In District 2 County Supervisors race, Anderson highlights bipartisan record

**Decision 2020**

By JEFF CLEMETSON | La Mesa Courier

Joel Anderson is a name most East County residents know. He has been running for public office to represent the region in various seats since 1998. This year, he is running to represent District 2 on the San Diego County Board of Supervisors and in the March 3 primary, his name recognition and resume of public service helped him secure the most votes — 35.5% — in a field of four candidates.

Now that the race for the District 2 seat — vacated by Dianne Jacob after recently-admitted term limits capped her at two candidates, Anderson is hoping his record of working on bipartisan bills in the state legislature will catapult him to the traditionally deep-red district.

The District 2 race is predicted to be one of the closest. Anderson, a Republican, will face fellow conservative Poway Mayor Steve Vaus, who garnered 31% of the vote in the primary. Another conservative candidate, Brian Sesko, took 6.8% of the vote and Democratic candidate Kenya Taylor came in third with a surprising finish of 26.7% in the historically deep-red district.
When the pandemic began, Bibi Carpenter, center director of University City KinderCare, warned the teachers about its impact. "This is the new normal, this is what we’re going to have to start doing, there is a risk that you could potentially become exposed," Carpenter said.

Then, she asked each of them if they were still willing to continue working at the daycare.

All of the teachers, including Jen Grey, said, "We’re in it until the wheels fall off."

From the newly implemented health precautions to the increased risk of exposure, the two childcare providers discuss the impact that coronavirus has had on their lives and the lives of the children for which they are responsible.

**FOLLOWING GUIDELINES**

Carpenter said the most significant change she has noticed since the pandemic began is an increased need to be knowledgeable about safety precautions. "You just have to be super flexible and stay calm because being in this industry — especially being a director — the parents and the staff look to you for the most up-to-date rules and regulations," Carpenter said.

The daycare center and early childhood education facility has 150,000 locations nationwide, and unlike the 600 San Diego County facilities that immediately closed — the University City location has remained open during the duration of the pandemic. The staff immediately deep cleaned the entire facility, and teachers completed a mandatory training session on safety guidelines.

The facility typically accommodates a maximum of 132 children, but with state-imposed limitations and concerned parents, only 30 children currently attend the daycare. Carpenter said these smaller group sizes have created a financial burden.

According to a July 20 KPBS article, this negative impact on childcare providers is exacerbating the pre-existing shortage of childcare spots in San Diego County, contributing to the economic crisis. Economists have estimated that $50 billion over the next six months would need to be spent nationwide to sustain the childcare industry, and the county is proposing that $25 million in CARES funds be allocated to the childcare industry, and the county is proposing that $25 million in CARES funds be allocated to the childcare industry, and the county is proposing that $25 million in CARES funds be allocated to the childcare industry, and the county is proposing that $25 million in CARES funds be allocated to the childcare industry, and the county is proposing that $25 million in CARES funds be allocated to the childcare industry, and the county is proposing that $25 million in CARES funds be allocated to the childcare industry.

"One of the main things that we’ve seen in the classroom is that we’re having more difficult conversations with the children and just explaining to them how things have changed but in a positive manner," Grey said.

Grey said the teachers often discuss the precautions they are taking outside of the classroom to encourage their students to do the same.

"We’ve open enough here to have each other’s back and create an open environment where the kids can talk about things too," Grey said.

Teaching children about social distancing and other ways to remain safe during the pandemic begins at home and is expanded upon in the classroom by encouraging children to ask questions, which Grey said helps alleviate any tension they may be feeling.

"When a child expresses fear regarding the virus, Grey said she takes them to a secluded area of the classroom, calming them down and explaining the situation in a way they can easily understand.

"We’re all going to work together to make sure that the world is safe and healthy," Grey tells her toddlers.

Many parents are understandably worried that the coronavirus will negatively impact their children’s education, but Grey said children are also learning positive life lessons during this time.

Grey said new classroom routines have taught the children to look out for each other and themselves, as more experienced students will teach new students the safety guidelines and gently remind them if they are staying too close.

"It’s really enabled the kids to be more autonomous," Grey said. "We want kids to be able to speak up from themselves and put themselves in a healthy environment."

**FEELING SAFE**

Although they recognize that their job puts them at higher risk for being exposed to COVID-19 — especially because many of their students are children of essential workers — Carpenter and Grey said they feel safe at KinderCare because they are putting in the effort and taking precautions.

"I honestly feel more nervous about going to the grocery store than I do being here at work just because of the type of environment that we set up," Carpenter said.

Grey agreed that the staff’s steps to eliminate unknown variables have created a secure space.

"The parents usually ask me when I’m doing a zoom call or tour, ‘Do you feel safe?’ and I tell them do suffer from autistic issues and I tell them there’s no other place I’d rather be than right here because I know what’s going on in here," Grey said.

Both Carpenter and Grey said they are grateful that so many parents trust them to care for and teach their little gifts — their little angels — during this unprecedented time. As a result, they promise to be as responsible as possible outside of their workplace.

"Ultimately, it’s important that people are open and transparent," Carpenter said. "What happens here is so pertinent so we don’t go home and spread it to our families."

The KinderCare app has become especially helpful because it allows the teachers to communicate with parents remotely and update them about their children’s accomplishments throughout the day.

"We have created a really close bond with the families that have been with us through this time and our staff that have stuck it through," Carpenter said.

**BEING APPRECIATED**

Being a childcare provider during this time has been challenging, but one positive outcome...
**NEWS**

**City Council plans town hall on May riots**

By KENDRA SITTON | La Mesa Courier

Forty-six days after La Mesa erupted in violence after what started as peaceful protests, La Mesa city officials have moved forward with a plan to host a town hall about the day and the city’s response.

On July 14, the City Council unanimously voted in favor of directing staff to find a virtual platform that fits the needs of the event as well as a date. Those recommendations will be voted on at the next City Council meeting on July 28.

By that time, the official investigation into the bean bag shooting of Leslie Furcron that left the grandmother blinded in one eye will be over since Chief Walt Weber said someone should explain what caused investigation and response to not hide behind investigations.

Speakers may also open the town hall to explain some of the actions already taken and why that happened. In particular, Council member Akilah Weber said someone should explain what caused investigation and response to be perceived by so many as slower compared to other cities.

“Those are a lot of questions about why things move as slowly as they do in La Mesa when it comes to issues like this,” Weber said.

**‘Lady of the Lake’ to be honored with tree planting**

**By JEFF CLEMETSON | La Mesa Courier**

La Mesa resident Gloria Ann Ciprian was a nature lover who enjoyed her daily walks around Lake Murray, often stopping to feed the geese that she befriended over the years.

When Ciprian died on June 15 after a yearlong battle with cancer, her human friends knew that the best way to honor her life would be some kind of memorial at Lake Murray. After making inquiries to Mission Trails Regional Park and the San Carlos Recreation Center, it was determined that a tree planted near the baseball fields adjacent to the lake would be the most viable option.

In a matter of days, Ciprian’s boyfriend Anthony Bailey and best friend Anna Falco were able to raise the $350 for the tree through donations from friends and family.

The tree is expected to be planted sometime in the next three months.

Ciprian was born in Loraine, Ohio and moved to San Diego in 1984. She attended UCSD on a scholarship where she studied theater.

When the San Diego Convention Center first opened, she worked as a hostess on the first San Diego Spirit Team — chosen out of a group of 2,400 applicants for the position.

For over 20 years, she worked as an usher at Humphrey’s By The Bay Concert Series. She wrote numerous articles for the San Diego Reader and small papers.

“Lori loved life and Lake Murray and could be seen at the lake daily,” commented Bailey in a brief obituary he wrote for her girlfriend. “She skated, jogged and walked the lake talking to friends. She loved the birds and animals at the lake and took care of the injured ones. We will all miss our beautiful ‘Lady of the Lake.’”

Falco has invited members of the community who knew Ciprian to share stories or well wishes about her by sending them by email to annafalco@cox.net.

—Reach editor Jeff Clemetson at jeff@sdnews.com.
group called ARISS — Amateur Radio on the International Space Station. We arrange for students at schools to be able to talk to the astronauts on the International Space Station using ham radio. They get to ask questions and get answers from the astronauts."

When Banke joined ARISS, it was just a handful of people. Today the program is international, serving students all over the world. Once a school signs up for the program, it is typically a one-to-two-year wait before an ARISS representative comes and hosts an event. Banke said over the years he has personally brought the ARISS radio to 26 schools around Southern California including Parkway Middle School in La Mesa in 1994 — the first year of the program.

