By JEFF CLEMETSON and DAVE SCHWAB

San Diego businesses, restaurants in particular, have been turned inside-out once again. Citing rising positive tests and hospitalizations from coronavirus, on July 13 Gov. Gavin Newsom ordered the state-wide closure of indoor operations at a laundry list of establishments including restaurants, wineries, gyms, hair salons, worship centers, personal care services, malls, movie theaters, zoos, aquariums, family entertainment centers, and card rooms, as well as the full closure of all bars and non-critical office settings.

In District 2 County Supervisors race, Anderson highlights bipartisan record

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-adopted term limits capped her at 28 years on the board — is down to two candidates, Anderson is hoping his record of working on bipartisan bills in the state legislature will catapult him to the board in November.

Outside and open for business

Cutting Edge owner Tony Ganaway in front of the outdoor barber stations he set up following statewide closures of most indoor businesses. (Photo by Jeff Clemetson)
El Cerrito Community Council news

By LAURA HEDAU

COVID testing: If you are having COVID-19 symptoms, the Tubman-Chavez Center, located at 415 Euclid Ave, has been set up for free testing for active virus cases, without the need of a doctor’s referral. The testing for active infection is generally a swab of the nose or throat. This sample is then tested for viral infection. Symptoms include fever or chills, cough, difficulty breathing, fatigue, headache, sore throat.

Donations: A big thank you to all who donated to the El Cerrito Community the last few months: Alden Rollins ($100), Anonymous ($30) and Paula Maglione ($10).

SEE ECCC, Page 23

Changing lanes in College Area

The section of Montezuma Road between College Avenue and Fairmount Avenue is one of the most-traveled roadways in the College Area. Many residents of Rolando, El Cerrito, Oak Park and Talmadge drive north on El Cajon Boulevard, College Avenue and Colwood Boulevard/ 54th Street onto Montezuma, westbound to get to Interstate 8, every morning. The process reverses in the afternoon.

As you know, most of the entire length of Montezuma Road does not allow parking, except the stretch from Campanile Drive to 55th Street. This makes for very congested travel. Most of Montezuma has designated bike lanes, except the section from College to 55th Street, but College to Campanile does not allow parking on either side of the street so bicyclists get a bit of a break there.

Not so on the remaining section of Montezuma and the traffic comes to a stop because someone is trying to get into a parking space! As cars move to the left to get around the stopped traffic, that slows the center lanes down. Since bicyclists share the roadway with cars, when someone opens a car door, this is a very real hazard to them and motorists. In addition, how many students rushing to class have you seen dart out from between parked cars? Probably more than you would like to.

All of the above make for, at the very least, a very precarious situation and at the worst, a dangerous situation. For these public safety reasons and to improve the flow of traffic, the College Area Community Planning Board (CACPB) voted to request that the city eliminate parking on both sides of Montezuma between Campanile Drive and 55th Street.

In the current climate, where many students are rushing to class and motorists. In addition, how many students rushing to class have you seen dart out from between parked cars? Probably more than you would like to.

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In the current climate, where many students are rushing to class and motorists.

Rolando Community Council hosts catwalk challenge

By AISHA SALLEH

Hello Rolando neighbors!

Greetings from the Rolando Community Council Community Events Team (CET). We’ve missed you!

It’s been a very challenging few months for many of us and we wanted to check-in with all of you and see how you’re doing.

The CET recently met virtually and tried brainstorming some ideas on how we could still have some fun together as a community while doing it safely. We thought we could kick things off by starting our very own Rolando Catwalk Challenge!

I have to admit, even though I have to admit, even though I have to admit, even though I’ve already seen all eight catwalks — Las Palmas, Los Pinos, Halcón, Coyotes, Agaves, Colibri, Naranjas, and Papagayos. Once you’ve visited all of them, take a selfie in front of one and post it and share it with us. You don’t have to do all eight in one day and if you’ve already seen all eight, send us a selfie in front of your favorite one, or post on our social media page (Facebook, Instagram, Nextdoor), and maybe share why.

We’re so excited to see and hear from you!

We’ve got more activities in store, but if you’ve got some ideas for the CET, of events or activities you’d like us to do, please share! Send any ideas to aisha@rolando-dcc.org.

—Aisha Salleh is director of the Rolando Community Council Community Events Team.

Rain, wind, and fire...

“The three menaces to any chimney, fireplace, or stove.”

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For a limited time, readers of this paper will receive a special discount on our full chimney cleaning and safety inspection package with special attention to chimney water intrusion points in preparation for the rainy season.
The District 2 race is predicted to be one of the closest. Anderson, a Republican, will face fellow conservative Mayor Steve Vaus, who garnered 31% of the vote in the primary. Another conservative candidate, Brian Sesko, took 8.8% of the vote and Democratic candidate Kenya Taylor came in third with a surprising finish of 26.7% in the historically deep-red district.

Since the primary resulted in a close race between the preferred 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 attended San Diego City College before transferring to and graduating from Cal Poly Pomona.

After college, Anderson went to work as a lobbyist for several years and started a direct mail marketing firm whose clients included businesses and politicians.

Anderson said he was interested in running for different political campaigns. “I was encouraged to run for office,” Anderson said.

His first run for office was in 1995 — a race for State Assembly District 75, which he lost. In 2002, Anderson ran successfully for a seat on the water board, where he served four years, followed by successful campaigns for two terms in the State Assembly then two terms in State Senate.

In 2014, Anderson explored a run against Dianne Jacob for her District 2 seat, but eventually suspended the campaign citing difficulty raising the kind of money he felt he needed to beat the incumbent.

Anderson’s time in the legislature wasn’t without some controversy. In 2018, the Senate reprimanded him after an altercation with a lobbyist who said she was threatened by the senator in a bar.

