Point Loma High grads working on COVID-19 response at CDC

By DAVE SCHWAB | THE BEACON

The Peninsula Beacon caught up with 1990 Point Loma High School graduates Dale Rose, Ph.D., and Kari Sapsis, MPH, for a Q&A about their ongoing work battling the pandemic for the Centers for Disease Control and Prevention.

A sociologist and public health scientist who’s been at CDC for over a decade, Rose is currently the chief of CDC’s Emergency Preparedness and Response branch. He guides a team of over 30 other scientists focused on enhancing the U.S. response to infectious diseases like COVID-19 and Zika.

Sapsis is a lead health communications specialist with 24 years of experience at CDC. She began her career in HIV prevention at CDC and is now in the Office on Smoking and Health. During CDC’s ongoing COVID-19 response, the two PLHS grads are lending their efforts to CDC’s fight against the pandemic. Among those areas, their work has directly affected are the numerous Indian reservations in San Diego County, plus deployment of a CDC team to assist in the medical treatment of cross-border American residents at the San Ysidro border crossing.

Beacon: Tell us about your roles at CDC.
Rose: My role is to help oversee a task force of over 200 people who are focused on supporting state, tribal, local, and territorial health departments as they continue the fight against COVID-19.

Sapsis: At CDC, we have a task force of over 30 people that focuses on cross-border American residents at the San Ysidro border crossing.

Beacon: What have you learned about the pandemic from your work at CDC?
Rose: One of the key things we’ve learned is the importance of communication and transparency in public health. It’s about keeping people informed and educated.

Sapsis: We’ve learned the importance of public health communication in times of crisis. It’s about being transparent and providing accurate information.

Beacon: What advice do you have for students interested in pursuing careers in public health?
Rose: I would advise students to pursue a career in public health. It’s a rewarding field that allows you to make a difference in people’s lives.

Sapsis: I would advise students to explore careers in public health communication. It’s a growing field with a lot of opportunities.

Beacon: What do you think is the biggest challenge in the fight against COVID-19?
Rose: The biggest challenge is the ongoing nature of the pandemic. It’s not going away anytime soon, so we need to be prepared for the long haul.

Sapsis: The biggest challenge is the ongoing nature of the pandemic. We need to be prepared for the long haul.

Beacon: What can the public do to help support the efforts of the Centers for Disease Control and Prevention?
Rose: The public can support the CDC by following public health guidelines, getting vaccinated, and being cautious.

Sapsis: The public can support the CDC by following public health guidelines, getting vaccinated, and being cautious.

Beacon: What are your plans for the future?
Rose: I plan to continue working at CDC and contributing to the fight against COVID-19.

Sapsis: I plan to continue working at CDC and contributing to the fight against COVID-19.

By DAVE SCHWAB | THE BEACON

The Peninsula Beacon caught up with 1990 Point Loma High School graduates Dale Rose, Ph.D., and Kari Sapsis, MPH, for a Q&A about their ongoing work battling the pandemic for the Centers for Disease Control and Prevention.
Agent Spotlight

Ed Landsberg
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Since becoming a REALTOR® over 30 years ago, Ed has always been among the top in his field which has awarded him honors, such as the President Elite award, being Top 1 percent company wide, and Top Listing Agent of The Year for all of San Diego at his former brokerage. Having been in the industry for so long, Ed has been through every fluctuation in the real estate market, he has always found ways to adapt, whether in a down market or booming economy. Ed has specialized in historical and architecturally significant homes for the last 25 years, selling numerous properties by renowned architects, such as Irving Gill, Richard Renouf, Cliff May Charles, Edward Quayle, William Howard, and Emma Brooke Weaver, just to name a few. His love and passion for older homes and architecture is evident throughout his marketing and specialized programs for maintaining historical properties.

Whether it's surfing or working, Ed always practices being kind, genuine, and straightforward which is why he felt Willis Allen, as the epitome of class, was the right match for him. He has traveled all over the world to chase waves, but believes there is no place like home in San Diego. Ed currently lives in Point Loma with his two daughters who are both honors students at High Tech High.
Randee Matuk named vice principal at PLHS

BY SCOTT HOPKINS | THE BEACON

Point Loma High’s new vice principal has heard about the school nearly all of her life.