Because of his involvement with ARISS, Banke was asked by NASA to help out with another project — updating the ham radio aboard the International Space Station (ISS).

"It was aging and acting up, as electronics do after some period of time," he said. "So we started a project to replace it with more advanced and newer equipment."

In 2015 NASA began the project and the JVC Kenwood company volunteered to build new ham radios for the ISS.

"But they have very special power requirements," Banke said. "The space station is powered by a large solar panel array, so it’s not just your standard AC house power. What I got involved with was building a special power supply that converts the space station power to the levels that are required by our ham radio equipment."

"When we started out, we thought this would be a reasonably straightforward project," he continued. "But it turns out doing something that is connected to power on the International Space Station, there's a lot of safety concerns and there's a lot of hoops you have to go through and paperwork to satisfy NASA. That it's going to be safe both for the crew and the space station itself."

Banke developed the equipment — called a multi-voltage power supply — in his garage and took prototypes to Houston for five weeks of testing.

"We didn't pass the first tests all the time, either," he said. "I had to go back a second time and prove that we made all the necessary modifications and corrections."

Banke was successful in his creation and the first unit went up to the ISS on March 6, launched on Space X 20.

Banke is also building another unit for a ham radio for Russian astronauts who also have a ham radio program.

"So as soon as this COVID settles down and we can take this unit to Russia, they're going to send one up for their crew to use as well," Banke said.

In the meantime, Banke is still keeping busy with ham radios hosting Zoom meetings of the San Diego Microwave Group — a group of ham radio enthusiasts which has met at his home once a month (and now temporarily online) for over 22 years now.

"It's really a technical group," he said. "We're not so interested in just communicating with each other, but we're more interested in the technical aspect of it — developing our own equipment and testing it and such.

Banke described the group as aging because as more technologies have developed over the years, young geeks become more interested in what's new.

"When I got my first ham radio license in 1961, long distance telephone calls were kind of expensive, and if you wanted to have fun being able to talk around the world, a real ham radio was kind of magic at that point," Banke said, adding that even today ham radios play an important role among advanced communications technology.

"Ham radio still has its part to play both from technological advancement, but also from a safety standpoint," he said. "The thing about ham radio operators is, during a disaster like Hurricane Katrina and such, if we lose the cell phone infrastructure, it can be gone for quite some period of time whereas ham radio operators mostly know how to resurrect their system after a disaster like that. It is usually just a matter of hours that they can start communicating again."

It is that safety that makes ham radios an important part of the ISS.

"Our system has been used as backup a couple of times over the last 20 years and that's why we get support from the NASA communications department, because they use us a secondary backup," Banke said.

For information on the San Diego Microwave Group, email Kerry Banke at kbanke@sbe-global.net. For information about ARISS, visit ariss.org.

— Reach editor Jeff Clemetson at jeff@sdbnews.com.
Recovery Fund to businesses damaged during civil unrest overnight on Saturday, May 30, and Sunday, May 31.

East County Chamber Foundation Board Chairman Patrick Howard said the group remained focused from the start on a single priority. “We worked thoughtfully to make the process as easy and as fast as possible. We were overwhelmed by the support for these La Mesa business owners,” he said. “We made a promise to be fast, fair, and equitable, and we have delivered thanks to an exceptional East County partnership.”

La Mesa businesses receiving checks in Phase 1 registered and verified they had suffered physical damage or looting as a direct result of the activities of individuals.

GoFundMe transferred the current funding less its fees to the Foundation on June 23. Checks were immediately processed for distribution on Monday, June 29. Twenty-seven checks each made out for $5,000 were distributed that week. The remainder of the fund will be held for additional relief applications.

Additional donations will be distributed to eligible businesses in Phase 2 when GoFundMe releases all remaining money the week of July 27, with the intention of closing the fund by the end of July. As many as 50 businesses are believed to have suffered property damage or losses due to looting.

The La Mesa Disaster Recovery Fund was created using a GoFundMe page by the East County Chamber of Commerce Foundation to help businesses damaged or destroyed in the aftermath of opportunistic violence and looting following peaceful Black Lives Matter demonstrations in La Mesa on May 30. The fund reached $50,000 in a single day, and $100,000 by the second day. With additional corporate donations, the fund total has reached more than $240,000.

For more information, visit eastcountychamber.org.

HERRICK LIBRARY OPENS WITH CURBSIDE PICKUP

Residents of the Grossmont Healthcare District once again access the consumer health information collection at the Herrick Community Health Care Library, which reopened with curbside pickup service on June 30.

The news comes more than three months after the library’s closure in mid-March due to state and county restrictions during the COVID-19 pandemic.

Curbside service allows patrons to borrow from the library collection of books, DVDs, magazines, and pamphlets, all of which have a health focus.

“We curate resources that are designed to help people of all ages and backgrounds gain more understanding of their health, especially since time spent with healthcare providers can be limited,” said library director Rachelle Kierulf.

“Making the library collection accessible in this way puts health and wellness information, personal stories and entertainment back in the hands of our community,” said Kierulf.

Kierulf said the continued re-opening of library spaces and services will follow state and county health orders and guidelines. Since its initial closure in March, library staff have been, and continue to be, available by phone and email to answer questions.

Herrick Library is located at 9001 Wakarusa St. in La Mesa. Curbside pickup reservation instructions, pickup hours, and safety information is available at www.herricklibrary.org.

CITY OKS OUTDOOR DINING BY EXECUTIVE ORDER

The City of La Mesa issued an executive order on July 9, which temporarily allows the use of public and private outdoor areas by eating establishments for dining, provided those establishments obtain written authorization from the Director of Community Development and comply with all social distancing and other COVID-19 related health orders and all other city, county (e.g., emergency orders), state (e.g., Alcoholic Beverage Control) and federal laws (e.g., Americans with Disabilities Act). This executive order was issued following state mandate to suspend indoor dining for San Diego County due to rising COVID-19 cases that went into effect July 6.

There is no city fee charged or permit required for businesses that receive authorization to use public and private outdoor areas for dining. Businesses interested in obtaining written authorization for temporary use of public and private outdoor areas should contact Alphyn Kinnard, Senior Planner at akinnard@cityoflamesa.us.

WATER PURIFICATION PROGRAM RECEIVES $86 MILLIONS

The Metropolitan Water District of Southern California’s (MWD) board of directors recently approved the East County Advanced Water Purification Program for its Local Resources Program (LRP), providing approximately $86 million in funding for this important water supply project.

“MWD’s Local Resources Program is absolutely essential to the success of the East County AWP Program. The MWD Board’s approval is a crucial piece to making this important water supply project a reality for East County and we thank the board for their continued commitment to the LRP program and local supply development,” remarked Allen Carlisle, East County AWP Joint Powers Authority (JPA) Program Administrator and Padre Dam Municipal Water District CEO/General Manager.

The East County AWP Program is a regional water and wastewater solution and projected to have significant regional benefits. The program will be one of the first potable reuse projects in the State of California to use the new Reservoir Augmentation regulations. The program will provide up to 30 percent of East County’s drinking water demands — almost 13,000 acre-feet of water and eliminate the discharge of 15 million gallons of partially treated wastewater into the Pacific Ocean.

The program uses four advanced water purification steps to produce water that is near-disinfected in quality. After treatment, the purified water will be blended with water in Lake Jennings and treated again at the R.M. Levy Water Treatment Plant before being distributed as drinking water. The East County AWP Program has successfully competed for more than $200 million in low interest loans and grants from the State of California and is committed to meeting operational start-up

NEWS

July 24 – Aug. 27, 2020
La Mesa Courier

NOW OPEN DAILY

La Mesa Courier

WATER TREATMENT PLANT

Lake Jennings

LEGACY RESORT HOTEL & SPA

CALL 1 (619) 782-9182 FOR RESERVATIONS

785 HOTEL CIRCLE SOUTH • SAN DIEGO • LEGACRESORTANDSPA.COM

Enjoy fine dining on our spacious outdoor patio!

From homemade pasta dishes to prime-cut steaks, transport your senses to Italy with recipes by Executive Chef Brian Freerkens.

Join us for Outdoor Patio Sunset Specials running from 5pm-8pm. We are also open for breakfast and lunch. You will enjoy the most beautiful views in Mission Valley with plenty of parking. Safe, clean, and responsible dining.

THERESA’S

AUTHENTIC ITALIAN STEAKHOUSE

Signature cocktail menu & wine collection!