Despite the pitfalls of public life, Anderson said serving in public office has been an overall rewarding experience. “You have an opportunity to fix people’s problems — especially in the legislature,” he said. “Our focus was constituent services. We did between 20 and 30 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 help inform constituents of money owed to them by the state (one elderly couple had over $200,000 owed to them); or the time a soldier 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 registered so it wouldn’t be towed.

“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 program that at times had 50 people who had worked 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 includes 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 recognized for his bipartisan approach with a Chuck Nicholas & Pierre Frazier Bridge Builder Award from the USB 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 bipartisan record, Anderson still describes himself as an “uber-conservative.”

“There’s no doubt about it — I am,” he said. “But I also understood that I represent a diversity 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 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 years, Republicans dominated the Board of Supervisors — holding every seat until Democrat Nathan Fletcher’s 2018 victory in District 4. This year, the District 1 seat has already been lost to Republicans and another seat in jeopardy — Kristin Gaspar’s District 3 seat where two Democratic candidates split 57.2 percent of the primary vote. If District 3 goes blue, the Democrats will have a controlling vote on the board.

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

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

On transportation, Anderson holds a more traditional conservative approach — that the county 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 hospital. 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."


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BUSINESS SPOTLIGHT

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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 respi- rators. 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 society because no business will ever open again and at some point you’re not 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 constituent 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 Clemetson at jeff@sdnews.com.

La Mesa resident Gloria Ann “Lori” 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 Biall and friend Anna Falco were able to raise the $350 for the tree through donations.

On Aug. 13, the tree was planted at a ceremony attended by friends and family. "I cannot think of anything more beautiful than a tree. A tree represents beauty, elegance, brightness and a living thing always growing. It represents Lori to the fullest. We chose a light pink crape myrtle. Her favorite color was pink," Falco said. "This tree, in my heart, will allow me to visit her anytime I want and we will be together in spirit."

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 his 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 anaafalco@cox.net.

For information about getting a tree dedication in or around San Carlos parks, contact Kelly Wood at kwood@sandiego.gov.

—Reach editor Jeff Clemetson at jeff@sdnews.com.
The constitutional right we cannot afford to waste

By DIANE JACOB

Wildfire warning: In light of COVID-19, the county, Cal Fire, the Red Cross and others are re-issuing evacuation orders and other emergency orders 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.

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 $3.4 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 to battle the virus and work to get our economy on track.

To apply start here: san diego county.gov/stimulusgrant/. 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 already voted 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.

The constitutional right we cannot afford to waste

By TOM G. ATKINS

Every decade, each person in the United States, young and old, regardless of citizenship, has the Constitutional right to be counted. The Census is the only way for us to determine the true definition of America — whether you live in the largest metropolitan cities or miles down rural routes.

Reminders about taking the 2020 Census are emblazoned on billboards, featured in television commercials, and splinked into social media news feeds. It makes sense, given that approximately $1.5 trillion dollars in federal funding is at stake.

Breaking that down, that means for every person left out of the Census count, California can lose $1,000 per person — per year — for the next 10 years.

That’s a loss of $10,000 per uncounted person until the 2030 Census.

If you have a family of five, your community could lose out on $50,000.

The Census is like planning how much cake to have at a birthday party based on the number of RSVPs. No one wants to come out on cake because you thought it was OK to just show up unannounced.

The total pool of funding is distributed free the second Friday of every month based on population and head counts. This includes babies, children, teenagers, seniors and non-citizens.

The impact of COVID-19 health crisis also affords an all-too-realistic example of why you cannot be counted. We need to ensure that we get our fair share of funding and resources in emergency situations. Funding for a community health crisis in your neighborhood is based on information only you can provide. The data also funds programs and resources like senior services, child health programs, higher education, and job training.

Our population is aging. The baby boomer hit 65 in 2011. That population will continue to grow, and services must be properly accounted for. By filling out the Census form, you are doing your part.

More importantly, your answers help fund programs that serve your community and shape your future.

It is important to note that this is not a citizenship survey. The Census Bureau has already having blocked the citizenship question from being included in the Census, the current administration is now quite forcefully attempting to circumvent the law and exclude non-citizens in the 2020 Census. These efforts are unconscionable and unconstitutional.

Now, more than ever, we need everyone to participate in the 2020 Census so that we can ensure the law, not divisive politics, governs our land. We cannot let people be counted or not counted. The Constitution is clear — all people must count.

If this current public health and economic crisis has demonstrated anything is that vulnerable communities have suffered the most. In addition to health, there is a significant impact on our public schools and higher education, which means it is even more important to plan for the next 10 years in communities hard hit by this pandemic.

Census workers, called enumerators, will begin going door-to-door to collect Census data. They are not allowed to ask for your social security number, political preference, bank account information, or religious affiliation. It is illegal for the Census Bureau to share your information with law enforcement or any other government agency. Your information cannot be used against you in any way.

So please, consider this my “door-to-door” ask. Have you done a post on Facebook, sent a Tweet or uploaded a picture on Instagram? It’s just as easy to fill out your Census. You can do it online, over the phone or on paper. In fact, you may also be receiving an email, making it even easier to complete.

The next 10 years of funding can be determined in just 10 minutes of your time.

Make sure you are counted.

It is your Constitutional right.


— Toni G. Atkins is President pro Tempore of the California Senate. Having previously served as Speaker of the California Assembly, Atkins began her tenure in the Senate in 2016. As Senator for District 39, she represents the cities of San Diego, Coronado, Del Mar and Solana Beach. Website: ToniGAtkins.ca. State Sen. ca.gov/Atkins.
When all the ballots were counted in the March primary, Raul Campillo had, somewhat surprisingly, amassed nearly 36% of the vote, even with two other outstanding Democratic candidates, and a lone Republican on the ballot.