San Diego native Randee Matuk was selected for the vacant position created when Kelly Lowry was named principal earlier this summer.

“I was like a father figure to me,” Matuk recalled, “and after he passed I found some stories he had written where he said I played catch with him.

“I immediately fell in love with coaching and being in an educational environment,” she said.

The head coach urged her to obtain a teaching credential and she received that from USD (2011) with authorization in physical education and introductory science.

Her first career assignment covered grades 6-12 at Gompers Preparatory Academy for seven years. Teaching ENS (exercise and nutrition science) while coaching track and field.

Matuk moved into administration as a teacher on special assignment, acting as grade level lead, providing all of her life.

She is quick to point out her core values which include “social, emotional, intellectual and physical health, joy (providing a fun experience for staff and students) and building trusting relationships with all stakeholders.”

Matuk’s extensive resume covers both athletics and academic areas.

She graduated in a single-parent home, Matuk earned a degree from the University of San Francisco (2008). She ran D-4 cross-country and track and field on a scholarship while majoring in exercise and sport science.

Her master’s degree in educational leadership (2018) is from SDSU.

“My initial passions were in athletics, wellness, health and exercise,” Matuk said.

While considering medical school, Matuk accepted an offer to coach cross-country and track and field at Steele Canyon High in Jamul.

“Tackeled her first career assignment, working with coaching and being in an educational environment,” she said.

The head coach urged her to obtain a teaching credential and she received that from USD (2011) with authorization in physical education and introductory science.

Her first career assignment covered grades 6-12 at Gompers Preparatory Academy for seven years. Teaching ENS (exercise and nutrition science) while coaching track and field.

Matuk moved into administration as a teacher on special assignment, acting as grade level lead, providing all of her life.

Most recently Matuk was fitness manager/athletic director at Health Sciences High and Middle College in City Heights before becoming academic response manager and focusing on providing equitable opportunities for all students to be successful in the classroom.

“I helped students who were struggling and needed additional support to reach competency, understand the material and pass their classes,” she explained.

“It gave all students an equal opportunity to succeed.”

Matuk joins Lowry and vice principal Dana Tokomoe as the school’s leadership team.

Matuk lives in La Mesa with her husband Joseph and Ria, a chihuahua-poodle mix.
Can You Afford the Years Beyond Your Healthspan?

You’ve probably thought a lot about your lifespan—but what about your healthspan? Healthspan describes how long you will live in generally good health. The average American’s healthspan is about 10 years shorter than their lifespan, according to the 2020 Edward Jones/Age Wave Four Pillars of New Retirement study.* Unfortunately, this means that, on average, Americans can expect to spend about 10 years in poor health.

This potential health threat carries financial concerns, too: 72% of years in poor health. How can you address these fears? First, consider some type of long-term care coverage to protect yourself against the enormous costs of a nursing home stay.

Also, when you near retirement, you may need to adjust your investment mix to provide more liquidity to address out-of-pocket health care costs. And you’ll want to avoid withdrawing too much each year from your investment accounts.

You can’t predict how your healthspan will intersect with your healthspan. But you can try to prepare yourself for whatever comes your way.

*Jones/Age Wave Four Pillars of the New Retirement study.
Is Your Money Tied Up in the Equity of Your Current Home?

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Man suffers severe leg injury at The Arch on Sunset Cliffs

BY SCOTT HOPKINS | THE BEACON

A man sustained a compound fracture to his left leg last weekend at The Arch on Sunset Cliffs as his companions told lifeguards conflicting stories about how the injury happened.

The incident happened just before 6 p.m. last Saturday when callers to 911 reported a 45-year-old man had broken his ankle at the popular but illegal spot where people jump into the ocean in the 1100 block of Sunset Cliffs Boulevard.

Responding emergency crews found the man at water’s edge at the furthest point from the parking lot being attended to by a trio of companions.

Paramedics placed a protective device around the victim’s lower leg before loading him onto a backboard and carrying him to a gurney and waiting ambulance.

Medication to reduce the man’s intense pain was administered at the scene before he was transported to UCSD Hospital.

When lifeguards attempted to learn how the injury occurred, the trio all denied seeing their friend fall however one insisted the victim slipped and did not jump from the cliff.

