The COVID-19 outbreak has changed life as we knew it. Across the country, shelter in place orders and self-quarantines keep people inside, hunkering down and stockpiling food and essential supplies in hopes to make it through these weeks of “flattening the curve” without being one of the unlucky few to catch the virus and suffer its symptoms. As of March 25, the San Diego County Health and Human Services Agency reported 17 out of every 100,000 county residents tested positive for COVID-19. The rate as of March 19 was 15 per 100,000.

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La Mesa Strong! Thank you hospital, grocery, truckers, tradesmen, 1st responders, teachers, essential staff!” took three days to complete “because I wanted to get all the neighbors involved,” Robb said.

“It's an activity that we're able to keep our distance and still get some fresh air,” she said, adding that it was hurried because of the rain.

“The piece is gone now,” she said. “It was washed away last night. I'm not disappointed or discouraged. I have a new blank slate. All of this is temporary, the chalk, quarantine. What lasts is our love for our community and our perseverance. I already have a plan for what I'm going to do next. I definitely have a lot of time. I want to thank my family, neighbors, especially my wonderful neighbor Tina, to help me finish.”

BUSINESSES ADAPT

On March 20, Gov. Gavin Newsom ordered Californians to stay at home except for essential services such as grocery stores, pharmacies, food banks, convenience stores, banks, laundromats and restaurants offering take-out and delivery.

While some of the more upscale La Mesa restaurants like Farmer's Table and BO-beau kitchen + garden opted to temporarily close down during the outbreak, others have stayed open to offer take-out and delivery.

For longtime La Mesa Village staple Johnny B's, offering delivery was a brand new service for customers.

“I just activated Doordash this past week and it's been pretty good, but there's no barometer I can use because it's a whole new way of looking at things,” said Johnny B's owner John Bedilion, adding that when things get back to normal he will look to see if it is still worth offering delivery.

Johnny B's never offered delivery before because the restaurant was often too busy to add extra orders. Overall, Bedilion said, customers have still been supportive of his business.

“The response has been pretty damn good. I'm pleasantly surprised,” he said. “That being said, I'm still very cautious. But the customers have been wonderful to our servers and generous with their tips.”

In addition to takeout meals, Johnny B's is also taking advantage of a temporary rule allowing restaurants to serve takeout alcoholic beverages.

“The cocktail thing took us by surprise,” Bedilion said. “Over the weekend we sold more that I thought we would. It's not flying off the shelf, but it's another opportunity to make some more money, which is great.”

Despite the community support, the quarantine has still had an effect on Johnny B's staff.

“I've cut hours. I had to,” Bedilion said, adding that he offered his senior employees the most opportunity and that he is currently employing two people per shift. “It’s just a crap shoot. I’m trying to give them as many hours as I can and they can still go collect unemployment. Most of them are very happy that that’s happening.”

For customers and employee safety, Bedilion said he is wiping everything down in the restaurant every time someone comes and leaves.

“We're taking all the precautions we can take,” he said.

Although Johnny B's is doing relatively well during the quarantine, Bedilion recognizes that his decades long presence in the Village has built him a loyal customer base is a major factor.

“It's tough times for everyone. We're all in the same boat,” he said. “Some small businesses are suffering worse than we are — they're closed. I'm not closed. I'm lucky.”

With traditional brick and mortar retail businesses closed during the stay-at-home order, some local online businesses are finding luck and seeing an uptick in customers.

Kristel Boe is the owner of Art Best San Diego (artbeautsandiego.com), which offers art classes, art parties and other art-related services. One of her products is a Mystery Art Box that contains materials and instructions to complete three unique art projects with various themes geared to different age groups and sells for $60.

After Boe, an art teacher in La Mesa, offered her art boxes on social media to parents now dealing with an extended spring break, the business took off.

“I've had a wonderfully warm response from the community,” she said. “I sold 60 mystery art boxes in the first day. Near the 100 Mystery Art Boxes sold in the week. It's been wonderful delivering art boxes all over La Mesa and San Diego, and receiving emails and photos from parents thanking me for the service.”

THE CITY REACTS

On March 13, Mayor Mark Arapostathis formally declared a state of emergency in the city.

“In order to ensure that the City of La Mesa is eligible to receive any available and necessary disaster relief funds, we have declared a formal state of emergency,” he wrote in a statement. Mayor Arapostathis also stressed following state guidelines of social distancing six feet apart.

“The most important guidance is that if you are sick please stay home. Thank you for your cooperation and assistance in keeping our community healthy and safe,” the statement concluded.