Bring in this ad to receive a 15% discount off your food order.*


July 24 – Aug. 27, 2020
La Mesa Courier

NOW OPEN DAILY

La Mesa Courier
Guest Editorials

An outsider's perspective on race in America

By BENJAMIN KETTOR

In the midst of the racial ten- sions in America, there are so many untold stories being re- vealed. Some people have made a blackface performance against police officers. Others have gen- eralized the belief that the whites are against the blacks. As an Asian American, I cannot let me share with you one of my memorable experiences. Life in America as an international student is challenging to say the least.

It all started back in 2007, in Upstate New York, in pursuit of higher education. When it was time for the Christmas vacation that year, a need to place to stay during the break. The dorms were going to be closed and no one was allowed to remain on campus. Having no other place to go, I started to wonder on what will become of me after the campus closed?

To my surprise, I was intro- duced to an American family that I did not have any personal- connection with at the time. Little did I know that an- other family had agreed to host me for few days earlier. For the first time, I was introduced to the Brown dormitory and eventually their two loving children among oth- er family members. They happily welcomed me and I will never forget their generosity.

When I had no place to go, they took me in and since then we’ve become family. Still to this day, the brown dormitory was jammed in for the first time since 2007 is always available for me in their house.

Today, I call them “Mom and Dad” (Shelly and Ken Wilcox). Their children are my brother and sister (Mike and Rachel). Their parents are extraordinary people, they’ve contributed to an American family culture.

Let’s face it: even before the current pandemic, ma- ny of us had apprehension about going to the doctor for check-ups and routine care. As a practicing inter- nal with many years of ex- perience helping people live healthier lives, I’ve certain- ly seen my share of patients who are nervous going to that doctor’s office.

Now, with health authori- ties and physicians asking people to socially distance and avoid crowded public spaces, the last thing you want is going to a doctor’s office and sitting in the waiting room brings an added dimension of anxiety. That’s why phy- sicians, like myself, have adapted new technology to provide care and make in-person visits safe.

The fact is routine care shouldn’t be put on the backburner. It’s vitally impor- tant for people, especial- ly those with chronic condi- tions, to stay on top of their health. A recent survey of primary care physicians re- vealed a troubling statistic: the majority of physicians surveyed believe that de- layed care due to COVID-19 could result in more mortality and sometimes fatal outcomes.

This is especially true for the six out of ten adults with chronic conditions. Throughout the pandemic, we’ve seen that people with underlying health issues have faced serious risks if their conditions ar- en’t managed appropriate- ly. For example, diabetes affects nearly 34 million people in the U.S. and di- abetic patients can take preventive measures to avoid severe complications such as nerve damage, heart disease and kidney disease. Simply keeping blood sugar, blood pressure, blood cholesterol and boyfriend levels in check, and having regular checkups with a doctor, can help to prevent these outcomes.

There’s also growing concern for children. The World Health Organization says that over 117,000 children under one year old are at increased risk of diseases such as polio, measles, and diphtheria due to COVID-19 delays of routine vaccinations. An Optum study also examined data from providers and health systems looking at over 117,000 children who received the MMRE (measles, mumps, and rubella) vaccine in the first four months of both 2019 and 2020. It found a 43 percent drop this year. We can’t over- state the importance of parents keeping on top of their children’s vaccine schedules to help them protected against preventable dis- eases.

So, how do we stay on top of our health while keep- ing safe from COVID-19? The most important tip is this: you do is call your doc- tor and ask for guidance. Your doctor may suggest a remote visit. Many have rolled out voice, video chat and phone visit technology within the last few months. While a phy- sician can’t hear your breath, sometimes they can diagnose a condi- tion based solely on your description of symptoms. They can also help deter- mine whether you should come in for an in-person visit or if your symptoms suggest you should be seen in an urgent care or emergency room. For those at higher risk during COVID-19, being able to see your primary care doctor online if a safe and comfortable. As a practicing internist who has seen many patients from the community, I’ve seen that patients are more comfortable with technology than ever before. There’s also a growing number of patients who are comfortable with technology than ever before. There’s also a growing number of patients who are comfortable with technology than ever before. There’s also a growing number of patients who are comfortable with technology than ever before. There’s also a growing number of patients who are comfortable with technology than ever before. There’s also a growing number of patients who are comfortable with technology than ever before. There’s also a growing number of patients who are comfortable with technology than ever before.

It is worth noting though that racial disparity in America has been from the time this nation was formed. It has been part of the American culture. The recent tipping point is evidence of many unpleasant stories still continuing to unfold. There was an awful act in broad day- light that no sensible person will support.

I say all this to say that even in the midst of all the racial tensions in America, let us not lose sight of the many good people out there who are against the injustices that people of color continue to experience over the years. We all need to join forces to overcome the chal- lenge and something goes wrong, put down the point of the act rather than generalizing an entire race of people.

May God take us through these difficult times and fill us with love for our fellow human beings. Black, White, Brown, etc, we all bleed the same blood. We were all made in the image of God.

—Benjamin Kettor is a libertarian native who recently helped La Mesa Sunrise Rotary bring 70,000 books to his home country. To read more about Kettor, read the La Mesa Courier article “Many grains of sand” by Joffie Nevin at bit.ly/39fnVdc.

Letters

RiotVIOLOTER

Re: “Rioting, rebuilding, reforming” [Volume 10, Issue 6, or bit.ly/3Iv0MB8]

I just want to thank you for the article you wrote in the La Mesa Courier regarding the protests and riots. It was articulate, thorough and objective. The interview with Sara Jacobs was likewise well written and gave us good background on her. Thank you.

—David Wright, La Mesa

After reading your article, there were many critical items missing, and I am curious if this was intentional, to support the BLM Socialist movement, or you do not have ac- cess to this information. I am a retired elec- tronic engineer, ham radio operator, scanner owner and operator of the more damning information that was omitted from your article.

The officer never singled out the citizen because of his color. He was approached for smoking in a non-smoking area! Is it your pos- ition, if a Black citizen intentionally breaks the law, should he never be approached by [law enforcement]?

The first Axon video of the confrontation discussed the citizen “smacking” the officer, and at two minutes in, the citizen confessed. The cop stated, “you smacked me” and the officer proceeded, “well OK,” then changed the topic.

The citizen screamed obscenities, demand- ing sex from the officer, and appears to be in a state of panic. The officer says that some- then he is “comfortable”. The cop then says to the officer, “you can put something as important as our own health on the backburner. The con- sequences of this are real. Physicians. Like myself, want to remind our pa- tients that we are here to be your partner in main- taining good health. So here is some care of yourself and give us a call.

—Dr. Donald Rehuan is Regional Medical Director for Optum in California.
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 it represented a unified nation that had emerged from a previous collection of 13 colonies.

In the 244 years since, that nation has grown to a population of more than 330 million, a heterogeneous collection of people from continents around the globe, many of whom speak and worship differently from those who formed the country, and many of whom arrived here in chains. The nation bargained 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 momentous 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 inequalities 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 incitement 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 generational, 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, affording 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 nation. FDR resisted pressures from both left and right to weld together a riven country, and in doing so, not only defeated fascism abroad, but also saved 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.

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 that 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 requirements, we 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 change 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 epidemic. 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.

SAVING 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 their best looks.

President Trump has used the U.S. 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.

Republican Women focusing on history and future

By PAT BUOMER

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 change 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 epidemic. 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.

SAVING 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 their best looks.

President Trump has used the U.S. 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.

Republican Women focusing on history and future

By PAT BUOMER

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 change 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 epidemic. 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.

SAVING 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 their best looks.

President Trump has used the U.S. 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.

Republican Women focusing on history and future

By PAT BUOMER

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.
News from your County Supervisor

By DIANNE JACOB

Wildfire warning: In light of COVID-19, the county, Cal Fire, the Red Cross and others are ramping evacuation plans and other emergency protocols to bolster public safety during a major firestorm. Residents under evacuation orders this year could be housed in a hotel or motel, or at multiple shelters with fewer than 50 people instead of a larger traditional shelter. The Red Cross is working with nearly 100 lodging businesses across the county to make rooms available in a crisis, and they have identified over 200 shelter locations to provide these safer options.

We’re entering the riskiest part of the wildfire season while still being in the middle of an unprecedented health crisis. That is forcing us to rethink and retool our disaster-planning efforts.

Small business alert: Applications are still being accepted for the county’s COVID-19 stimulus grant program. The Board of Supervisors recently voted to establish the $17 million fund, setting aside $1.4 million for private for-profit and non-profit businesses in East County.