FREE MEDICAL CLINICS IN OB

Two free medical clinics for the underinsured have reopened in Ocean Beach. They are:
First Baptist, 4790 Santa Monica Ave., Wednesdays noon-3:30 p.m.; and ECC Clinic Episcopal Church, 2083 Sunset Cliffs Blvd., Wednesdays 5:30-7 p.m. Meal at 6 p.m. Graduate and undergradu- ate nursing students staff the free clinics that provide medical services, nursing care, mental health services, case management and social services to uninsured and under-insured people in Southern California under the direction of medical professionals and faculty.

How to donate: For every $1 you donate the patient receives at least $10 worth of free medical services. Southern California Care Community is a nonprofit. Mail donations to: Southern California Care Community, 1249 E. Ohio Ave. Encinllo, CA 92027. Visit SoCalCC.org to make a donation. Supply and in-kind donations are accepted.

PENINSULA SINGERS

The Peninsula Singers community choir welcomes singers with all levels of experience to join them for their fall season, which starts on Monday, Sept. 14. No audition is needed. Due to the current Coronavirus situation, this will be an online semester. The choir will meet on Zoom at 5:30 p.m. on Mondays for a community singalong, or ‘zoomalong,’ of a variety of songs – traditional songs, folk songs, camp songs, patriotic songs, spirituals, etc. – before transitioning to holiday music in November and December. There will be no formal, in-person concert at the end of this semester. Interested singers can visit peninsula singers-sandiego.org for more information and to register online.

The choir is directed by Sarah Suhonen and accompanied by Stewart Simon on piano. The choir has performed at many venues throughout the community including U.S.S. Midway, the Point Loma Village Cultural Faire, Southwestern Yacht Club, Point Loma High School, several local libraries, and December Nights in Balboa Park. They have also performed at Carnegie Hall and the European cities of Prague, Salzburg, Vienna and Munich.

Read more online at sbnews.com
A Point Loma High School teacher and one of his pupils discussed distance learning versus in-class learning as the 2020-21 school year is about to begin online-only on Aug. 31.

Both PLHS video production and cinematic film instructor Anthony Palmiotto and junior student Vincent Diana are looking forward to school rebooting. And both agree that going from standard in-class instruction to remote-distance learning takes some getting used to.

“At first it was daunting, but I’m a techy person, so it wasn’t super hard for me,” confided Palmiotto, whose classroom includes a “green room” with filming equipment where his students record Public Service Announcements.

Of the adaptability of students to online learning, Palmiotto said, “These kids live online. Every one of these kids has a smartphone. And every one of those smartphones has an editing program installed on it. So they can do the work. They can figure out how to do this (online learning). And they’re better at it than I am.”

Palmiotto was surprised by how well some students took to online learning. “The silver lining was that some kids, who get easily distracted in my class, did much better when it was just them and their computer, and no distractions,” he said.

Eleventh-grader Vincent Diana discussed the pros and cons of online versus in-class learning.

“Not waking up early every day, being able to learn at your own pace, learning in the comfort of your own living space,” were positives cited by Diana.

Negatives cited by him included, “Not being able to see/collaborate with friends in-person, hard to focus.] This is especially true for students to keep up to date on frequent assignments, and no extracurricular activities like sports.”

“Students who get easily distracted in my class, did much better when it was just them and their computer, and no distractions,” he said.

Negatives cited by him included, “Not seeing teachers in person, hard to exercise/mental breaks through-out the day, allowing me to better concentrate on my studies.”

Whereas others require very rigorous workloads, others require very little from the students. In the more-involved classes, there will most likely be a higher tendency for students to not really comprehend and retain the material. The motivation will shift from understanding to just getting it done.”

Diana likes that “the more flexible schedule offered by online classes allows me to work in more exercise/mental breaks throughout the day allowing me to better concentrate on my studies.”

But Diana misses “being able to see my friends and teachers on a daily basis and creating those lifelong memories obtained through both school and extracurricular activities. Having face-to-face interaction allows you to bounce ideas off of your classmates and teachers, which is absent in the online learning environment.”