In the days following, the city also took other unprecedented actions. On March 17, the city announced that effective March 18 at noon, City Hall and other city facilities were closed to the public until further notice. Essential services are provided by appointment only. To make an appointment, email or call:

• Planning: shthompson@cityoflamesa.us or 619-667-1148
• Building: kcarlos@cityoflamesa.us or 619-667-1176
• Code Compliance: 619-667-1189
• Engineering: pweng@cityoflamesa.us or 619-667-1166
• Cashier: ebullers@cityoflamesa.us or 619-667-1111

Also on March 17, City Manager Greg Humora issued an executive order limiting evictions in the city. The order is in effect through May 31, unless extended.

Other actions the city has taken include suspending parking enforcement for street sweeping and allowing free 5-minute parking in the Village for residents and visitors to pick up takeout orders from restaurants.

On March 24, the city announced it would waive all second quarter fees for Downtown Village parking permits, as well as this.

Free temporary parking in the Village (Courtesy Colin Parent)
Census count begins in San Diego County

The 2020 Census launched this month. As the COVID-19 health pandemic continues on, it serves as a reminder to ensure an accurate and complete count of our communities to allocate the federal, state, and local funds that each community, school district and business industry needs. This year marks the first time the census can be done online, as well as over the phone or by mail — all without having to meet a census taker.

HIGH RATES OF HARD-TO-COUNT PERSONS

Getting a full and accurate count in San Diego and Imperial Counties (Region 10) is vital for our vibrant and growing region — not only for us, but for future generations to come.

“If everyone in our region is counted, it could help bring more resources to our region for transportation, housing, and community programs,” says Ray Major, SANDAG Chief Data and Analytics Officer and Chief Economist. “In addition, census data helps SANDAG analyze community patterns and plan for improvements to our region’s transportation network.”

When compared to the results of the 2010 Census, San Diego County is the 21st hardest county to count. This year, La Mesa is identified as the most undercounting region in the entire state of California. According to data from the State of California, San Diego and Imperial Counties have more than 255,000 individuals who are considered extremely hard to count. However, data from the Advancecounts Project tells us this number could be even higher, with as many as 783,277 people at risk of not being counted in 2020 in San Diego and Imperial Counties.

The region was awarded more than $4.4 million by the State of California as “hard-to-count.” Counties. Member organizations see the collaborative work of the Count Me 2020 Coalition, which is a group of more than 150 civic organizations, neighborhoods, and residents of traditionally disadvantaged neighborhoods, as a way to increase Census participation within their respective constituencies and the community as a whole partners.

HOW TO TAKE THE 2020 CENSUS

Starting in mid-March 2020, households will receive an invitation in the mail informing them of the options for filling out the Census questionnaire. The invitation will contain a unique ID number to use when filling out the Census forms. If you misplace your number, you can still take the Census using your home address. Once the invitation arrives you can respond for your residence in one of four ways:

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

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

Paper Questionnaire Form: If requested, a paper form can be provided in Spanish and English, as part of the update/leave campaign and for those who do not receive reminders of daily tasks or medical needs. Schedule a tour to learn more about MesaView Senior Assisted and Independent Living! 619-498-0253 • 7908 La Mesa Blvd. La Mesa, CA 91942
Regarding the participation method, all community members regardless of status are encouraged to self-report and respond early. “Count Me 2020 Coalition members provide outreach education support and access to ensure completion of the Census questionnaires, including assistance to individuals in their native language,” says Silverthorn. The U.S. Census Bureau will also support linguistically diverse populations language access, depending on the response format.

INFORMATION COLLECTED IS CONFIDENTIAL

The Census is known for having one of the strongest guarantees of confidentiality in the federal government. “There are many measures in place to keep Census information private,” says David Bennett, San Diego media specialist. U.S. Census Bureau. “It cannot be used for local government planning, immigration enforcement, or to determine personal eligibility for benefits. Under Title 13 of the U.S. Code, the answers collected are used only to produce statistics and are kept anonymous for 72 years. Security breaches can result in jail time and $250,000 fines if information is shared.”

For a list of important 2020 Census dates, censusersoug.org. In the near future, the Count Me 2020 website will have locations of the Questionnaire Assistance Kiosks and community run assistance centers, as well as a full list of Census-related events and volunteer opportunities in various neighborhoods. In San Diego and Imperial Counties, the majority of 2020 Census efforts are coordinated through the Count Me 2020 Coalition, led by the United Way of San Diego County, with support from SANDAG and the County of Imperial. For additional information on the 2020 Census in our region please visit cuntme2020.org, california.census.gov or 2020.census.gov.

Heroes CONTINUED FROM Page 1

Master Officer Colin Atwood: and La Mesa Police Department Retired Senior Volunteer Patrol of- ficers Tita Boatright and Pat Olow.