Many of our retail shops, restaurants and other businesses are in dire financial straits and need a financial lifeline. The grants will offer relief as we continue battle the virus and work to get our economy on track.

To apply, start here: sandiegocounty.gov/stimulagrant/. The application deadline is August 15.

Helping seniors: At my urging, the county is moving to expand meal deliveries from local restaurants to seniors and other vulnerable populations.

The Board of Supervisors has agreed to tap into federal CARES Act money to ramp up the deliveries. In recent months, the county has been offering the meals through a program called Great Plates.

These deliveries are not only critical for seniors but are another way we can support restaurants that may be struggling for survival.

In the Zone: Just a reminder that the county’s Cool Zone program is up and running again, but on a limited basis due to COVID-19. For the latest locations and hours, visit CoolZones.org.

—Dianne Jacob represents District 2 on the San Diego County Board of Supervisors. For questions or comments about our county government, call 619-531-5522 or email dianne.jacob@sdcounty.ca.gov.

PATIO IS OPEN!

Wine Works
Thursday-Saturday 3PM-8PM
Sunday 12PM-5PM
8167 Center St. La Mesa
619-741-0700

RWCNC CONTINUES FROM PAGE 7

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 rwcNavajo-Canyon.org and visit us on Facebook at Republican Women of California-Navajo Canyon. For more information on our activities or about joining Navajo Canyon now, please contact Waskah at waskahnelson@aol.com.

—Pat Boerner writes on behalf of the Navajo Canyon Republican Women of California.
Mom's attempt at preschool teaching is half-baked

By GENEVIEVE A. SUZUKI

If there’s one thing this whole coronavirus shutdown has taught me, it’s that I have been taking people in my life for granted.

Prior to March, I thought nothing of buying bread and dropping off my son at preschool. Since the restrictions, I have learned just how hard it is to bake bread and how frustrating it is to try to really teach a 5-year-old.

In finding my new appreciation for the skills necessary to do those two things, I have come to really feel gratitude toward bakers and preschool teachers, two occupations that require a higher level of patience than I possess.

**BAKING BREAD IS AS HARD AS MY SOURDOUGH CRUST**

To be fair, I did not sign up to bake sourdough bread, even though I worried in the beginning we would suffer from a bread shortage at the stores. Initially, dear friends of mine had told me they were going to share a loaf of bread from Boudin, but it was out decent. It wasn’t as delicious as bread from Boudin, but it was more than a little edible for a few days.

But what they shared wasn’t just the loaf, but a jar of starter — the problem is I also had to make two loaves at a time.

After a few weeks of sourdough bread, my family begged me to stop baking. So I stopped, but now I give a slight nod of acknowledgment to loaves at the store, knowing how much goes into creating that bready goodness.

**PRESCCHOOL TEACHERS ARE ANGELS WHO WALK AMONG US**

I admit my hubris when I became my son Deacon’s preschool teacher in March. I believed it would be easy. I like crafts enough, know my alphabet and like to sing and dance. Plus I love the little guy, which should make it that much easier, right?

Totally wrong. By the second week, I was pleading with the dude to nap as he insisted on watching kids’ TV with wide eyes. He rejected writing practice and mocked my attempts to have him color. And I realized I did not like to clean up after craft time so I hid the glue and the child-proof scissors. Everyone needs to have their own sourdough bread during the Coronavirus pandemic.

The TV needed to be on for him to nap — I discovered at this point my son is amazingly strong willed as he literally laid next to me for an hour without sleeping while I passed out somewhere in the middle of it. After the nap, we would then do some light reading, which eventually deriginated into “Hey, look, Cartoon Network is on.”

I miss Deacon’s preschool teachers at St. Martin of Tours. They’re made of sugar, cinnamon and everything nice. They never told me my mini-monster was incorrigible nor did they complain about his weird obsession with Helarius. Every weekday he was there, he mapped learned and came home with a craft to display. I guess I could blame them for making it seem so easy someone like me thought I could do just as good a job. Whenever that vaccine and treatment are developed, and we return to normal life, there are at least two groups of people in my neighborhood who have a devoted fan in their corner. Anyone who has the patience to bake bread or teach toddlers deserves all the love in the world.

—Genevieve A. Suzuki is a local family law attorney and a former editor of the La Mesa Courier.
WE’RE OPEN FOR PICKUP & BREWING FRESH LOCAL COFFEE
WWW.BREWCOFFEESPOT.COM

COME GET YOUR FAVORITE DRINK! 10% OFF
YOUR ORDER WITH THIS COUPON
Offer cannot be combined with any other discount. Expires 8-27-20

“A Taste Of Something Extraordinary!”
Banana • French Vanilla
Chocolate • Pistachio
Cheesecake • Lemon
Coconut • Red Velvet
Butterscotch
Chocolate Banana & White Chocolate

Happy Hour Every Day
From 4pm-6pm $2 OFF Any Size
619-642-6274
8257 El Paseo St, La Mesa

Thank You La Mesa For Your Support!

“WE’RE OPEN for Dine In & Take Out”
Hours: Monday - Tuesday - Wednesday 11AM-9PM
Thursday - Friday 11AM-10PM
Saturday 9:30AM-10PM
Sunday 9-9PM
619-644-2465
8393 La Mesa Blvd, La Mesa

Buy Any Taco & Get
A FREE Quesadilla

We’re Open For Pick Up!
Call or Come By To Place Your Order!

Thank You La Mesa For Your Support!

We’re Open For Patio Dining & To Go Orders
Hours Tuesday-Sunday 3PM-8:30PM
619-698-0096
4270 La Mesa Blvd
La Mesa Ca 91942
www.tiranisastrottaria.com

TOURING LOCAL
Look Who’s Open
For Business!

WE'RE OPEN FOR TAKE OUT!
ELAZTECA TACO SHOP
Mexican food. 8504 Foothway Dr, La Mesa, CA, 91942
619-466-4113

TACO TUESDAY!
Mini Tacos
Pollo Asada Carnitas Cabeza
Y seriete Adorada

We’re Open For Pickup!
Call or Come By To Place Your Order!

Buy Any Taco & Get
A FREE Quesadilla

Thank You For Your Support!

WE'RE OPEN FOR PATIO DINING & TO GO ORDERS
Hours: Monday-Sunday 11AM-8PM
619-465-1910
6950 Alvarado San Diego

Pie On The PATIO
OUR PATIO IS OPEN FOR DINING!
Marie Callender’s
Restaurant & Bakery
Monday - Sunday 11AM-8PM
6950 Alvarado San Diego
619-465-1910

Our Patio is Open for Dining!

La Mesa Restaurant Owners
PLACE YOUR AD HERE
Reach Over 23,000 Homes & Businesses
Let Us Help You
Bring More Customers To You
For More Information Call Heather 951.296.7794
**San Diego-style wingding**

**Restaurant Review**

By FRANK SABATINI JR.

There’s more to Dirty Birds than chicken wings. Although a steady flap has persisted for its sauced appenages ever since the locally owned eatery debuted in Pacific Beach 11 years ago.

At the College Area location alone, which opened in 2015, the kitchen cranks out nearly 12,000 wings per week, according to regional director of training, Michael Feldman. The company’s other outposts in Liberty Station, Ocean Beach and Pacific Beach do almost as well.

With more than two dozen flatscreens, a full bar and a lengthy menu that includes 40 flavors of wings, plus burgers, tacos and other booze-friendly grub — the El Cajon Boulevard location is a magnet for SDSU students and neighborhood residents alike.

Dirty Birds’ wings come out remarkably fast. That’s because they are pre-baked and then flash-fried to order. They’re adequately crispy, although not like those in my native Buffalo, New York, where they often cast audible crunches when biting into them. But that requires a robust sizzle in the deep fryer for about 15 minutes — and patrons who are willing to wait. Here, if you want them extra-crispy, just ask.

Dropping in for lunch as a two-some at this roasty location, we ordered 15 wings. (They’re sold in multiples of five, 10 and 20.) We had them equally divided into three flavors.

The “dirty ranch” is basically Buffalo sauce toned down by ranch dressing. It’s perfect for those whose palates and sinuses feel assaulted by the classic cayenne-vinegar base of Buffalo hot sauce. We found it too safe.

My companion was drawn to the “Bangkok BBQ” wings, which offered a deep chili flavor and semi-sweet and spicy edge fueled likely by some type of mustard. A glass of cold Coronado Orange Avenue Wit from the taps proved an ideal match.