SEEN STUDENT, Page 14

LIBERTY STATION

The Presley

The Presley is a dynamic outdoor restaurant located in Liberty Station. A great place to gather, The Presley features classic American fare, local seafood, and unique shareable options, as well as an extensive cocktail list that includes frozen drinks, dolce whip mimosas and more! You can always take advantage of the beautiful San Diego weather on our expansive dog-friendly patios complete with lush greenery, fire pits and swinging benches. It’s always good to see you at The Presley!!

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Meet Laura Calderon, Your Liberty Station Escrow Professional.

Laura grew up in San Diego and is a proud alum of Point Loma High School and attended San Diego State University before finding her passion in the real estate industry. She started her escrow career in 2004 and came with a wealth of knowledge and experience to Elite Escrow Services in 2017.

For three years, she worked under the leadership of Jane Beltran, one of Elite’s Escrow’s highly esteemed and educated Escrow Officers. As Jane’s Right Hand Escrow Officer, Laura was able to learn not only the ins and outs of Escrow but also customer service skills which Laura carries with her into the real estate industry.

Laura is bilingual and has a vast understanding of many different types of escrow transactions, including residential sales, short sales, REO, 1031 exchanges, and refinancings.

With her combined expertise of escrow and exceptional customer service skills, Laura ensures her clients will have a smooth and seamless transaction.

Laura enjoys traveling, cooking, concerts, and spending quality time with family and friends. Call today to request an escrow quote: 619-516-8006. Get an accurate estimate of your closing costs with a free Seller Net Sheet!

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LIBERTY STATION

The Beacon
FRIDAY · August 28, 2020
THE PENINSULA BEACON
7
By DAVE SCHWAB | THE BEACON

The Loma Club offers outdoor space for other eateries ‘pop-up’ Sundays

Given that The Loma Club has plenty of outdoor, socially-distanced seating, the Liberty Station golf course has extended an open invitation to help out San Diego restaurants allowing them to apply for upcoming “Community Pop-up” Sundays.

Launching on Sunday, Aug. 30, this once-monthly, last-Sunday series welcomes restaurants to take over The Loma Club’s kitchen and well-appointed outdoor patio from noon to 6 p.m. at the golf course at 2960 Truxtun Road.

All proceeds will go to the chosen pop-up restaurant. Priority selection will be given to those eateries who have had an especially hard time during all of these regulation COVID changes due to landlord restrictions, no outdoor seating, etc. The Loma Club will further provide support to those who want the space, a full bar menu, and an opportunity for guests to hit the links on the club’s 9-hole walking golf course.

To kick-off this initiative, Casanova Fish Tacos will be the first local eatery to debut at The Loma Club on Aug. 30. The mobile taqueria is known for its authentic Baja-style cuisine and award-winning tacos. The exclusive menu will showcase three of Casanova’s best-offerings, which include:

• Baja Style: deep-fried, lightly battered, cabbages, pico, habanero salsa plus signature aioli;
• Chipotle Style: grilled fish, chipotle marinade, cabbages, pico plus chipotle aioli;
• Ginger Style: grilled fish, fresh ginger, cabbages, serrano aioli plus teriyaki glaze.

Laura Johnson, co-operator of The Loma Club and owner of You & Yours Distilling Co., talked about the golf course’s new pop-up program. “We just took over The Loma Club in January,” Johnson said. “At the time I was joking with my partner that the last thing we needed was another business to run, but it ended up being a blessing in disguise. In addition to having the clubhouse and large patio, golf is one of those activities that feel quite safe, given everything going on, and we’re so grateful.”

Added Johnson: “We wanted to lend our patio and outdoor seating to those establishments who haven’t been so lucky with restrictions and regulations. I’ve seen so many of my industry friends and peers struggling to reopen or offer take-out options, so I had the idea to allow others to come in and hopefully be able to earn a little financial relief.”

Regarding the duration of pop-ups, Johnson said: “We’re open to offering our space as long as is necessary, and perhaps even beyond the end of these COVID-related restrictions. The Loma Club and Point Loma as a whole are such community-oriented places, and I think the idea of community-benefitting pop-ups would really appeal to our neighbors and regulars for a long time to come.”