CHRIS TORRES, PARAMEDIC — AMERICAN MEDICAL RESPONSE

Chris Torres has been a para- medic with American Medical Response San Diego since 2018. He has been assigned to Medic 255 serving the citizens of La Mesa his entire career. He recently married his Wife, Cindy and pur- chased a home in Fletcher Hills. Torres was recognized for a car- diac arrest “save” that occurred in La Mesa in February of 2019. He responded to a call to assist a male patient found to be in cardiac arrest after ingesting a substance initially believed to be cocaine, but was later determined to have been cocaine laced with Fentanyl. Based on a thorough assessment and their clinical experience, Torres and the first responders from Heartland Fire and Rescue Engine 11 administered Narcan to the patient, while perform- ing CPR and other advanced life support interventions. They suc- cessfully resuscitated the patient on scene. The patient was safely transported to local hospital and made a full recovery.

KEEAN WAYNE, PARAMEDIC — AMERICAN MEDICAL RESPONSE

Keean Wayne has been a para- medic with American Medical Response San Diego since 2016. He is also a part-time flight para- medic and is pursuing a degree in molecular biology. He has worked at many of the medic units sta- tioned in La Mesa and around East County.

Wayne is being recognized for a cardiac arrest “save” that occurred in La Mesa in September of 2019. Working in conjunction with the crew from Heartland Fire end Rescue Engine 12, he played an instrumental role in saving the life of a 59-year-old male found in cardiac arrest by his wife. By us- ing his knowledge and experience and working collaboratively with the other first responders, Wayne was able to apply advanced life support skills and medications and successfully resuscitated the patient who was alert and talking as he arrived at a local hospital and made a full recovery.

CAPTAIN CHIP TIBDALL — HEARTLAND FIRE & RESCUE LA OLOW

Cpt. Chip Tibdall is a 20-year veteran of Heartland Fire & Rescue La Mesa where he serves as Assistant Fire Chief and Peer Support Team. He travels the United States and Canada lectur- ing on behavioral health topics.

In the role of Master Instructor, he also assists fire departments with creating peer support pro- grams. Recently, he and another PEER Support member traveled to El Paso, Texas to assist other PEER Support teams that were helping first responders that had responded to a mass shooting incident.

Captain Tibdall has been in- stitutional in the success of the department’s behavioral health program. He is also a veteran of the United States Airforce and served during Desert Storm.

MASTER OFFICER COLIN ATWOOD — LA MESA POLICE DEPARTMENT

Master Officer Atwood joined the La Mesa Police Department in 1999. During his 21-years of ser- vice, Officer Atwood has worked as a patrol officer, a field training officer, and a traffic officer. Since 2015, he has been a certified Emergency Vehicle Operations Instructor and Firearm In- structor training the men and women of the La Mesa Police Department in these two criti- cal areas. He is also a member of the La Mesa Police Department’s Peer Support Team, and assists his peers heal from trauma they experience on and off duty.

Officer Atwood has a longstanding dedication to community outreach programs benefiting children. For more than 17 years, he has been involved in the Shop- With-A-Cop program and helps with the planning, organizing and fundraising for this annual event. For the past 10 years he has organized and participated in the Tip-A-Cop program, which benefits the Southern California Special Olympics. In 2019, he also organized a fundraiser benefitting St. Jude’s Children’s Hospital. Officer Atwood’s dedication to public safety is evident in his long-standing efforts to detect and apprehend drunk drivers. He has been the recipient of the MABD DUI Officer Award several times. During his 21-years of ser- vice, Officer Atwood has arrested more than 600 drivers who were under the influence of drugs and/or alcohol.

CRIME PREVENTION SPECIALIST CLAUDIA ORTEGA — LA MESA POLICE DEPARTMENT

CPS Ortega has been with the La Mesa Police Department since 2013 and is a valuable asset within the Community Resource Unit and the La Mesa Police Department. She comes to work with a can-do attitude and is al- ways willing to assist her peers when requested. She was selected as the La Mesa Police Department Employee of the Quarter for the first quarter of 2019 for her ex- cellent performance. During that time, on two separate occasions CPS Ortega has assisted other agencies in identifying and ar-resting two suspects.

CPS Ortega has demonstrated on two separate occasions, her ability to work with other juris- dictions. She assisted in the arrest of a burglary suspect in San Diego and a burglary suspect that she had recognized while working and notified the Oceanside Police Department, which led to that suspect’s arrest. In 2019, CPS Ortega coordinat- ed two sessions of Life on the Beat. She had 30 participants that were able to experience four different as- pects of a day in the life of a police officer. She also coordinated a new session of the KidWatch Program at LMFPD, coordinated the Youth Leadership Camp, the Citizen’s Academy, Coffee with a Cop, the Safety Fair, National Night Out and several other events. She also volunteered to be the head of the Department’s Social Media Team maintaining the department’s Facebook, Twitter and Instagram accounts. At the head of the Social Media Team, she works diligently with the entire team to create con- tent that encourages community interaction.