But it was the apple-bourbon-chipotle wings that stole my heart. The sauce tasted concurrently tangy, sweet and spicy — less viscous on the tongue and highly lickable off the fingers.

In visits to the other locations, I’ve gravitated mostly to traditional Buffalo wings, although I’ve sometimes added into the mix regional Buffalo wing flavors, plus burgers, tacos and a few desserts such as the “dirty cheeseburger.” Feldman said that co-owner Adam Jacoby put it on the menu as a nod to his New England roots.

I’ve sometimes added into the mix an ideal match.

A bottle 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.

**CHICKEN AND RICE SALAD**

*Chicken and rice salad is a perfect meal for a summer night. Buying a precooked rotisserie chicken makes it very quick to make. This recipe came from an old lemon Avenue Elementary cookbook from 1991 and was the recipe of Susie Schmitt.*

**INGREDIENTS:**

- 1 box Rice-a-Roni almond fried rice
- 2 green onions, sliced thinly
- 1 red bell pepper, cut into bite sized pieces
- 1/4 cup mayonnaise
- 1/4 cup slivered almonds
- 1/2 of a rotisserie chicken that has been skinned and boned.

**DIRECTIONS:**

Chop into bite size pieces. Mix the mayo with the drained artichoke oil. Add a pinch of salt and pepper. Toss with remaining ingredients and chill before serving.

“Look for something positive in this case American cheese that is blackened on the bottom and just past melted on the top. Most of it protrudes from the bun in all directions. It’s fun, kooky and quite tasty.

Dirty Birds has owned the ownership to the community on several fronts, including sending 75 young cancer patients from Rady Children’s Hospital to Disneyland each year. In addition, proceeds from certain highlighted menu items go to organizations such as the Big Josh Foundation (bigjoshfoundation.org) and Somblab (facebook.com/somblab/).

—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.

**HEALTHY FOODS SATISFY**

**Now You Can Order For Pick-Up or Delivery Through Mercato.Com**

**Salad Bar**

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

6386 Del Cerro Blvd.
(619)287-1400
www.windmillfarms.net

S.D.S.U.  ■  MONTEZUMA RD.

**La Mesa Courier**

July 24 – Aug. 27, 2020

**FOOD & DRINK**

**2019**

**BEST OF**

**MISSION TIMES COURIER**

**WINDMILL FARMS**

* COMMUNITY MARKET *

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

**Salad Bar**

**Farm Fresh Produce**

**Old Fashion Meat Market**

**Baked Goods**

**Nutritional Supplements**

**Beer & Wine**

**WELCOME TO WINDMILL FARMS**

**Now You Can Order For Pick-Up or Delivery**

**Through Mercato.Com**

**Salad 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**

**6386 Del Cerro Blvd.**

(619)287-1400

www.windmillfarms.net

**Receive The Farms updates & ads through Facebook**

**OPEN: Sundays 9am-8am • Monday-Saturday 8am-9pm**

**s06426085**

**4FWY**

**DEL CERRO BLVD.**

**S.D.S.U.**

**MONTEZUMA RD.**

**La Mesa Courier**

July 24 – Aug. 27, 2020

**FOOD & DRINK**

**2019**

**BEST OF**

**MISSION TIMES COURIER**

**WINDMILL FARMS**

* COMMUNITY MARKET *

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

**Salad 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**

**6386 Del Cerro Blvd.**

(619)287-1400

www.windmillfarms.net

**Receive The Farms updates & ads through Facebook**

**OPEN: Sundays 9am-8am • Monday-Saturday 8am-9pm**

**s06426085**

**4FWY**

**DEL CERRO BLVD.**

**S.D.S.U.**

**MONTEZUMA RD.**

**La Mesa Courier**

July 24 – Aug. 27, 2020

**FOOD & DRINK**

**2019**

**BEST OF**

**MISSION TIMES COURIER**

**WINDMILL FARMS**

* COMMUNITY MARKET *

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

**Salad 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**

**6386 Del Cerro Blvd.**

(619)287-1400

www.windmillfarms.net

**Receive The Farms updates & ads through Facebook**

**OPEN: Sundays 9am-8am • Monday-Saturday 8am-9pm**

**s06426085**

**4FWY**

**DEL CERRO BLVD.**

**S.D.S.U.**

**MONTEZUMA RD.**

**La Mesa Courier**

July 24 – Aug. 27, 2020

**FOOD & DRINK**

**2019**

**BEST OF**

**MISSION TIMES COURIER**

**WINDMILL FARMS**

* COMMUNITY MARKET *

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

**Salad 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**

**6386 Del Cerro Blvd.**

(619)287-1400

www.windmillfarms.net

**Receive The Farms updates & ads through Facebook**

**OPEN: Sundays 9am-8am • Monday-Saturday 8am-9pm**

**s06426085**

**4FWY**

**DEL CERRO BLVD.**

**S.D.S.U.**

**MONTEZUMA RD.**

**La Mesa Courier**

July 24 – Aug. 27, 2020

**FOOD & DRINK**

**2019**

**BEST OF**

**MISSION TIMES COURIER**

**WINDMILL FARMS**

* COMMUNITY MARKET *

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

**Salad 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**

**6386 Del Cerro Blvd.**

(619)287-1400

www.windmillfarms.net

**Receive The Farms updates & ads through Facebook**

**OPEN: Sundays 9am-8am • Monday-Saturday 8am-9pm**

**s06426085**

**4FWY**

**DEL CERRO BLVD.**

**S.D.S.U.**

**MONTEZUMA RD.**
Plaques honoring great Foothiller educators

Foothiller Footsteps
By CONNIE — LYNN BAER

Grossmont High School’s nearly 100 years are reflected throughout the campus as its facilities have been dramatically modernized over the past 10 years, reminders of its past include bronze plaques which celebrate remarkable teachers, whose impact on its nearly 38,000 alumni is incalculable. Again, our thanks to the alumni, retirees, and community members whose donations have made these plaques possible.

Jack Mashin: While Jack Mashin was a legendary coach, it was his philosophy of education and of life that endeared him to all who knew him and led to the GHS Stadium being named for him. In the 1925 El Recuerdo, Coach Mashin revealed his lifelong philosophy of coaching: “The greatest honors that athletes can bestow upon their institution are not in victories alone but in how modestly they were in victory and how honorably and valiantly they fought in defeat.”

During his years at Grossmont, his athletes won seven league football championships, 34 league and tournament basketball championships, three league baseball championships, and 86 track and field event titles.

Nicknamed “The Fox of the Foothills” because of his coaching success and innovative game plans, Coach Mashin was inducted in the California Coaches Hall of Fame in 1966.

Marlin Baer: Near the Jack Mashin Stadium on the adjacent discus field is a plaque dedicating the relocated discus ring and future discus field to a beloved coach and teacher, who was hired by Jack Mashin to replace him as track coach.

From 1957-1968, for 12 seasons, Marlin Baer was the head track coach with a win loss record of 250 to 43, including five Class A (Varsity) championships, nine Class B (JV) crowns, and 11 straight C titles, with a string of 66 straight C league wins. Until his retirement and after, he continued to coach track, coaching and teaching a total of 40 years.

Ken Lehr: For 36 years, Ken Lehr taught Auto Shop, which became a refuge for students longing for a vocational approach to the high school experience. Fittingly, the new automotive technology facility is dedicated to him.

Gloria Jones: At the front of the classroom in the ASB room is a plaque honoring a remarkable teacher, who is also a member of the 2020 Hall of Honor. Upon hearing of her death in 2019, nearly 20 years after her retirement, hundreds of former students shared an outpouring of memories of their beloved teacher, a testament to her continuing impact on her students and a testament of a life well lived.

Audrey Seidel Myers: The 2020 Event Center will have a Black Box Theater, which will honor a former drama teacher who challenged her students to transform themselves, and in the process, create productions, both inspiring and insightful.

What do these five teachers have in common? A love for teaching and coaching and a commitment to supporting, guiding, and encouraging their students and their athletes to become the best people they could be.

BECOME PART OF A HISTORIC CAMPUS

Today, there are several opportunities to celebrate yourself, your family, your class, or your business. One way is to contribute to our GHS Endowment Fund and become a Foothiller Founder or Friend. Your donation will be permanently commemorated with a gray tile on campus. Visit grossmont.donationtiles.com to place an online order or contact us to receive an order form by mail. Other opportunities include donating a personalized royal blue bench on campus or sponsoring a decade showcase for the new GHS Museum, opening next school year. Please email or phone us for more information.