Read more online at sdnews.com
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Ocean Beach veterinarian pens books on training dogs and cats

By DAVE SCHNAB | The Beacon

Ocean Beach resident, veterinarian, and San Diego Humane Society president and CEO Dr. Gary Weitzman has authored two new children’s books on best practices for dog and cat training.


“They are really good for anybody on interpreting what your dog or cat is trying to communicate. The books are broken up into a few sections offering steps for pet training.”

“Fetch” and “Pounce” offer the best tips and tricks for training four-legged best friends. Whether teaching puppies basics like “sit,” “stand,” and “stay,” correcting behavioral problems, or training your pooch to perform more advanced tricks, Fetch will walk you through all the necessary steps. Kids will bond with their pups through structured lessons that showcase easy-to-follow instructions and commands. Additional content introduces readers to Hollywood hounds, dogs on the job, how to make your own dog toys, and famous historical canines.

And whether you want to train your kitty to walk on a leash, or how to use a scratching post instead of the couch, Pounce will take you through all the steps you need to know to get started. Kids and their parents will learn basic training, corrective training, and tricks they can do with their cats. Fun special features introduce readers to famous trained cats and felines in ancient Egypt.

Both books are coming out at an ideal time, given pet adoption and ownership are “booming” during COVID quarantining.

“Since COVID what we’ve seen is an enormous desire for adopting by the community,” said Weitzman. “And people are holding onto their pets as I’ve never seen. It’s a gold lining to what’s happening. There is a quarter of the number of animals we normally have in the shelter, and people are even wanting them as food.”

Weitzman is proud of how SDHS has evolved. “San Diego County is the largest region in the United States that has zero euthanasia for treatable animals,” he said. “No other similar large organization takes care of animals the way we do.”

Asked why San Diego is so animal-animal friendly, Weitzman replied, “We have more than 300 endangered species in San Diego, which is one of the most biodiverse areas in the United States. People here really care about their companion animals, and it’s encouraging how people step-up the way they do for animals and animal causes.”

Weitzman is equally proud of SDHS programs that have distributed 230,000 pounds of pet food to people suffering from financial hardships. “Our real goal is for people to hold onto their pets so they never have to come to the shelter in the first place,” he said concluding, “Support your local shelters and take care of your animals.”

Fetch and Pounce are available on Amazon, at Warwick’s Bookstore in La Jolla and at sdhumane.org/about-us/news-center/stories/books.html and national-geographic.com.

San Diego Humane Society president and CEO Dr. Gary Weitzman with Jake and Betty. COURTESY PHOTO
Sapsis: During the COVID-19 emergency response, I am leading a team that provides communication support and technical assistance to CDC staff who deploy across the country to the front lines, and to state, local tribal and territorial health departments. We provide guidance, tools, and resources for creating, framing, and tailoring health and safety messages.

Beacon: Tell us what it feels like to be working on the CDC’s COVID-19 pandemic response. It must be exhilarating on the one hand, and stressful on the other, as your working against time.

Rose: Working on CDC’s COVID-19 response is incredibly meaningful to me. I am contributing to helping tackle one of the most challenging public health crises the world has faced in the last 100 years. My whole career at CDC, to date, has focused on emergency preparedness and response. So I feel like I came into this work with the extraordinarily dedicated and talented staff, and more, who are committed to data-driven approaches and strategies to address hard public health problems.

Sapsis: I’m honored to be part of the CDC team that is working on the COVID-19 emergency response. This is what we trained for. We are all dedicated to protecting people and saving lives. While it is personally stressful and we work long hours, seven days a week, I would not have it any other way. If I can make a small impact on an already prepared-for task, the country has faced in my lifetime, then I want to do that.

I’ve worked on several emergen- cy responses during my career, including H1N1, Ebola and Zika, and they are always exciting, fast-paced, stressful, and emotionally difficult. But it is also rewarding to contribute to such important issues. Promoting health and protecting lives is the rea- son I work in public health. Inherently if there is a public health emergency, it is affecting the lives of real people, and that can be sad and at times overwhelming. Like everyone else, I worry about my own health and about my family, especially my mom and aunt who are in their 80s. And I am saddened by the negative impact this pandemic has had on so many communities. But also, I work with dedicated and talented people at CDC and across the country on the front lines. And I am inspired by the amazing innovation, collaboration, and acts of kindness that I hear about each day.