Many would appear to be the favorite in a district that now leans Democratic, especially in an historic presidential election where the incumbent’s job approval is dismal, and by election time, well over 200,000 Americans will have died because of his mismanagement of the federal response to the Covid-19 pandemic. With unemployment at historically high levels, and the economy in a steep nose dive, it doesn’t seem possible that Trump will help any of the down ballot candidates in California with an “R” after their name. His ill-advised attempts to squash the vote seem to be equally unpopular among all constituencies.

The La Mesa-Foothills Democratic Club has known Campillo for a long time, since he became a member early on, and spoke frequently to the club long before the election heated up. Campillo is currently San Diego Deputy City Attorney, where he has been a prosecutor and now serves in the nationally-recognized Gun Violence Response Unit.

Campillo was born and raised in San Diego, attending East County public schools Vista Grande Elementary School and Hillsdale Middle School before attending Uni High School in Linda Vista. He is also a double-graduate of the University of California with a Bachelor’s and Law degree.

Campillo has been a regular attendant and active member of the La Mesa-Foothills Democratic Club, and he was endorsed by the club and the San Diego County Democratic Party. He is also en- dorsed by former District 7 City Council member Marii Emberly, who said “Raul is committed to serving everyone and being in the neighborhoods, in every community, to solve problems. That’s why he has my full support.”

Campillo has also been endorsed by every city employee association, including firefighters, Lifeguards, and Police, as well as the League of Conservation Voters and Sierra Club.

Campillo’s priorities are making sure our local economy rebounds from the coronavirus and that local businesses are given the aid and help from the City government to rebuid. He also wants to emphasize keeping housing costs affordable, preserving open space on Cowles Mountain and in Mission Trails Regional Park, expanding public transit options, and fixing the roads that have been long neglected in District 7. Campillo and his staff will be extra diligent in responding to community concerns, like the speeding that recently led to a disastrous crash in Del Cerro and Andora Avenue.

All in all, from his East County roots to his on-the-ground focus, Campillo represents what’s sorely needed: an excellent public service experi- ence and professional expertise on community issues, together with the values that emphasize local government’s strengths. “I work in the city government and I see what works and what doesn’t,” he says. «Not every issue is partisan, and not every value is partisan. But when it comes down to it, the best way to lead our city is by governing the way you would want to be governed.»

The La Mesa-Foothills Democratic Club meets the first Wednesday of every month. In regular times, our meeting room is the La Mesa Community Center. For the last few months, and for the foreseeable future, we’ll be zooming each month. We just had a wonderful meeting on Aug. 5 about the efforts to pass Proposition 16, the non-partisan effort to bring Affirmative Action back to California colleges and universities. You can catch the entire meeting at lamesafooths-dems.com.

—Tina Rynberg is president and Jeff Benesch is vice president of pro- gramming for the La Mesa-Foothills Democratic Club.

You may wonder what it is that your successor trustee administrators your successor trust to accomplish during your absence. Here are the primary actions (not necessarily sequential) your successor trustee will need to take:

1. Arrange for the ongoing care of your pet(s), secure your house, and make the final arrangements for the disposition of your body.
2. Order several Death Certificates through the mortuary to be used in connection with Social Security, Social Security Administration and public records (and transferring title to real property).
3. Mail your executor affidavit to the County Clerk of the Superior Court of California for Probate and the County Clerk of California where your will is located. A probate must be opened to probate the will and transfer title to real property.
4. Obtain preliminary value of your estate to determine whether a federal estate tax return may need to be filed with the IRS (within nine months from the date of your death).
5. Notify the California Department of Public Health or your Health Care Services as required by California law if you received or may have received Health Care Services as required by California law.
6. Open a new checking account in the name of the successor trustee or in the name of the successor trustee and you, if you so request. This account will be used to pay all of your debts and any pending trust expenses. In this connection, obtain from the IRS a new income tax reporting num- ber (EIN) for the trust which the bank will require, since your Social Security number is not revocable upon your death.
7. Transfer titles of financial broker-dealer accounts from your name into the successor trustee or in the name of the successor trustee and you, if you so request. This new account is to be used for the ongoing management of your estate.
8. Locate all outstanding bills and pay the same from the account referred to in Para. 6 above.
9. Make claim for any death benefits payable under insurance policies.
10. Assign any personal property in your estate, have an appraisal of such property

made by an estate personal property appraiser and sell such property and deposit the sale proceeds into the trust bank account, or divide such property among the family beneficiaries based on value or as otherwise required by the terms of your trust.

11. Obtain a death tax value of all other property in your estate. Your banks and brokerage firms can provide the trustee with a statement covering the value of your assets and a letter providing the date of death value(s) of such assets. The trustee will probably need to hire a qualified real estate appraiser to assign a death tax value (needed for income tax basis purposes).

12. The trustee should keep a good record of all trust income and expenses and trust distributions, since an accounting should typically be provided to each beneficiary at the end of the trust admin- istration.

13. The trustee should pay to him- or herself the compensation fee or he is entitled to under the terms of the trust and if none is provided for, “reasonable compensation” as authorized by California law.

14. After all estate expenses and debts have been paid, make the distributions to your beneficiaries called for by the trust.

15. Have an accountant prepare and file the resulting income tax returns for you and for the trust.

The above statement is not to be taken as legal advice for the reader’s particular situation. Richard McEntyre practices in the area of real estate, trusts, estates and probate. Having served the San Diego community as a lawyer for over 48 years, Chris von der Lieth is Dick’s associate lawyer, having worked with Dick for over 40 years. Affordable rates. Highest quality services. Call us today.