To learn more about GHS, past and present, visit the GHS Museum website at foothillermuseum.com. Due to the coronavirus, the GHS Museum is currently closed, but we are checking our emails at ghsmuseum@ucsd.edu and our phone messages at 619-686-6140.

—Connie and Lynn Baer write on behalf of the Grossmont High School Museum.
After much discussion, and using guidance from the state and the county, Helix Charter High School will begin the 2020-2021 school year on Aug. 17, and in a distance-learning format.

On June 17, California Governor Gavin Newsom announced that all schools in counties on the state watch list would be required to open in a distance learning format only — as of this date, San Diego is one of those counties. Just two days prior, Helix’s Charter Board had come to the same conclusion.

The decision by the Board was not made lightly. Over the past two months, the Helix administrative team and a team of teachers worked tirelessly on options for the 2020-21 school year, with the goal of providing a rigorous, structured, and quality educational experience, while keeping the health and safety of staff, students, and families in the forefront.

Members of the Helix community were invited to attend a town hall meeting (held via webinar) in late June to learn about the proposed schedules. Following that meeting, more than 1,000 students, parents, and staff members participated in a survey to express their opinions. Using that information, the options were revised and ultimately presented to the Helix Charter Board.

The Charter Board approved the distance learning model, as well as a hybrid model (using both online methods, and modified on-campus instruction) to implement as allowed by state and local guidelines. The distance learning includes synchronous activities, where students will be required to attend virtual-class meetings in a real-time setting, as well as asynchronous activities in which students will complete assignments and access additional educational materials on their own schedule. Attendance will be taken for the live online classes, and participation in the asynchronous assignments and classwork will be assessed. Teachers and Academic Coaches will provide academic support to students needing additional assistance, and teachers will hold additional small group meetings online when needed.

The Charter Board also approved a delayed start date, moving the first day of school from Aug. 10 to Aug. 17. The additional time will be used for staff to complete training, develop strong health and safety protocols, train staff and students, then implement and refine the protocols throughout the first semester to maximize the safe return to campus, which hopefully will occur at some point during the school year. Teachers are also required to complete a 30-hour training, which will result in all Helix teachers being certified in distance learning.

Students continuing their education at Helix already have school-issued Chromebooks, which they keep for their Helix career. New students, most notably the incoming freshman class, will be issued their Chromebook at a date and in a manner that will be determined soon.

In addition, the California Interscholastic Federation (CIF), the governing body for high school sports in California, announced on June 20 that all sports that traditionally take place during the fall will be delayed and moved to the winter/spring season. This means that games and practices for cross country, girls’ golf, field hockey, football, girls’ tennis, girls’ volleyball, and boys’ water polo are currently scheduled to begin in mid- to late-December. These changes and circumstances can pose challenges and hardships for many families, and the Helix community will work to support students and families as they navigate these somewhat uncharted waters. There are ongoing efforts to develop plans to consider all aspects of the school experience — academics, as well as social and emotional well-being.

As always, Helix will continue to work toward its mission of providing a comprehensive education that prepares all students to graduate college-ready and equipped to reach their personal and academic potential.

Thousands of students are receiving CARES grants from Grossmont, Cuyamaca colleges

More than 4,200 Grossmont and Cuyamaca College students who face financial challenges as the result of the coronavirus pandemic have been approved for emergency grants from the colleges to help them continue their education.

The grants come from the $5 million the colleges collectively received from federal funding through the Coronavirus Aid, Relief and Economic Security (CARES) Act, along with grants from the Foundation for Grossmont & Cuyamaca Colleges, and other program and college funding. As of mid-May, more than 2,500 students at Grossmont College and over 1,700 students at Cuyamaca have been approved for emergency grant funding, which is being disbursed in phases as quickly as staff can process the applications. The students are receiving either a $500 grant or a $250 grant if they previously received $250 through the district’s Grossmont-Cuyamaca College Promise program for first-time students. The grants can be used for food, housing, course material, technology, childcare and healthcare.

The colleges have been deluged by students requesting help, with more than 4,000 applications submitted at Grossmont College and 2,000 at Cuyamaca College so far.

“The need is great. I am so grateful we are able to get this support to our students,” said Lynn Neault, chancellor of the Grossmont-Cuyamaca Community College District. “I wish we could do more and we are continuing to seek other resources.”

For Cuyamaca College student Yvonne Hunt, the emergency funds have meant being able to continue her Paralegal Studies classes as she struggles to cope with a precipitous drop in income in the wake of COVID-19.

Hunt was in dire straits after her income took a nosedive from a full-time job to meager hours driving Lyft while crammed quarters occupied by four adults and a 10-year-old child.

“To put it lightly, it has been debilitating,” she said. “The emergency funding means I can keep the lights on and the water running. It also means that I am able to continue my education.”

Another source of aid for students hard hit by the pandemic is $90,000 the college district received from the San Diego Foundation as part of a regional grant to help community college students needing laptop computers and internet access to continue their education. The San Diego Foundation awarded a $500,000 grant to be shared among the five community college districts in San Diego County.

With its share of monies, Cuyamaca College has purchased 106 refurbished Chromebooks, hotspot devices and 12-month wireless services agreements. Grossmont College has purchased 261 Chromebooks to be distributed to students in the fall.

The Foundation for Grossmont & Cuyamaca Colleges has also been raising funds specifically to help students who are struggling with the challenges resulting from the pandemic, including job losses and technology needs resulting from classes being converted to online or remote learning. Donations to the foundation’s Emergency Student Support program can be made online.

The colleges are continuing to take applications from students who are seeking grants. At Cuyamaca College, the application process is through the Cuyamaca Cares Emergency Fund (visit bit.ly/3vyWdRw). At Grossmont College, the application process is through the Student Equity and Achievement Grant (visit bit.ly/39ixtim).

To be eligible, students must be enrolled in classes in the current term they are applying for funds. Summer applications are accepted from June 1 to July 31. Fall applications will be accepted from Aug. 1 to Dec. 23.

They’re out there every day and night. SDG&E safety workers respond 24/7 when a gas leak is suspected. At times, SDG&E crews or gas technicians may need to access a customer’s property to inspect the gas meter and other equipment to keep our system safe and reliable. If you smell a gas leak, go to a safe area away from the leak and call 911 or 800-611-SDGE.
Take a break with fiction reads

It’s hard to believe summer is in full swing! Whether you’re social distancing by the pool or staying home and indoors, take a break from reality with one of these reads. They’re all available on ebook or audiobook at sdcl.org.

“Pretty Things” by Janelle Brown: Nina once bought into the idea that her fancy liberal arts degree would lead to a fulfilling career. When that dream crashed, she turned to stealing from rich kids in Los Angeles alongside her wily Irish boyfriend, Lachlan. Nina learned from the best — Her mother was the original con artist, hustling to give her daughter a decent childhood despite their wayward life. But when her mom gets sick, Nina puts everything on the line to help her, even if it means running her most audacious, dangerous scam yet.

“Such a Fun Age” by Kiley Reid: Alix Chamberlain is a woman who gets what she wants and has made a living, with her confidence-driven brand, showing other women how to do the same. So she is shocked when her babysitter, Emira Tucker, is confronted while watching the Chamberlains’ toddler one night, walking the aisles of their local high-end supermarket. The store’s security guard, seeing a young black woman out late with a white child, accuses Emira of kidnapping two-year-old Briar. A small crowd gathers, a bystander films everything, and Emira is furious and humiliated. Alix resolves to make things right.

“Party of Two” by Jasmine Guillory: Dating is the last thing on Olivia Monroe’s mind when she moves to Los Angeles to start her own law firm. But when she meets a gorgeous man at a hotel bar and they spend the entire night flirting, she discovers too late that he is none other than hotshot junior senator Max Powell. Olivia has zero interest in dating a politician, but when a cake arrives at her office with the cutest message, she can’t resist — it is chocolate cake, after all.

“Sunrise on Half Moon Bay” by Robyn Carr: Adele and Justine have never been close. Born 20 years apart, Justine was already an adult when Addie was born. The sisters love each other but they don’t really know each other. When Addie dropped out of university to care for their ailing parents, Justine, a successful lawyer, covered the expenses. It was the best arrangement at the time but now that their parents are gone...

Featured artist: Lois Meyer

Lois Meyer, whose artwork is featured in August on the Foothills Art Association website, has always been passionate about art. She studied drafting, fine art, airbrush, animation, cartooning and graphics in high school and one year of college. Born and raised in California, Lois moved to Washington in 1989. While there she worked in various types of graphics. When making a letter holder in wood in the image of a friend’s dog she began her career in wood art. Since then, she has made over 75 wood art pieces.

