold is available, go to the branch and make sure to have a phone available to coordinate pick up.

• When you arrive, stay in your car and call the library. Walk-ups are welcome, but you will also need to call. Staff will ask for your library card number and check the items out to you. You must have your library card number to check out items.

• Staff member will then bring your materials outside and place them on table for you to retrieve. All patrons are expected to social distance and wear a mask when retrieving their library items.

SEE LIBRARY NEWS, Page 18

The Problem with Holding Title as Joint Tenants

By: Dick McEntyre and Chris von der Lieth, Attorneys at Law

Many married couples in California hold title to their home and personal property as “joint tenants” which carries with it the right of survivorship. In other words, each spouse is entitled to the entire property if the other spouse dies. But you could be taxed on the property, and the income tax consequences could be significant.

The above statements are not to be taken as legal advice for the reader’s particular situation.

Many married couples in California hold title to their home and personal property as “joint tenants” which carries with it the right of survivorship. In other words, each spouse is entitled to the entire property if the other spouse dies. But you could be taxed on the property, and the income tax consequences could be significant.

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I’m living in subsidized housing. Being Black, I am poor — I’ve gotten used with the community have years now. Fruge said that while she has lived for over 10 years in the Del Cerro/Allied Gardens area, the predominantly white neighborhood has at times been incredibly hateful. Some of neighbors calling Black Lives Matter protesters “thugs” and misdirecting the issue by bringing up topics like black-on-black crime. Fruge decided to speak up.

“One lady wrote, ‘If Black lives matter, why is the leading cause of death for Black babies abortion?’ That’s when it got to a point where I said I just got to say something,” she said.

In that same discussion thread, another white neighbor shared that she was afraid of Black Lives Matter. “That’s when I said, ‘Well, if you don’t want to come, then please do not come. I’m not afraid of you. I have a son that is African American and he is very dear to me, and I am proud of him. I want to be a part of this movement. I am here for justice and I am here for change.”

Grace Hatch also welcomed the discussion. “People started commenting about what they thought about George Floyd; what they thought about racism in America, Black Lives Matter — all sorts of things. And some of them were incredibly hateful. Some of them were hopeful,” she said, adding that it was “nice to have the community talking about something.”

A DISCUSSION EVOLVES

Mayisha Fruge is a Black resident in the predominantly white Del Cerro/Allied gardens area, where she has lived for over 10 years now. Fruge said that while 90% of the interactions she has had with the community have been good over the years, 10% have been troubling because of racial stereotyping.

“They assume that because I am Black, I am poor — I’ve gotten used that,” she said. “They assume that I'm living in subsidized housing,” Fruge said her son Omar Hammond also experiences occasional stereotyping, like the time he was selling candy as part of a track team effort to fund a trip to Reno.

“One lady said to him, ‘We can just raise money since you can’t afford it,”’ Fruge said.

Harsher treatment by white neighbors over the years has included being called racial epitaphs, but still Fruge insists on pointing out that the majority of her interactions with the community have been very positive.

When she first read the discussion thread on Nextdoor about Grace’s posters being torn down, Fruge said she initially didn’t want to say anything or “get in the back and forth.” But as the discussions got more vitriolic with some neighbors calling Black Lives Matter protesters “thugs” and misdirecting the issue by bringing up topics like black-on-black crime, Fruge decided to speak up.

“People were thinking about what they thought about racism and talking about how we can improve our community to keep it safe and make it more inclusive and to change.”

The Hatch’s across-the-street neighbor Jen Coburn also became part of that push.

“I noticed that the posters were up in the community and I thought, ‘Right on Del Cerro for getting into the conversation,’” she said. But when Coburn learned that the posters were torn down, she took to the social media site Nextdoor to comment on the destroyed artwork.

“I took a picture of Grace’s artwork and I said, ‘I think this great. I support it. But if you don’t, make your own poster from the opposing view, there’s plenty of room on the lightpost, but don’t tear down somebody else’s work — add to the conversation. We can have a discussion with differing opinions,’” Coburn said.

That post on Nextdoor immediately sparked a discussion with over 500 comments from neighbors in Del Cerro. “It was very lively, very productive, very messy and sometimes contentious,” Coburn said. “But that’s something how it is when you’re discussing racial reconciliation. It’s not going to be easy and it’s not going to be smooth, but it still must happen.”