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By TINA RYNBERG
JEFF BENESCH

Richard F. McEntyre practices law in the area of estate planning and administration, having served the San Diego area for over 25 years. He earned his law degree.

ADMINISTERING YOUR TRUST UPON YOUR DEATH
By: Dick McEntyre and Chris von der Lieth, Attorneys at Law

By PAT BOERNER

By PAT BOERNER

Republican Women looking to November

Navajo Canyon Republican Women of California is looking forward to a Zoom meeting featuring San Diego County Deputy District Attorney Tina Quick on Sept. 8. Deputy DA Quick will speak on the current state of law enforcement in San Diego today, as well as other related law enforcement and judicial issues.

Our members will be given the information on how to “join” the Zoom meeting and participate in a discussion after registering. This is just another opportunity to join Navajo now and be able to attend our Zoom meetings and be kept up to date on the latest political and campaign events. For infor- mation on how to become a member or to two please visit our website at navajocanyon.org and visit us on Facebook at Republican Women of California-Navajo Canyon.

The Republican Women of California San Diego County is hosting an outside meeting at the Legacy Hotel in Mission Valley on Monday Sept. 14 at 10 a.m. The speaker will be Ruth Weiss from the Election Integrity Project and her topic will be the very timely and urgent issue of voter fraud. What can we do to assure the legitimacy of our elections? For more information and to make a reservation, please contact rd-lamar@cox.net or waskahwelen-aj@aol.com.

Americans are increasingly frustrated with the failure of their elected leaders to protect property and the citizens. Are you paying attention to what is happening in Portland? This is our opportunity to affect a great outcome in the November 2020 election. Now is the time to vol- unteer and remind the public how poor leadership has led to so much chaos, destruction and lack of respect for law and order. Of course, there is always a wealth of examples to consider. Phone calls to other Republican voters and getting them to promise to vote is sim- ple, yet very important.

Tired of biased reporting from major sources such as Twitter, Facebook, Google and Amazon? There is now an alternative to Twitter with Parler Free Speech Social Network. Parler is an unbiased social media fo- cused on real user experiences and engagement. Parler never shares your personal data. You can access Parler by adding the app on your smart phone or by accessing parler.com on your computer.

Another idea: Next time you go into your Facebook account, delete Facebook, the address of Facebook, the Facebook app on your smartphone or by accessing parler.com on your computer.

There is now an alternative to Facebook and Twitter called Parler. This is an excellent source of bar. This is an excellent source of

information about becoming a member and campaign events. For infor- mation about becoming a member and campaign events. For infor- mation about becoming a member and campaign events. For infor- mation about becoming a member and campaign events. For infor- mation about becoming a member and campaign events. For infor- mation about becoming a member and campaign events. For infor- mation about becoming a member and campaign events. For infor- mation about becoming a member and campaign events. For infor- mation about becoming a member and campaign events. For infor- mation about becoming a member and campaign events. For infor- mation about becoming a member and campaign events. For infor- mation about becoming a member and campaign events. For infor- mation about becoming a member and campaign events. For infor- mation about becoming a member and campaign events. For infor- mation about becoming a member and campaign events. For infor- mation about becoming a member and campaign events. For infor- mation about becoming a member and campaign events. For infor- mation about becoming a member and campaign events. For infor- mation about becoming a member and campaign events. For infor- mation about becoming a member and campaign events. For infor- mation about becoming a member and campaign events. For infor- mation about becoming a member and campaign events. For infor- mation about becoming a member and campaign events. For infor- mation about becoming a member and campaign events. For infor- mation about becoming a member and campaign events. For infor- mation about becoming a member and campaign events. For infor- mation about becoming a member and campaign events. For infor- mation about becoming a member and campaign events. For infor- mation about becoming a member and campaign events. For infor- mation about becoming a member and campaign events. For infor- mation about becoming a member and campaign events. For infor- mation about becoming a member and campaign events. For infor-
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Kumeyaay tribes demand suspension of border wall

Six Tribes of the Kumeyaay Nation and an intertribal council of nine Kumeyaay governments submitted a demand letter to Customs and Border Patrol, the Department of Homeland Security and the U.S. Army Corps of Engineers calling for a suspension of construction on the U.S.-Mexico border wall until measures are in place to protect culturally-significant resources from construction activities.

Frustrated with multiple federal construction activities along the border that have failed to properly detect and protect Kumeyaay village sites, burials and religious sites, the Manzanita Band of the Kumeyaay Nation, the Campo Kumeyaay Nation, the Ewiiaapaayp Band of Kumeyaay Indians, the Ipay Nation of Santi, the Sante/Ipay Nation of Mission Indians, the Jamul Indian Village and the Kumeyaay Heritage Preservation Council (KHPC) demanded the U.S. Customs and Border Protection (CBP), the Department of Homeland Security (DHS) and the U.S. Army Corps of Engineers (Corps) temporarily cease all ground disturbing activities until CBP fully evaluates construction impacts on Kumeyaay religious beliefs, practices, and cultural resources. Federal law and CBP guidelines require that CBP meaningfully consult with tribal monitors, which impede studies and project impacts on our ancestors. Until we can study the area, we will not know the extent of the damage. We remain willing to work with the government in a reasonable time frame to ensure that the Kumeyaay history and religion are not illegally desecrated further by the border wall construction projects.

Each Kumeyaay Tribe is a federally-recognized tribe with ancestral and reservation lands in Southern California. The Kumeyaay Heritage Preservation Council represents nine federally-recognized tribes of the Kumeyaay Nation and is charged with protecting Kumeyaay spirituality, cultural resources, and heritage within the aboriginal territory of the Kumeyaay people.