Beacon: Did you ever imagine that you’d have a key role during a national emergency?

Rose: CDC plays a major role in responding to public health and other national emergencies. I have worked in preparedness and response for my whole CDC career (11-plus years), and have had the honor and privilege of working on responses such as the 2014-15 Ebola outbreak in West Africa, the 2016-2017 Zika response, our agency’s response to Hurricanes Harvey, Irma, and Maria, the 2016-2017 2ka response, our agency’s response to the 2016-15 Ebola outbreak in Democratic Republic of Congo, and now the COVID-19 pandemic.

I think earlier in my career, there was a bit of a “wow” factor in being a part of this incredible agency’s re- search efforts to national or global public health crises. Admittedly, I’m more used to it now, but where I still retain my awe is in realizing how lucky I am to be working for such an amazing organization, filled with dedicated and talented scientists, public health advisors, support staff, and more, who are committed to data-driven approaches and strategies to address hard public health problems.
By DAVE SCHWARTZ  |  THE BEACON

Professional rock musician Tod Howarth is a one-man-band. And these days at least, he prefers it that way.

The Point Loma High School alumnus lives and works in the Midway District managing commercial property his family has owned for years. He is currently working on a string of eight solo albums, of which he’s completed five.

“The good thing about it is I don’t have to wait for anybody else’s schedule,” said Howarth of going solo. “I know what I want when I want, how I want.”

During his 40-year career, Howarth has played and toured with Todd Nagent, Cheap Trick (twice), 707, and Frehley’s Comet (led by Ace Frehley, formerly of Kiss). The high-profile bands Howarth almost played for include Heart, Aerosmith, Van Halen, and REO Speedwagon.

He said, “You could be utilized in many different ways. I’m a blue-collar musician, always have been.”

A songwriter too, Howarth said the music comes first, then the lyrics. “I’ve always wanted to play really heavy rock,” he confessed, noting what he likes most about the guitar is, “The mobility, the power, the stage presence. It’s fun.”

Howarth said there’s almost nothing like performing live. “When we start playing a song I wrote, and the crowd is going nuts, that is phenomenal,” he said. “I really enjoy seeing people having a good time. That is what you want to accomplish. It’s unfortunate right now because it (live performances) being killed except for Zoom concerts. The crowd feeds off that energy and the players, like myself, feed off that energy as well. And I miss that.”

Of having been a traveling musician, Howarth said: “It can be pretty awful, busing your butt on the road living in filth and squalor. But it also can be a lot of fun depending on how you handle it. Some people get short-tempered, irritated by certain things. Other people just brush their off because they know it doesn’t really matter. Once you get on stage, that’s the fun part.”

Added Howarth: “I always had responsibilities. My oldest daughter I had when I was 2 years old. When the band wasn’t going I worked day jobs — gas stations, construction, I delivered Girl Scout cookies.”

Howarth and his wife Valerie have been married for 30 years. They have two children. “I have already finished five albums,” he said. “I have another one I’m working on. I have a different sound, and I have another one I’m working on.”

Howarth is a one-man-band. And he is quick to point out that energy and the players, like himself, feed off that energy as well. “I will and determination. ‘I pushed. ‘I just want to do it,’ he said. ‘If that’s what you want to do, just be prepared for a lot of disappointment.’

Howarth took to that heart and claims he beat the odds by sheer determination. “The good thing about it is I don’t have to wait for anybody else’s schedule,” he said. “I’m a blue-collar musician, always have been.”

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Howarth is also writing his autobiography, which he admits is taking some time. But he stressed it’s not one of those tell-alls, especially not about him, as he’s avoided most of the pitfalls of music fame.

“I’ve loved beautiful women,” he admits of his touring past while pointing out, “The opportunities are just amazing and phenomenal.” But he warned those same opportunities “can be life-changing, life-wrecking, marriage-wrecking.”

Howarth’s advice to aspiring musicians: “Make sure you have the stomach to follow through with all the bad decisions you’re going to make.” He said, “I was always into minibikes at first at about his chosen occupation. Howarth said his father told him, “If that’s what you want to do, just be prepared for a lot of disappointment.”