CPS Ortega continued her goal of becoming a Crime Analyst by working overnight on her days off and assisting in identifying emerging crime trends. She filled in for the Crime Analyst while she was on mater- nity leave and performed that job, as well as her own with neither one suffering. She also continued her education by attending the Crime Analysis Conference and several classes related to Social Media.

TITA BOATRIGHT, RETIRED SENIOR VOLUNTEER PATROL — LA MESA POLICE DEPARTMENT

Tita Boatright joined the La Mesa Police Department RSVP program in October of 2018. During her year and half of dedi- cated service, she has contributed more than 525 volunteer hours to the La Mesa Police Department. She is the agency’s first fully cross-trained retired senior volunteer who can perform patrol duties, respond to emergencies, and work with homebound La Mesa resi- dents though the You Are Never Alone (YANA) program. In addition to her regular duties, Boatright routinely volun- teers to work special events, such as the La Mesa Flag Day Parade, Oktoberfest, Safety Fair and DUI Prevention Night. She has also volun- teered several other law enforcement agencies on other special events throughout San Diego County. In April 2019, Boatright under- went extensive training to be- come a volunteer with San Diego’s Community Emergency Response Team (CERT). CERT teaches cit- izens to educate families, neigh- bors, businesses and communi- ties to respond to the first hours of emergency service, and makes emergency services are overwhelmed.

PAT OLOW, RETIRED SENIOR VOLUNTEER PATROL — LA MESA POLICE DEPARTMENT

Pat Olow joined the La Mesa Police Department RSVP Program in May 2012. During her nearly eight years of dedicated service, she has contributed more than 640 volunteer hours to the La Mesa Police Department. She works exclusively with the You Are Never Alone (YANA) program and has become a vital lifeline between homebound seniors and the community resources available to them.

YANA clients have come to rely on Olow’s weekly calls and strong friendships have resulted. Her at- tention to detail is evident when asked a question about a client. She can tell coworkers where they live, the hobbies they enjoy, and who their emergency contact is. She is so dedicated to seniors, she even keeps a calendar listing all of their birthdays. In addition to her volunteer work with the Police Department, she is a Lead City Volunteer with the City of La Mesa. In that capacity, Olow assists with public inquiries, vol- unteers at events, and helps at the Enrichment Center membership database management.
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If you suspect a gas leak: immediately evacuate the area and call 1-800-411-7343 or 911 from a safe place. Your safety is our highest priority.

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

It is an utterly eerie sight looking down city streets. Once bustling with happy diners, shoppers and bar hop- pers, the empty sidewalks at both night and day are a grim reminder of just how much impact this virus outbreak is having on all our lives.

But life must go on. We still must eat. We still must clean. We still must entertain ourselves and our children. In other words, we still must keep the economy moving, even non-essentials, to make living possible and tolerable during these difficult times.

The instinct for many during this health scare may be to use the modern convenience of ordering products online from places like Amazon and Walmart. Or perhaps, it is to rush to big box stores like Costco or Target for essentials. Those are great choices for some items. When it’s possible, residents should consider the impact supporting locally-owned businesses during this time will have.

According to JP Morgan Chase, 99% of all businesses in the U.S. are small businesses and 48% of all people are employed by small businesses. And this crisis is going to affect them in a much more severe way that it will multi-national conglomerates.

Of course, safety is of paramount concern and no one should be ignoring CDC guidelines on the rec- ommendations of state and county health offi- cials — it is their guidance we need at this time to ensure that the virus does as little harm to our vulnerable populations as possible.

But there are ways to support local businesses who are feeling more than just a pinch from this economic inactivity.

- **Order food/beverage de- livery from delivery services like GrubHub, DoorDash, Postmates, etc.**

The San Diego region is full of delicious dining options — it’s one of the perks of being a vacation destination. And many of our local restaurants are struggling right now, but are remaining open in whatever way they can to serve their customers and take care of their staff.

Since all restaurants in the county have been mandated to only offer delivery or take-out at this time, patronizing this way is the only source of income they will see to pay bills and supply their staff. Residents are partnered with mobile delivery services and would love to have your business. You can use websites like Yelp for information on what delivery services each restaur- ants use.

- **Purchase gift cards.**

Many businesses offer gift cards, and purchasing them is a great way to help your favorite businesses maintain cash flow during this difficult time. If they need it most — and as bonus, you’ll have a shopping/dining visit to look forward to later or you can give them as gifts.

- **Shop online.**

Many retailers are struggling to get the word out that they are open for business. Visit your favorite business’ social media pages and share their posts to help spread the word that they are still open for business, and any current specials they have to support their customers.