“Who wants anything made by a girl?” The name stuck. Lois’s wood pieces are created one at a time out of multiple quarter-inch layers of dense plywood. Each piece is cut, detailed with a rotary tool, glued and vised together. Seams are put- tied, primer coated, airbrushed, detailed with colored pencils and sealed with poly spray. Depending on complexity, each piece can take from two weeks to a month to complete.

To view the featured artwork of Lois Meyer, as well as the artwork of other local artists, visit the Foothills Art Association website at foothillsartassociation.com.

—Linda Michael is editorial assistant of Footnotes, the monthly newsletter of the Foothills Art Association.
Slight uptick in flights at San Diego Airport

By DAVE SCHWAB

While airline travel in San Diego is ever-so-sleeping back, San Diego International Airport (SAN) has implemented a number of modifications and protocols to help ensure the health and safety of passengers and employees choosing to fly amid the COVID-19 pandemic.

“In April, which could possibly be the height of the pandemic, passenger traffic through the TSA checkpoints was down as much as 95 percent,” said SAN spokesperson Sabrina LoPiccolo. “As states begin to ease some restrictions, we are starting to see more passengers travel through the terminals.

“Most recently, the number of people through the TSA check-points is down about 80 percent. So while we are still a long way from pre-coronavirus numbers, we are starting to see a slight uptick in travel.”

Added LoPiccolo, “Throughout the last several months, we’ve been rolling out health and safety protocols in the terminals in the coronavirus pandemic.

SAN modifications and protocols include increased cleaning of high-touch points, signage on preventive health measures, floor decals and seat separation signage to queue six-foot social distancing, and Plexiglas sneeze guards in certain public spaces.

“For the California Department of Public Health, facial coverings are required for all passengers, visitors, tenants, contractors and employees while on airport property, excluding those with a medical or mental health condition, or developmental disability that prevents wearing a face covering.

“The health and safety of all who work and travel through San Diego International Airport is our top priority,” said Kimberly Becker, San Diego County Regional Airport Authority president and CEO. “It is in accordance with the recommendations of the Center for Disease Control and Prevention and San Diego County Health that we’ve implemented these various modifications and protocols.

San Diego will always be a desirable place to live and visit. When you’re ready to fly again, we’ll be ready to serve you.”

In a new development, SAN will add once daily, nonstop service to Newark Liberty International Airport (EWR) on JetBlue beginning Aug. 6.

JetBlue is the third airline to offer nonstop service to EWR, joining Alaska Airlines and United Airlines.

JetBlue is the only carrier that will offer nonstop service to two New York area airports, EWR and John F. Kennedy International Airport (JFK), from SAN. Other routes JetBlue serve from SAN are Boston Logan International Airport (BOS) and Fort Lauderdale/Hollywood International Airport (FLL).

SAN offers nonstop service to about 70 destinations in the continental U.S., Europe, Asia, Mexico and Canada. In operation since 1928, the airport celebrated more than 90 years of service to the San Diego region in 2018.

The San Diego County Regional Airport Authority has managed the airport since 2003. The Airport Authority plans for only 17% of the cases but 87% of the deaths.

“Getting through this pandemic requires that we all do our part to protect ourselves and others,” said Wilma Wooten, M.D., M.P.H., County public health officer. “We are depending on everyone. Every individual, every business, every school and all other sectors to play a role and protect our most vulnerable.”

The disproportionate number of deaths among older people is the fact that nearly all of them had underlying medical conditions such as heart and lung disease, cancer, diabetes, or obesity.

MORE COVID-19 DEATHS BEING REPORTED DUE TO CONGREGATE SETTINGS

At the beginning of the COVID-19 pandemic, more than half of the deaths were being reported in skilled-nursing facilities and other congregate settings.

Today, more deaths are being reported in the general population. Of the 505 COVID-19 deaths, 291 or 58% are among the general population compared to 214 or 42% that have been reported in skilled-nursing facilities and other congregate settings.

“The increasing number of deaths outside of congregate facilities is a sign that the virus continues to be widespread and taking a toll on San Diegans, especially older people and those with underlying chronic conditions,” Wooten said.

COUNTY TO DEPLOY COMPLIANCE TEAM

A team made up of County staff will be working with representatives from local jurisdictions to address complaints about businesses that are flagrantly not complying with the local health order.

While most businesses have reopened safely and scaled back their operations when asked by the state and the county, some businesses have refused to modify operations or close.

The Safe Reopening Compliance Team will go out to businesses and establishments across the region to ensure compliance with the local Public Health Order and to slow the spread of COVID-19. If they refuse, more strict measures could be taken.

Residents can report businesses defying the public health guidance by calling their local police department’s non-emergency line. More information on COVID-19 and detailed data summaries can be found at the County’s coronavirus-sd.com website.

County COVID-19 deaths surpass 500, cases more than 25,000

A record number of COVID-19 cases were reported in San Diego, bringing the region’s total to 505, the County Health and Human Services Agency announced on July 22.

Eighteen San Diegans died between June 22 and July 21, and another 177 cases were reported from July 21 to 27. The county has a total of 505 COVID-19 deaths, 291 or 58% are among the general population compared to 214 or 42% that have been reported in skilled-nursing facilities and other congregate settings.

The disproportionate number of deaths among older people is the fact that nearly all of them had underlying medical conditions such as heart and lung disease, cancer, diabetes, or obesity.

MORE COVID-19 DEATHS BEING REPORTED DUE TO CONGREGATE SETTINGS

At the beginning of the COVID-19 pandemic, more than half of the deaths were being reported in skilled-nursing facilities and other congregate settings.

Today, more deaths are being reported in the general population. Of the 505 COVID-19 deaths, 291 or 58% are among the general population compared to 214 or 42% that have been report
Anderson said his office was able to do things like cut through red tape for small businesses, like Nathan Fletcher, who was waiting for a license to help inform constituents of mon- ey owed to them by the state (one elderly couple had over $200,000 owed to them); or the time a sol- dier sent to Iraq worried about the registration of his car he left parked in the street and Sen. Anderson’s office was able to get it transferred and he was able to afford to travel. “No other job allows you to solve problems like that and that’s why it was so rewarding,” he said.

Anderson credits his success in serving his constituents to two things — an internship pro- gram that at times had 50 people working in his office and an open communication policy where he published his personal cell phone number.

“Part of our whole philosophy was that we’re responsible to the constituents, so if you have a question, we need to answer it,” he said.

Anderson’s philosophy also in- cludes bipartisan solutions and he points to the 453 bills he has authored with Democrats during his tenure serving in the state legislature.

“Most people don’t know that,” he said. “I did more bills co- authored with Dems than all the other Republicans put together.”

In 2018, Anderson was rec- ognized for his bipartisanship with a Chuck Nichols & Piere Frazier Bridge Builder Award from the USS Midway Museum’s Diversity & Inclusion Committee during its annual Martin Luther King Jr. Birthday Luncheon.

“I’m proud to have received a ... Bridge Builder Award. Not many legislators that get type of award, it meant a lot to me,” he said.

Even with his bipartisanship record, Anderson still describes himself “a little bit of a Republican.”

“There’s no doubt about it — I am,” he said. “But I also under- stand that I represent a diversi- ty of people and what I think is right doesn’t always turn out to be right and sometimes you’ve got to be open to better ideas. We are doomed if everyone polarizes- es up and nobody addresses the issues. On both sides, people are laser-focused on serving their base — that doesn’t serve our community. We have to work across party lines.”

COUNTY ISSUES

Working across party lines may become more important for the District 2 seat after the November election. For many Republicans dominated the Board of Supervisors — hold- ing every seat until Democrat Nathan Fletcher’s 2018 victo- ry in District 4. This year, the District 1 seat has already been lost to Republicans and anoth- er seat is in jeopardy — Kristin Gaspar’s District 3 seat where two Democratic candidates split 57.2 percent of the prima- ry vote. If District 3 goes blue, the Democrats will have a con- trol vote on the board.

Anderson is already looking ahead to what issues he can work on with his potential Democratic colleagues, such as expanding pi- lot programs that help the men- tally ill get treatment.

“On the right, a lot of Republi- cans hate Nathan Fletcher. But look, Nathan Fletcher is right on mental health. He’s been doing all the right things. I’ve done things with him on some of his bike lanes, but on this, we’ll partner,” he said.