I just represented the sellers on a closed transaction for an upgraded three-bedroom, one-bath, single-family residence here in the College Area. We had nine offers at and above list price within the first few days. So what is the story with this surging demand in housing right now? There are some factors contributing to both the increase in prices and demand.

First of all, this is not the Great Recession of 2007 to 2009. That fall in prices was related primarily to the U.S. government relaxing qualifying terms on mortgages to purchase a property with the idea that “everyone should be able to own property.” Certainly a noble goal — but one that ultimately failed.

The book (or movie) the “Big Short” explains it all pretty well. Millions of mortgages were being written with little to no qualifying criteria on the borrower, which then led to millions of borrowers defaulting on their mortgages and a flood of homes hitting the market all at once. Prices naturally decreased.

It is really frustrating, as I know quite a few buyers right now stating that they wish to wait until home prices drop 10% to 30% before looking for and closing on a property. Well that is unlikely to happen as our national Mortgage Backed Securities market is much stronger than it was in 2007.

In the last 10 years, people have qualified for mortgages based on strong fundamentals. And anyone needing to sell right now is not “under water” on a property, so the market remains smooth, stable, and efficient. Home prices in San Diego (a jewel of the nation and world) are surprisingly discounted compared to other parts of California such as Orange County, Los Angeles coastal areas and parts of the northern coast.

Another factor driving the huge demand for housing right now is that renters are valuing homesteads more than even just a few months ago. Suddenly people are wanting to own a property with at least a small yard and extra room for a home office. I have one buyer who was renting in Pacific Beach and traveled quite a bit but who has now settled down by purchasing a property. The virus has caused some soul searching and changes in lifestyles, no question.

Buyers are now having more confidence that we are closer to the end of this pandemic than the beginning or at least there is an end in sight with maybe being back to normalcy sometime in 2021. Sadly, most of the pandemic job losses are among those making less than $50,000 and with lots of the higher paid workers, keeping their jobs, and able to qualify for a property.

Loan programs abound requiring just a 3.5% down payment.

Buyer demand surging in San Diego

By SARAH DUDAR

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Notable women of San Diego

Commemorating 100 years of the 19th Amendment when women took the vote

By KAREN SCANLON | SAN DIEGO COMMUNITY NEWSPAPER GROUP

“The right of citizens of the United States to vote shall not be denied or abridged by the United States or by any state on account of sex…” so goes the text of this celebrated passage.

Women’s suffrage opened on Aug. 18, 1920, culminating nearly a century of protest. Though she took the vote, other rights granted continued to evolve — to live free from violence, slavery, and discrimination. The right to be educated, own property, and earn an equitable wage.

Interestingly, German-Jewish immigrant Louis Rose, who settled the community of Roseville in Point Loma some 150 years ago, showed himself to be an early feminist in that he deeded property to women. How startling!

A number of well-known women of San Diego began to assert themselves beyond the kitchen. For example, in the late 1880s, humanitarian visionary Kathryn Tingley created an international community of free thinkers, known as Raja Yoga Academy, or Lomaland. It became a highly regarded educational institution.

At about the same time, American horticulturist Kate Sessions was cultivating plants. In 1892, she leased 30 acres of land in City Park and planted 100 trees a year. She would become known as “Mother of Balboa Park,” and was connected to the philanthropic generosity of businessman, George Marston.

But there are other women whose contributions to San Diego ought to be remembered.

THE FIRST FEMALE HARBOUR PILOT

Celia Sweet of Ballast Point was the lightkeeper’s wife. James, and often Celia, tended the bay beacons and lamp in the tower. He also built boats known as Sweet Crab. In 1907, Sweet christened Pilot, San Diego’s first motorized harbor-pilot vessel. Celia burst the champagne bottle against its bow.

While raising two children, Celia became the first federally licensed woman harbor pilot in San Diego, and also ferried passengers across the bay to Coronado’s Tent City. When she could solicit no female competition, Celia raced the Relue against her male equals of San Diego Yacht Club. Sweet’s 28-foot Relue set a Pacific coast speed record of 22 knots.

SOUTHERN BELLE SAVES SURFING IN SAN DIEGO

An extrovert known as Miss Billy Riley of Oklahoma burst onto Shelter Island’s entertainment scene when tourism efforts were flailing. Through evoking monikers of the 1960s — Windsock, L’iscate, Half Moon, and Humphrey’s — Miss Billy became the first woman manager of a major hotel and eventually part owner. She served as the first female president of the San Diego Hotel-Motel Association, director of San Diego Chamber of Commerce, and strongly advocated the construction of Ocean Beach Fishing Pier.

Miss Billy will be remembered for defending the 1966 World Surfing Championships when city officials uttered disdain for the whole affair. “Five years earlier, surfers had misbehaved during a similar event,” she said. “and the city was forced to consider the future of surfing in San Diego generally.”

“I gathered a bunch of those 200 surfers in the parking lot of Balai Hall and told them you’re going to have a rough time in our city — people think you’re a crummy bunch. We expect you to conduct yourselves honorably to represent the surfing industry,” As it was, surfing greats Kimo McVay, Nat Young, and ‘the Duke’ Kahanamoku took to the waves in Ocean Beach, while spectators crowded the new pier.

In downtown’s Gaslamp District, Billy’s name appears on the outside bronze plaque of the Horton Grand Hotel. “We heard that the old Horton Hotel and Kahle’s Saddlery were being torn down and felt the urgency to preserve what we could,” she said. “Some of us moved sections of those buildings into storage in an old garage on Island Avenue, brick-by-brick, windows, and everything. And when the time came, we and other investors, recreated a hotel.” The Horton Grand is a testament to Miss Billy’s tenacity and goodwill.