Of course, in these rapidly changing circumstances, these suggestions may change or be- come obsolete. But remember: When this is over, you will want and need our local busi- nesses to get life to return to normal. So shop local.

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**News from your County Supervisor**

**Dianne’s Corner**

By DIANNE JACOB

**Covid-19:** For the latest local information and re- sources on coronavirus, visit and bookmark coronavi- rus-sd.com.

**Home sweet home:** The county is making solid prog- ress addressing the region’s lack of affordable housing, thanks in part to a trust fund we established in 2017 to en- courage construction.

The initiative has fund- ed the development of over 1,100 homes for low-income residents, including seniors, veterans and the develop- mentally disabled. About $41 million of the $50 mil- lion fund has been com- missioned, helping to leverage more than $400 million in projects.

Projects include the 54-unit Villa de Vida apartment com- plex in Poway and the fu- ture 39-unit Allen Family Apartments in Alpine.

**Supporting victims:** The state’s system for han- dling and housing sexually violent predators is badly broken.

That’s why I’m calling on Sacramento lawmakers to approve SB 1013, a bill that would open up to the public critical hearings related to a possible SVP placement in the county. It would ensure transparency in a process that is rigged against the public and victims of sexual assaults.

I have asked my colleagues on the Board of Supervisors to join me in endorsing the bill.

We need a system that puts the safety of communities and residents above the rights of dangerous predators.

**Big plans in Ramona:** The Board of Supervisors recently approved funding for a $12 million county health and human services complex on Main Street, next to the Ramona Library. We’re also working to place a senior cen- ter nearby.

These amenities will bring together our kids, el- derly, families and others on what we’re calling the Ramona Intergenerational Community Campus. The RICC! Thanks to all those working hard to make this project a reality.

—Dianne Jacob is chair of the San Diego County Board of Supervisors and represents District 6. For more District 2 news, go to diannejacob.com or follow her on Facebook and Twitter. For assistance with your concerns, call 619-692-5552 or email dianne.jacob@sdcounty.ca.gov.

**Dems celebrate primary victories, prep for November**

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

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

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

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

The local state races show our in- cumbent Assembly member Shirley Weber with an almost insurmount- able lead over her Republican oppo- nent in the 79th Assembly District, while Senator Toni Atkins is running unopposed in Senate District 39. Council member Chris Ward is way ahead of another Democrat, Sarah Davis, in the 78th Assembly District race and will face her again come November. And club favorite Lorena Gonzalez has again dominated in her 80th Assembly District race.

**OPINIONS/LETTERS:** La Mesa Courier encourages letters to the editor and guest editorials. Please email submissions to jeff@sdnews.com and 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 jeff@sdnews.com.

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

**DISTRIBUTION:** La Mesa Courier is distrib- uted free the fourth Friday of every month. Copyright 2020. All rights reserved.
The cost is $30 and that includes a gourmet burger bar dinner. Cash and checks are accepted, but no credit cards. There will be a no-host bar. As an added attraction to the evening, we will have our annual “Road Show” with used treasures offered at a silent auction.

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

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

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

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

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

—Pat Boerner writes on behalf of the Navajo Canyon Republican Women of California.
Foothillers prep for 100 year celebration events

The first date to be circled on your calendar is the GHS vs Sweetwater High School football game on Friday, Sept. 18. In 1920, Sweetwater High was the first school that Grossmont played in football, the beginning of a fierce 41 year rivalry from 1920-1961, which was documented over the years on the perpetual trophy we call the “Bucket Trophy.” Amazingly, Sweetwater High School is also celebrating its 100th anniversary in 2020.

During its 100th Anniversary Celebration, Grossmont will induct 12 new members to its Hall of Honor, bringing the total Hall of Honor members to 51 alumni, staff, and community members who distinguished themselves, bringing honor to Grossmont High. The 2020 Hall of Honor inductees are:

**EDUCATORS**
- Ethel Prosser, GHS Pioneer Educator 1920-1952
- Carl Quickall, GHS Pioneer Educator 1920-1944
- Eva McCarthy Quickall, GHS Pioneer Educator, 1922-1962

**ALUMNI**
- Gene Chubb, Class of 1948, GHS Benefactor
- John Lawrence Colonghi, Class of 1965, Financial and Public Affairs Consultant to American Indian Tribes and Chief Fundraiser for the Smithsonian Institution’s National Museum of the American Indian (NMAI)
- Scott Lippman, M.D., Class of 1974: Director of Moore’s Cancer Center at UC San Diego Health, Professor of Medicine, Senior Associate Dean and Associate Vice Chancellor for Cancer Research and Care, Chugai Pharmaceutical Chair in Cancer
- James P. Zunwalt, Class of 1974, Member of the State Department beginning in 1981: Ambassador to the Republic of Senegal and the Republic of Guinea Bissau from 2015-2017
- Lora Cicalo, Class of 1979: Journalist; Managing Editor of The San Diego Union Tribune
- Darcy Arreola, Class of 1986, NCAA Four Time Track and Cross Country Champion
- Paul Wright, Class of 1987, MLS Player and Legendary San Diego Soccers Indoor Soccer Player
- Kristin Rhodes, Class of 1993, 8-Time winner of the America’s Strongest Woman Title and a 3-Time Strongest Woman World Champion.