In transportation, Anderson holds a more traditional conser- vative approach — that the coun- ty should fund roads over green transportation options like bike lanes.

“I’m 60. I’m not going to get on my bike and ride five miles to a doctor’s appointment. I’m not going to take a trolley to a hospi- tal. And to ask seniors to do that is unreasonable,” he said. “So we have to protect the roads to ensure they get the medical care that they need and require.”

In tackling the coronavirus outbreak, Anderson holds a conservative view that favors fewer restrictions on people and businesses.

“Flattening the curve was to make sure hospitals had respira- tors. Now closures are to make sure no one catches it. If a bunch of 20 year olds want to go out and catch it, as long as they’re not giving it to grandma, where her life’s in peril, very few 20 year olds are dying from this. It may be a miserable experience for them, but they’re not dying,” he said. Adding that the county health department should focus less on the number of infections and more on the number of deaths. “If our new norm is that nobody can get sick, we’re doomed as a so- ciety because no business will ev- er open again and at some point you’re not going to have any toi- let paper or food or anything else because all those workers can’t afford to show up and aren’t going to show up.”

“I think we have to fight this with science, but unfortunately we have no one who is smarter than the science and political science,” he contin- ued. “I think that we need to have a plan, execute the plan and stick to the plan. You look at the news and it’s all arbitrary. It’s OK to have thousands of people rally for a cause — whether it’s for Trump or it’s for Black lives — and that’s OK, but if it’s singing at church. ‘Oh no, we can’t do that.’

On the issue of expanding hous- ing in the county, Anderson also takes a conservative approach by favoring cutting red tape and “antiquated” regulations on projects to lower building costs for developers. He’s opposed to large-scale developments in the unincorporated areas of the county, he said he would look at projects individually and would heavily weigh what neighboring communities think of them.

“But I think you need to be thoughtful,” he said. “You can’t say, ‘I want my children to be able to afford to live in San Diego so I don’t have to visit my grandparents in Phoenix.’ You can’t say that and then say we’re never going to build a house.”

Ultimately, Anderson said he prefers to make decisions based on constituent input rather than rules or procedures that in some instances need to be changed by lawmakers.

“My door is always open, it always has been open and con- stituent services has always been my focus,” he said. “I do think we deserve better from the county. This rubber-stamping of staff is not representation. When you defend staff against the people, you’ve lost your way. I’ve always fought for my constituents.”

—Reach editor Jeff Clemenson at jeff@sdsnews.com.

Since the primary resulted in a close race between the professed conservative, winning over votes from Democrats could be a key strategy to winning in November.

HISTORY OF SERVICE

Anderson was born in Detroit but his family moved when he was in junior high school to San Diego, settling in the Casa de Oro area. After graduating from St. Augustine High School, he at- tended Grossmont College before transferring to and graduating from Cal Poly Pomona.

After college, Anderson went to work for his brother who had started a direct mail marketing firm whose clients included busi- nesses and politicians.

“Through the course of work- ing for different political campa- igns, I was encouraged to run for office,” Anderson said. His first run for office was in 1998 — a race for State Assembly District 75, which he lost. In 2002, Anderson ran successful- ly for a seat on the water board, where he served four years, fol- lowed by successful campaigns for two terms in the State Assembly then two terms in State Senate.

In 2016, Anderson explored a run against Dianne Jacob for her District 2 seat, but eventually suspended the campaign citing difficulty raising the kind of mon- ey he felt he needed to beat the incumbent.

Anderson’s time in the legis- lature wasn’t without some controversy. In 2018, the Senate reprimanded him after an alter- cation with a lobbyist who said she was threatened by the sena- toir in a bar.

Despite the pitfalls of public life, Anderson said serving in public has been overall a rewarding experience.

“You have an opportunity to fix people’s problems — espe- cially in the legislature,” he said. “Our focus was constituent ser- vices. We did between 20 and 90 cases a week where people would have trouble with the DMV or Consumer Affairs or the Franchise Tax Board and we were able to intervene on their behalf and brings things to resolution.”

Since the primary resulted in a close race between the professed conservative, winning over votes from Democrats could be a key strategy to winning in November.

Since the primary resulted in a close race between the professed conservative, winning over votes from Democrats could be a key strategy to winning in November.

Since the primary resulted in a close race between the professed conservative, winning over votes from Democrats could be a key strategy to winning in November.

Since the primary resulted in a close race between the professed conservative, winning over votes from Democrats could be a key strategy to winning in November.

Since the primary resulted in a close race between the professed conservative, winning over votes from Democrats could be a key strategy to winning in November.

Since the primary resulted in a close race between the professed conservative, winning over votes from Democrats could be a key strategy to winning in November.

Since the primary resulted in a close race between the professed conservative, winning over votes from Democrats could be a key strategy to winning in November.

Since the primary resulted in a close race between the professed conservative, winning over votes from Democrats could be a key strategy to winning in November.

Since the primary resulted in a close race between the professed conservative, winning over votes from Democrats could be a key strategy to winning in November.

Since the primary resulted in a close race between the professed conservative, winning over votes from Democrats could be a key strategy to winning in November.

Since the primary resulted in a close race between the professed conservative, winning over votes from Democrats could be a key strategy to winning in November.

Since the primary resulted in a close race between the professed conservative, winning over votes from Democrats could be a key strategy to winning in November.

Since the primary resulted in a close race between the professed conservative, winning over votes from Democrats could be a key strategy to winning in November.

Since the primary resulted in a close race between the professed conservative, winning over votes from Democrats could be a key strategy to winning in November.

Since the primary resulted in a close race between the professed conservative, winning over votes from Democrats could be a key strategy to winning in November.

Since the primary resulted in a close race between the professed conservative, winning over votes from Democrats could be a key strategy to winning in November.

Since the primary resulted in a close race between the professed conservative, winning over votes from Democrats could be a key strategy to winning in November.

Since the primary resulted in a close race between the professed conservative, winning over votes from Democrats could be a key strategy to winning in November.

Since the primary resulted in a close race between the professed conservative, winning over votes from Democrats could be a key strategy to winning in November.

Since the primary resulted in a close race between the professed conservative, winning over votes from Democrats could be a key strategy to winning in November.

Since the primary resulted in a close race between the professed conservative, winning over votes from Democrats could be a key strategy to winning in November.

Since the primary resulted in a close race between the professed conservative, winning over votes from Democrats could be a key strategy to winning in November.

Since the primary resulted in a close race between the professed conservative, winning over votes from Democrats could be a key strategy to winning in November.

Since the primary resulted in a close race between the professed conservative, winning over votes from Democrats could be a key strategy to winning in November.

Since the primary resulted in a close race between the professed conservative, winning over votes from Democrats could be a key strategy to winning in November.

Since the primary resulted in a close race between the professed conservative, winning over votes from Democrats could be a key strategy to winning in November.

Since the primary resulted in a close race between the professed conservative, winning over votes from Democrats could be a key strategy to winning in November.
the future has changed dramatically for both women.

“The Happy Ever After Playlist” by Abby Jimenez: Two years after losing her fiancé, Sloan Monroe still can’t seem to get her life back on track. But one trouble-making pug with a “take me home” look in his eyes is about to change everything.

With her new pet by her side, Sloan finally starts to feel more like herself. Then, after weeks of unanswered text messages, Sloan’s reacher calls. He’s a musician on tour in Australia. And bottom line — he wants Tucker back.

Now, the La Mesa Library is now accepting returns via the drop boxes on Allison Avenue. Due dates have been extended and fines are not being charged. You can also order new materials at sdcl.org and we will call you to make an appointment to pick them up when they arrive here for you.

To keep checking our website and social media pages for additional reopening information — we hope to see you soon!

—Chelsea Harris is managing Librarian at the La Branch Library.
Dear Home Sellers and Buyers:

Due to sparse inventory (down by almost 50% from last year) and historically low interest rates, home prices are holding steady with sellers enjoying brisk activity and, in many cases, multiple offers.

LauraLothianRealEstate.com

SOLDS 2020 so far...

SOLD! MT. HELIX
SOLD! MT. HELIX
SOLD! MT. HELIX
SOLD! MT. HELIX
SOLD! MT. HELIX
SOLD! MT. HELIX
SOLD! MT. HELIX
SOLD! MT. HELIX
SOLD! MT. HELIX
SOLD! LA MESA HIGHLANDS
SOLD! LA MESA
SOLD! POINT LOMA
SOLD! MISSION HILLS HISTORIC HOME
SOLD! BAY PARK
SOLD! ALPINE