THE CITY’S HISTORY PROFESSOR EMERITA

Iris Engstrand, Ph.D., has taught thousands of students at University of San Diego over 49 years as a professor of American history. In turn, she says, “These students have themselves become teachers and authors. They serve as politicians, city planners, national and state park employees, mayors, and in other positions of leadership. Teaching others is truly a gift that keeps on giving.”

Of relevance is Engstrand’s pictorial history of San Diego, first published in 1980 and reprinted three times in revised editions. “This factual account,” she says, “tells a complete story of San Diego beginning with the indigenous population and continuing through the Spanish, Mexican, and American periods.”

Other notable women were to be recognized at this year’s Congress of History of San Diego and Imperial Counties, an annual two-day conference. But “Remarkable Women 1920-2020” fell by the pandemic wayside. The Congress is scheduled to reconvene, fingers crossed, on Feb. 26-27, 2021, when the contributions by women over the past 100 years will be celebrated.

—Karen Scanlon is a San Diego-based writer with an affinity for stories about local history.
Outdoor business

CONTINUED FROM Page 1

In response to the rollback in small-business re-openings, just recently undertaken before COVID-19 cases spiked, San Diego Mayor Kevin L. Faulconer signed an executive order on July 7. That order provides regulatory relief to restaurants and makes dining safer by encouraging outdoor operations. The order, effective immediately, waives permitting and parking requirements for the use of sidewalks and private parking lots as outdoor dining venues.

PARKING LOT PATIOS

While some restaurants have long taken advantage of San Diego's sunny climate with outdoor dining patios, there are still many more that do not have them. After the city gave the OK to move seating into parking lots or sidewalks, restaurants have come up with interesting ways to take advantage of the new outdoor option — with various degrees of success, depending on the space available to them.

Dirty Birds, a chicken wings restaurant in the College Area, set up its outdoor dining area July 10. Located in a strip mall off El Cajon Boulevard — already with a limited size parking lot — the restaurant could only find space for nine tables that seat roughly 24 customers. Dirty Birds' indoor dining area can serve over 100. Still, the restaurant is thankful for the business it still has with its limited seating.

"It has been helpful," said Dirty Birds manager PJ Cagnina "As you can see, we have five tables sat and it’s 2 p.m. on a Tuesday, so it's been helpful so far.

The limited number tables have cut staff and sales at the restaurant by roughly half, said Dirty Birds owner Noli Zosa.

"Customers overwhelmingly love [the outdoor dining] because of the pleasant atmosphere," Zosa said. "The only issue is the longer wait times because of our limited capacity."

Cagnina added that on weekends there are people waiting for tables and he also gets around 10 to 40 calls a day from people asking if there is outdoor dining available.

Despite tables now taking a few of the limited parking spaces in front of the restaurant, Cagnina said it hasn’t been an issue.

"We have enough neighborhood street parking that it facilitates what is needed," he said.

Dirty Birds owner Noli Zosa, across Interstate 8 in the San Carlos neighborhood, The Trails Eatery has benefited from a location with a large parking lot — and some forethought to how the pandemic might affect business. Trails Eatery owner Stacey Poon-Kinney finished her parking lot patio a little over a week after restaurants were allowed to open for indoor dining at half capacity.

"I had been working on opening the patio space for weeks — five weeks — before we ever opened it. While we were just doing takeout, before we were even allowed to do 50% dining inside, I saw the writing on the wall. I knew we were only going to be able to open at 50%," she said. "The biggest motivation for me to put a patio space out here temporarily was that with 50% capacity dining, I can't pay my rent. It wasn't going to be enough."

Although Poon-Kinney said her landlords were amicable to allowing a patio into the parking lot that is shared with neighboring stores like San Carlos Hardware and Keils grocery store, it was still "a very difficult process" to get it done, mostly due to getting the patio insured.

"Nobody likes to insure parking lot patios. So my insurance company required me to jump through lot of hoops," Poon-Kinney said. "I was able to send back everything they asked for and it still took them three weeks. They had to send it all the way up the flagpole. We were the very first restaurant in the nation that they insured for this." Poon-Kinney credits the safety precautions she took for the patio for the eventual insurance policy that covers it. The Trails Eatery patio is protected on three sides by concrete barriers — colorfully painted with hearts — as well as the sidewalk in front of the restaurant. There are umbrella tables and planters to add ambience to the makeshift outdoor dining area.

"The expense of doing this is an absolute killer, but it is a requirement because otherwise we just be doing to-gos and I can't just be doing to-gos and I can not do that."
guarantee we’d be out of business in the very near future if we didn’t have this patio,” she said, adding that the patio cost was thousands of dollars.

Poon-Kinney also pointed out that the patio “did not happen in a vacuum.” It was possible because of support from her landlords as well as local businesses like Art’s Trretchpane & K-Rail Services who were able to supply the concrete barriers and set them up using a crane for a good price and neighboring San Carlos True Value Hardware who also offered a good price for the paint.

“It’s things like that that make all the difference in the world and that’s what has made this possible,” she said.