When notified of their selection to the GHS Hall of Honor, the honorees’ reactions validated its importance. Jim Zumwalt responded, “I am humbled to be honored with so many other illustrious graduates.”

Scott Lippman, “Thank you for your kind invitation. I have very fond memories of Grossmont.”

Anita Garrison Hensley, Great Niece of Eva McCarthy, will accept on behalf of the three early Educational Pioneers: Carl Quickall, Eva McCarthy Quickall, and Ethel Prosser, a dear friend of theirs. “Sounds like a wonderful celebration,” she stated.

The 100th Anniversary Committee, including both the cities of La Mesa and El Cajon, is currently planning the specific details of the celebratory weekend. Despite the present coronavirus outbreak, we are hopeful that these events will occur:

**FRIDAY, OCT. 16**
- Grand Opening of the GHS Museum in its new location. 4-6:30 p.m.
- Homecoming Pregame activities at 6:30 p.m. and the GHS vs Granite Hills football game at 7 p.m. with designated alumni viewing areas.

September 1920, Grossmont High School opened; however, for its first two years, while the original school (now the district office) was built, students attended classes at their temporary home, the old Riverview High School campus in Lakeside. On Sept. 25, 1922, Foothillers first attended classes in the granito “Castle” that has been an iconic landmark in East County since its completion.

This fall, Grossmont will celebrate its 100th anniversary, part of a yearlong celebration of the traditions of being a Foothiller.

SATURDAY, OCT. 17

**100th Anniversary Hall of Honor Induction Ceremony. 10-11:30 a.m.**

GHS Museum Open. 11 a.m.-3 p.m.

Tentative school wide activities include a car show, food trucks, local historical societies’ displays, tours of the 1922 original school, performing arts performances, and more.

We hope to see you next school year for our yearlong celebration as we reflect on the 100 year journey we have taken as a school and as a community.

To learn more about GHS, past and present, visit the GHS museum website at foothillsmuseum.com. Due to the coronavirus, the GHS Museum is currently closed, but we are checking our emails at ghsmuseum@ghsd.net and our phone messages at 619-668-6140.

—Connie and Lynn Baer write on behalf of the GHS Museum.
Just two weeks ago, Helix students were completing finals and heading into a two-week spring break. With the ongoing issues surrounding the Covid-19 pandemic, much has changed since that time, and it is important that our community be aware of the plans in place for Helix students and staff. This information is accurate as of the time of this writing, but as is true with just about everything during this crisis, these plans are fluid and can change as information becomes available.

While Gov. Gavin Newsom opined that it is possible that schools will not reopen until the fall, at this time there is no decision regarding the length of school closures in California. Decisions regarding school closures are still being made at a local level, and Helix is following directives set by San Diego County officials.

While classes were scheduled to resume on Monday, March 30, in compliance with the most recent orders, Helix will be closed to students until Friday, April 10. As of this writing, classes are scheduled to resume on Monday, April 13. However, decisions regarding reopening will be made in conjunction with local public health officials. The protection of our students, families, staff, and community is a top priority.

There have been some decisions that will affect the remainder of the school year. As of today, here is what is in effect:

- March 30 through April 10, Helix teaching staff will be providing enrichment learning opportunities to students using Canvas, the online course platform used by students and teachers at Helix.
- Grossmont College has moved all Grossmont Community College-Helix Dual Enrollment courses to online platforms through the end of the spring semester. Students who are taking college courses on the Helix campus will complete these courses online.
- All extra-curricular and co-curricular activities, sporting events, practices, rehearsals, and meetings are cancelled through April 10. Further cancellations may be deemed necessary depending on the evolving information and directives. The prom, originally scheduled for April 18 will be cancelled and rescheduled if possible.
- Meal service will begin at Helix at the end of spring break, Monday, March 30. Meal service will be set up at the school, where drive-up and walk-up service will be available. Meals will be available Monday through Friday from 10:30 a.m. until 12:30 p.m. Families will be able to take breakfast and lunch for each child at the point of service.
- Due to potential safety issues related to completing Senior Projects in the community, the Senior Project graduation requirement is waived for the Class of 2020. Students who have completed their Senior Project may receive graduation distinction, honors, and recognition.