Grace Hatch also welcomed the discussion.

“They have been writing things about what they thought about George Floyd; what they thought about racism in America, Black Lives Matter — all sorts of things. And some of them were incredibly hateful. Some of them were hopeful,” she said, adding that it was “nice to have the community talking about something.”

A DISCUSSION ORGANIZES

Although not an official chapter of Black Lives Matter, the Del Cerro 4 BLM group has permission to use the moniker. Grace Hatch said that the group was formed with the goal of “getting people together to start thinking about how to get community talking about race, talking about racism and talking about how we can improve our community to make it safer and make it more inclusive and to change.”

The first meeting of the group was just an informal gathering of about 10 neighbors putting up Grace’s posters together. The next meeting was held in the Hatch family’s backyard where over 30 neighbors sat socially distancing and watched a video produced by SURJ (Showing Up for Racial Justice), then got into groups to discuss contemplate what each individual’s stake is in ending white supremacy.

“The question was posed by the SURJ group, intended to be very daunting and big,” Grace said. “But it’s supposed to get a read on how we tie ourselves into this process, especially since the majority of the group were white. It’s a way to get everyone involved and know it’s important to them.”

The group’s structure is very open ended and there is no formal leadership role. People join by emailing DelCerro4BLM@gmail.com, which also adds you to the chats. A recent chat in the group was about the proposed police reform measures going on the ballot in November for the city that include citizen oversight. Other topics found in the chats include sharing resources, articles, dates of protests and other informative items.

“So there’s a lot of action steps that we’ve been putting out there, but we’re still developing how we can keep going with that,” Grace said, although the focus of the group is the moment at the moment is just introducing each other and talking about ways to overcome racism. “A big thing about this ongoing racist behavior is that we don’t confront it and we don’t see it in ourselves and we don’t talk about it.”

That people are talking about racism — especially white people — has given Fruge hope that this moment in time might see real change in America.

“It feels a lot different,” she said. “I have never seen allies like this before. I’ve never seen the white women marching with signs that much. It feels totally different and I hope we can keep this momentum up. I’m just so excited to see that my neighbors are actually getting together on the Black Lives movement. I just love to see it. It makes so proud to live in that neighborhood.”

—Reach editor Jeff Clemetson at jeff@sdcnews.com.
Bats are not blind but they primarily use echolocation to navigate and hunt during the night by emitting a call that echoes back to inform them where they are and the location and size of prey.

Our bats in Mission Trails will not fly into your hair, nor drink your blood or any other wild animals, though, bats can contract rabies. Although the incidence of rabies in our local bats is extremely low, for your safety it is important to not handle any injured or sick looking bats you might encounter on the ground. Please contact one of Mission Trails’ rangers if you discover one.

At night, one might catch a glimpse of such silent flying predators as barn owls or great-horned owls. Owls can take down large raptors such as golden eagles, hawks, and lizards. They can swallow small prey whole, then spit pellets of undigested feathers, skin, and bones. By disassembling one can see that most kinds of animals live in an area.

The owl’s razor-sharp talons are for piercing and cutting; they would not sit on your shoulder like Harry Potter’s “ Hedwig.” Owl’s large eyes don’t move in their sockets, but the whole head can swivel 180 degrees. It is very difficult to see an owl as they sit very still and their feathers are patterned like tree bark and leaves. One might see them flying over Mission Trails’ grasslands. Tarantulas are the largest of all spiders, with distinctive hairy legs and bodies. The hair, or setae, is their primary sensory organ to smell and hear. The urticating hairs on the abdomen are defense mechanisms, which they flick out at attackers. Tarantulas do not spin webs, but live in burrows or under rocks, where they are camouflaged by their spiny skin. Tarantulas primarily eat insects, and their predators include mammals, birds, reptiles, and the infamous tarantula hawk wasp.

Library news

The library is now accepting returns! Library bookdrops at all 16 locations are open Monday through Friday, 9 am to 5 pm. Items will be cleared from library accounts. Come by during the week to drop off your library items. Please note that all returned materials will be quarantined for 72 hours, so it will take a few days before they are cleared from library accounts. We look forward to providing this expanded service and seeing your patrons.

—By David Ege, branch manager of the San Carlos Library.

Night creatures

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