Howarth took to that heart and claims he beat the odds by sheer will and determination. “I pushed. ‘I just want to do it,’ he said. ‘If that’s what you want to do, just be prepared for a lot of disappointment.’

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Concerning how difficult online learning is to pick up, Diana commented: “Most things that are unfamiliar are difficult but the more we do them, the better we become at them. If you are familiar and well versed with course material, then the online environment will be relatively simple and help enhance your knowledge. If you are struggling to grasp certain concepts, however, then the absence of in-person face-to-face collaboration can prove to be a struggle to both short- and long-term academic success, as it is not as hands-on and can be harder to seek help as well as ask the appropriate questions.”

Diana believes online learning can be improved by “having the option for an individual, in-person Zoom sessions that are not in a group setting to give students the opportunity to ask their personal tough questions and replicate that sense of one-on-one student-teacher interaction. Just like with in-person classes, a student may sometimes not feel comfortable asking a question during a class period, so they’ll seek the teacher out after class or at lunch to get their questions answered and enhance their understanding of the subject, which is why having the option to do that online would be beneficial to us as students.”

Does online learning cause problems/conflicts working from home?

“There are definitely problems/conflicts when working from home,” answered Diana. “The main thing being that you are not in a school environment but rather at home where distractions are abundant.”

Would you rather be in school?

“I never thought I would say this but yes, I would way rather be in school,” concluded Diana.

STUDENT

CONTINUED FROM PAGE 7

Given that the County’s case rate for COVID-19 has been and appears likely to remain below 100 cases per every 100,000 residents, all schools in the region, kindergarten through 12th grade, could reopen for in-person instruction beginning Sept. 1. Schools that choose to reopen must follow the guidance for schools and school-based programs. The guidance applies to in-person learning and distance learning. Schools districts and charter and private schools must meet the state public health requirements and must develop and implement their own reopening plan.

Lisa Perich
619-865-1022

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Ocean Beach • $1,150,000

Mediterranean stunner in sweet pocket of OB! This 4 bed-room/2 bath beauty features remodeled kitchen with stainless steel appliances, built-in, newer vinyl windows, wood floors, updated baths, spacious family room with fireplaces, a steam shower, for outdoor shower and detached 1 car garage. An entertainers dream with 800+ sq. ft. deck, spa, drought tolerant landscaping and rooftop deck with bay, night light and fireworks views. Detached guest casita is the icing on the cake! Just blocks to the sand, cafes & dining. Nothing else like it! Get here quick!!

Ocean Beach • $1,189,000

Vintage Ocean Beach cottage perched high on the hill with AMAZING, panoramic white water views. This 2BR/2BA features an open floor plan, wood floors, updated bathrooms, 1 car garage w/roof deck & huge back yard. A bit of sweat equity and this baby could be adorable. The zoning allows 2 units & the special view makes this an opportunity too good to pass up. Just blocks to the Farmer’s Market, the beach, the post, cafes, nightlife, and restaurants. Live in front & build a back house. Wow!!

Ocean Beach • $1,198,000

Sunny 1 bd condo in popular Mission Beach just steps to the sand and 2 boardwalks. Located on the 1st floor of a small, secure complex and comes with secured off-street parking and an elevator. Features include laminate floors, a wall of glass with sliders, fresh paint, and an open floor plan. Mission Beach is a vacationer’s paradise with the ocean and the bay on either side of the neighborhood. This condo is surrounded by quaint shops, cafes, rights-of-way, and white sand beaches making it a perfect CA dream home in a great investment property. It doesn’t get better than this!

Ocean Beach • $1,150,000

South Ocean Beach • $1,650,000

Mediterranean stunner with ocean and sunset views in South OB! This beauty features over 3,000 square feet with 4bdr/3.5ba, hardwood floors, upgraded kitchen and bathrooms, French doors, multiple entertaining spaces, and an unheard of 5 CAR GARAGE. The romantic master suite features ocean views, walk-in closet, and fireplace. Two built-in BBQ/outdoor kitchens, remodeled pool, and pool house make this an entertainers dream. Perched high on the hill in a friendly neighborhood within blocks of the ocean, dining, shopping, and Sunset Cliffs. 4bdr/3.5ba, home!

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