Senior Boards are still scheduled to occur May 26–27, and we are still seeking community members to serve as judges. Of course, this remains a tentative plan, and adjustments will be made as necessary.

- Due to potential safety issues related to participating in community service, the community service graduation requirement is waived for the Class of 2020. Students that have already completed their community service hours may receive graduation distinction, honors, and recognition. The community service requirement for the other graduating classes will continue, however we ask that students not participate in community service until county public health officials eliminate the social gathering and distancing requirements.

The Helix Administration will continue to assess information and directives from local officials to address any further concerns related to COVID-19, and decisions will be made in accordance with their guidance.

**Restaurant Review**

By FRANK SABATINI JR.

The spirit of Salvatore “Sam” Nicolosi is alive and well at Nicolosi’s Italian Restaurant, which the Sicilian immigrant originally opened with his wife, Francesca, on Goldfinch Street in Mission Hills in 1952. Here, at its thrice-relocated home on Navajo Road, he is captured in vintage photographs while the intoxicating aromas and flavors from his recipes for red sauce, ravioli, pizzas and more continue wooing customers.

Back-east transplants craving a taste of home are especially in for a treat. As a native Buffalonian, rarely do I come across the kind of small, cup-shaped pepperoni that addicted me to pizza at an early age.

To my delight, these crispy-edged coins of strongly spiced meat carpeted the “Sicilian pepperoni” pie we ordered. Even better, they resided among a fresh layer of melty mozzarella and ribbons of fresh basil — and with an enjoyable crust that was both airy and chewy.

Where original recipes from a bygone era are upheld (Photo by Frank Sabatini Jr.)

It was explained by our server that the coveted pepperoni is used only on this particular pizza, although it can be requested on others. He understood my excitement for it, saying he too

SEE NICOLOSI’S, Page 11
Nicolosi’s
CONTINUED FROM Page 10
grew up with the stuff in New Jersey.

Ron Burner is the grandson of the late Nicolosi. He owns and operates the restaurant with his wife, Barb. He cites a host of items that have remained untouched in their construction, such as the pizza dough, the sheet pasta used for making ravioli, the nicely seasoned beef-pork meatballs, and the “special” torpedo sandwich.

The latter envelopes cotta sala-mi, Black Forest ham, Provolone cheese, lettuce, tomatoes and onions. It sings to Nicolosi’s original Italian dressing, which appears to contain red-wine vinegar and oregano. Ask for it on the side because you’ll want to drench the entire sandwich in it.

We discovered from eating a hearty plate of spaghetti and meatballs, plus an order of mixed ravioli — half of them filled with beef, the others filled with creamy ricotta — that Nicolosi’s red sauce is a little sweeter than most. But we didn’t mind, as it escaped the acidic edge I encountered too often in Italian-American restaurants.

Our mound of spaghetti wasn’t overly starchy. It was boiled obvi-
ously in a large pot of fresh wa-
ter. (Bravo!) And our forks gilded through the soft, evenly textured meatballs of decent size. As for the ravioli, they were as plump and pillow-y as those my grandmother used to make from

The 'Sicilian pepperoni' pizza
CONTINUED FROM Page 9
after donation, abundant cells remain in the event of an infection. Furthermore, donated cells are regenerated post-donation.

Individuals are not at risk of contracting COVID-19 by receiving donated blood.

Respiratory viruses are not known to be transmitted by blood transfusion, and there have been no reported or suspected cases of transfusion transmission of this virus.

“It’s safe to donate blood,” said Admiral Brett P. Giroir, M.D., Assistant Secretary of Health.

“Part of preparedness includes a robust blood supply. Healthy individuals should schedule an appointment to donate today to ensure that blood is available for patients who need it,” said Burner, who added that at one point Nicolosi’s had four locations, including one in Mammoth Lakes, Calif.

The restaurant today offers spacious dining areas, plus a front patio that feels more like an inviting porch of someone’s home, and a bar stocked with beer and wine.

- 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.

RED ONION RELISH

This is a delicious condiment that is great on hamburgers, roasted chicken, or a pork tenderloin. The red onions give a beautiful color to your dish.

INGREDIENTS
• 2 tablespoons olive oil
• 1 cup chicken broth
• 4 red onions, peeled but left whole
• 2 tablespoons balsamic vinegar
• 2 tablespoons sugar or honey
• 1/4 teaspoon crushed red pepper flakes

DIRECTIONS
Preheat oven to 400 degrees. Toss onions with the oil and salt in large cast iron or other oven-proof skillet.