The outdoor business ordinance will:

• Allow outdoor business operations for dining and retail in parking lots, on-street parking spaces and sidewalks, as well as neighboring business frontage with written permission, a neighboring business owner;
• Waive parking requirements so businesses can make use of private parking lots to place dining furniture and displays, among retail operations;
• Streamline and cut red tape for sidewalk cafes;
• Allow “pedestrian plazas” to take over on-street parking for expanded outdoor dining and retail;
• Allow business improvement districts to issue Sidewalk Café permits for an expanded area of the sidewalk;
• Waive special event permit fees to allow nonprofit applicants to close streets and conduct business outdoors faster and cheaper;
• Waive special event application processing fees and fire inspection fees for street closures;
• Retroactive fee waivers for applicants that were previously approved for an outdoor dining special event permit after May 1;
• Broaden allowances and reduce required permit for temporary signs so that businesses can place banners, A-frame signage in the right of way, public health reminders and other informational signs outdoors on sidewalks while maintaining ADA access;
• Allow for expanded wholesale distribution of food, beverages, and groceries directly to consumers while allowing for social distancing;
• Preserve mobility, safety and emergency access for pedestrians, and preserve requirements that ADA access and ADA mobility be maintained at all times;
• Require full compliance with all State and County Health Orders and guidance.

More information on outdoor dining and retail requirements and how to apply for a permit can be found on the La Vida Real Senior Living Department website.

In the same spirit of community, the patio at The Trails Eatery inspired local restaurants to set up their parking lot patio. The Longhorn Bar & Grill in Granville extended its outdoor area shortly after the mayor’s July 7 executive order. Longhorn owner Paul Bernhardt credits his wife BettyAnn for quickly designing and setting up the patio, which also features concrete barriers from Art’s Trretchpane & K-Rail Services and features a bamboo privacy screen and putting green-style astroturf.

“It took a couple of weeks to get dialed in, but it’s been working out really well,” Bernhardt said. “It wouldn’t be a bad thing to keep it even when we’re allowed back inside.”

Maintaining a patio past the quarantine would require some costs and regulatory hoops, Bernhardt said, including monthly rent for the concrete barriers, permission from the property owner, permits from the city and the Alcoholic Beverage Commission, who would need to sign off on the plan so drinks can be served. Future plans aside, the current outdoor patio has become integral to Longhorn staying open.

“We’d be dead in the water without it,” Bernhardt said. In normal times, Longhorn has 19 tables and 15 bar seats. The new patio dining offers 12 tables.

“(Seating is) down quite a bit but people have generally been pretty patient when we do have a wait for tables, which happens” Bernhardt said.

Bernhardt also credits his community involvement, sponsoring local Little League teams and the Patrick Henry football program, for the continued support he gets from his local customers.

“The community knows we’re supporting them and they definitely have come out to support us,” he said.

OUTDOOR SERVICE

Although the most visible businesses to take advantage of operating in patios are restaurants, more and more service industry businesses are also moving outside.

Tony Ganaway, owner of The Cutting Edge barber shop in College Area, was quick to set up barbershops on his outdoor patios as his inside businesses were again forced to close.

“I had a pretty good idea in my head how I could operate in the parking lot, and it actually worked out pretty well,” he said of his parking lot shop with barber chairs and work stations under pop-up tents.

“It’s good publicity. People see us out here,” he added.

For safety, Cutting Edge has hand sanitziers for barbers and customers to use, disinfectants to clean up after every haircut, and all barbers wear masks and gloves. Safety, he said, is the most important consideration, but too is keeping his doors open.

“It was very important to keep it open because everybody here, in some sort of fashion, has a family they need to take care of, whether its kids or adults,” he said, adding that he has a 2-year-old daughter. “We all shut down at the beginning of this and waited our time to be able to reopen and follow the state’s orders. So now that we re-opened, it’s imperative for us to make some money and there’s no telling how long this will be and we need to feed our families.”

With the coronavirus pandemic still growing, it is likely that even more types of businesses will find ways to move operations outdoors, a move that is supported by College Area Business District executive director Jim Schneider.

“We are pleased to see so many businesses taking advantage of this and the other progressive programs offered to keep small businesses alive during this pandemic,” he said. “Their creativity and ability to pivot demonstrates the entrepreneurial spirit by proving to be able to adapt quickly. Given the emotional and financial cost of these adaptations, we hope some of these temporary measures, like Outdoor Business Operations, can become permanent small business assistance for years after this pandemic.”

—Jeff Clemetson is an editor and Dave Schwab is a contributing editor at the San Diego Community Newspaper Group.

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Summer bounty: Freezing tomatoes for sauces later

The gardeners at the College Area Community Garden, along with many area home gardeners, are reaping the benefits of that extra time they spent tending their veggies in spring/summer 2020 while hunkered down, sticking close to home.

August and September will bring a bounty of red, ripe tomatoes, and even happy neighbors who benefit from the overflow may get “tomatoed-out” before the surplus lets up. But wouldn’t it be wonderful to have that fantasy flavor available for our soups, stews, sauces, and pasta dishes as the seasons change and that summer treat is just a memory? Yes! Freezing is an easy, safe, and quick alternative to canning without having to purchase any special tools or supplies.

To freeze homegrown tomatoes, pick them at the height of ripeness, preferably before they are reaping the benefits of that extra burst of summer sun. Take the time to make sure the tomatoes are ripe and red. If they rest too long, some of their precious meat and flavor will be lost.