Place in preheated oven and roast for 30 minutes. Remove from the oven and let cool. Cut the onions into thin slices and add remaining ingredients. Cook over medium heat while stirring for around 10 minutes. Sprinkle with salt and stir well. Let cool and serve at room temperature.

“To plant a garden in spring is to believe in tomorrow.” —Audrey Hepburn

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Trish Watlington has always held a passion for gardening and farming. “I grew up in a farming community. In fact, I consider myself more of a small farmer than a gardener,” she said. “The ability to put tiny seeds in the ground and feed our family and community in a healthy and environmentally responsible way is extremely important to me. It’s my ‘why.’”

The Maryland native spent 17 years as a family therapist after studying psychology at the University of Rochester and then a masters program at the University of Maryland. After working in Maryland and Indiana, Watlington moved to La Mesa in 1997.

For last year, she has worked as chair of the Olivewood Gardens & Learning Center where she is advancing efforts to provide high quality garden and nutrition education to San Diego families in need. She also leads Farm to Fork San Diego, a community-based organization that supports local farmers, fishermen and the businesses that support them.

La Mesa Courier recently caught up with Watlington to learn more about this community7anity Difference Maker:

TELL US ABOUT OLIVEWOOD? WHAT DOES THE ORGANIZATION DO?

Olivewood is a historic 6.85-acre property in National City serves as an interactive, indoor-outdoor classroom for children and adults from around San Diego County. Our purpose is to build healthy families and a healthy environment. We do this through science based environmental education lessons, hands-on gardening, and hands-on cooking for students and families from underserved communities.

WHAT IS THE COOKING FOR SALUD PROGRAM? WHAT IS YOUR ROLE?

This eight-week intensive adult education program empowers adults to transform their kitchen into a healthy place.

You did it, San Diego. More than 600,000 of you are thinking about energy differently. By using less electricity from 4 p.m. to 9 p.m., you’ve helped save energy and contributed to a cleaner environment for us all. Because of you, when is truly in. Visit us online for tips on how to continue your success with Time-of-Use.

Find tips at sdge.com/whenmatters
March is Women’s History Month and the library is celebrating books by and about trailblazing females.

For our youngest readers, we recommend “Every-Day Dress-Up” by Selino Alko. The protagonist in this colorful picture book loves playing dress-up. But, instead of cliché princess garb, she dons costumes inspired by historical females, such as Supreme Court Justice Sonia Sotomayor, chef extraordinaire Julia Child, and jazz queen Ella Fitzgerald.

“Remarkable Women of San Diego” by Hannah Cohen and Juliana Harris highlights local women that made their mark on the city we know and love. Learn about how Ellen Browning Scripps founded the Scripps Oceanography Institute, Belle Benchley became the first female zoo director, and how Bertha Belle Benchley became the first female to graduate from the University of California, San Diego. The book also explores trailblazing females, such as Supreme Court Justice Sonia Sotomayor, chef extraordinaire Julia Child, and jazz queen Ella Fitzgerald.

“Remarkable Women of San Diego” is highly regulated and is follow-up practices, such as properly cleaning surfaces between cell minutes. All blood types are needed and people who have never donated before are encouraged to donate. To make an appointment, visit sandiegobloodbank.org/GiveLife or call 619-400-8251. Donors must be 17 years or older, weigh a minimum of 114 pounds and be in good general health.

**SDG&E SUSPENDS SERVICE DISCONNECTIONS FOR NONPAYMENT**

With the coronavirus pandemic causing significant impact on the economy and people’s livelihoods, San Diego Gas & Electric (SDG&E) announced March 14 that it will temporarily suspend service disconnections. The disconnection moratorium will remain in place until further notice.

The company is urging customers who are struggling to pay their utility bill due to financial hardships stemming from the coronavirus to call its Customer Contact Center at 1-800-411-7343 to make payment arrangements. “With our entire region already experiencing many disruptions..."
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Dear Friends & Neighbors,

First, my deep condolences to anyone who becomes ill or loses a loved one to COVID-19 and for all the otherwise healthy people losing their jobs, their businesses, their income, their savings, their dreams. It absolutely breaks my heart to see deserted streets, empty restaurants, shuttered shops.

They say attitude is everything. The United States of America was born of a revolution, withstood a civil war and saved the world twice. We have more than survived smallpox, typhoid and scarlet fevers, cholera, polio and AIDS. Our optimism and can-do spirit is the envy of the world and our work ethic second to none. When this pandemic ends, and it will, we will come roaring back to life.

The La Mesa Village Association - of which I am a proud board member - is keeping their website up-to-the-minute current. Find all the downtown La Mesa shops and restaurants (pick-up and delivery) remaining open for business at: www.LaMesa VillageAssociation.org, LMVA Facebook and Instagram pages.

Laura