To freeze homegrown tomatoes:

- Bring a medium saucepan of water to a boil. Turn off heat.
- • Submerge the tomatoes whole and uncult, in batches, for 30 seconds to one minute until their skins crack and the peel is easily removed. (If they don’t crack, pull one out and poke it with a knife. The skin should easily pull away from the knife.)
- • Pull tomatoes out of the water and slip their skin off before submerging your next batch of tomatoes. (If the tomatoes rest too long or are left in the hot water too long, some of their precious meat may stay with the skins when peeled.)
- • Repeat, reheating the pot of water if necessary.
- • Cut tomatoes in half horizontally and squeeze them over the sink to remove most of the seeds.
- • Chop the tomatoes and spread them out in a single layer on the baking sheets. A little accumulated juice is okay too.
- • Pop the baking sheet (uncovered is okay) into the freezer until they are very firm or frozen — about an hour or two.
- • Remove sheet from freezer and break up the tomato chunks, place in Ziplock bags (2 ~ 3 cup portions) and store back in the freezer for three to four months.
- Now you have beautiful tomatoes ready for all your recipes. Thawed, raw tomatoes may be used in any cooked tomato recipe. Do not try to substitute them for fresh tomatoes, however, since the skins crack and the peel is easily removed.
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By EVA YAKUTIS

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- • Chop the tomatoes and spread them out in a single layer on the baking sheets. A little accumulated juice is okay too.
- • Pop the baking sheet (uncovered is okay) into the freezer until they are very firm or frozen — about an hour or two.
- • Remove sheet from freezer and break up the tomato chunks, place in Ziplock bags (2 ~ 3 cup portions) and store back in the freezer for three to four months.
- Now you have beautiful tomatoes ready for all your recipes. Thawed, raw tomatoes may be used in any cooked tomato recipe. Do not try to substitute them for fresh tomatoes, however, since the skins crack and the peel is easily removed.

By EVA YAKUTIS
Freezing Tomatoes

Preparing and protecting your home or business in the event of a wildfire is a reality for those who call San Diego home. A top priority for Cox during a natural disaster is to keep customers connected so they can stay informed, check in with family and friends, and access their shows away from home. Cox also works to keep business customers, including hospitals and emergency responders, connected so they can continue to serve our communities.

Wildfire season now begins earlier and ends later, so Cox prepares all year long, reviewing its business continuity plan and running mock emergency events so employees know their roles and responsibilities during a disaster. When strong winds and other weather conditions create an increased risk for wildfires, the power company may notify their residential customers, and business customers like Cox, that they may be implementing a Public Safety Power Shutoff (PSPS).

During a PSPS, Cox services may be interrupted in a neighborhood where the electric company shuts off power. During a wildfire or PSPS, Cox works closely with the power company and public safety agencies to monitor the situation and ensure the safety of its network and facilities to keep residential and business customers connected. There are also some things customers can do to prepare.

Have a charged backup battery and corded phone. Most cordless home phones require electricity and won’t work in an outage. Make sure you have a corded, wired phone available for use during a power outage.

In addition, power is needed for your other telephone equipment to place and receive calls. If Cox’s network is operating during a power outage, make sure you have a charged backup battery to help ensure you can receive a Reverse 911 call. Purchase a back-up battery by calling 855-324-7700 or visiting a Cox Solutions Store.

Get updates on Cox’s Twitter handle. During a PSPS or a disaster, Cox posts outage updates and other information on Twitter. Customers can follow Cox at @CoxCalifornia.

Technology tips to help stay connected during wildfire season

- **Cox Contour app** - Turn your smartphone or tablet into a portable TV, access programming available with your Cox subscription while away from home.
- **Cox Voice Everywhere app** - Your home phone away from home. Make or receive calls on up to four devices.
- **Cox Remote Control app** - Access programming available with your Cox subscription while away from home.
- **Cox TV; access programming available with your Cox subscription while away from home.**
- **Cox Contour app** - Turn your smartphone or tablet into a portable TV, access programming available with your Cox subscription while away from home.
- **Cox Voice Everywhere app** - Your home phone away from home. Make or receive calls on up to four devices.

Consumer Disaster Protections

Customers whose residential phone service is impacted during a state of emergency declared by the California Governor’s Office or the President of the United States may be eligible to receive disaster relief protections such as a waiver of one-time activation fees for establishing remote call forwarding, remote access to call forwarding, call forwarding features and messaging services. For information about these consumer disaster protections, visit cox.com/CaliforniaAssist.

For more helpful information and tips, visit cox.com/CaliforniaAssist.

 freezes their texture to become mushy. If the tomatoes are too watery for your taste once thawed and simmering, just add a little tomato paste. Tomatoes should be seasoned just before serving rather than before freezing; freezing may either strengthen or weaken seasonings such as garlic, onion, and herbs. The possibilities are endless as are the tomato dishes people enjoy.
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San Diego Community Newspaper Group
History shines brightly on Casa de Pico

By FRANK SABATINI JR.

What started out in 1971 as a humble Mexican restaurant with only 17 tables has blossomed into one of San Diego County’s most colorful dining destinations. The — in more normal times — 500-seat Casa de Pico is a lesson in endurance. After launching almost 50 years ago in San Diego’s Old Town district, the restaurant expanded slowly and steadily until transforming into a bustling environment that drew locals and tourists alike.

As owner Diane Powers recalled in a conversation I had with her earlier this year, she always hired employees who were “really dependable” and has maintained a sharp eye for that matter — and make due with their food choices, I imagine it would pair particularly well to test-tasting before appearing first as specials, and with some eventually graduating to permanent status. All these years later, the choices are vast. They range from chicken-mango quesadillas and steak picado, to house-made tamales, Tex-Mex fajitas, taquitos rancheros, assorted enchiladas, street tacos and more.

With its stimulating décor and comfortable seating designed for both large and small parties (currently the vast indoor dining section is closed, but the comfortable patio is still open), you can escape from the woes of daily life and make due with festive meals and drinks in this renowned, welcoming casa.

—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.

Powers lost her lease in Old Town’s Bazaar Del Mundo in 2005, prompting her to move Casa de Pico to its current location in La Mesa. It now resides in a sprawling structure fronting Grossmont Center mall, and features fiesta-style décor that flows attractively throughout various indoor-outdoor dining areas, including a bright, windowed section resembling a solarium.

As part of her family’s “casa” restaurants, Powers also owns Casa Guadalajara in Old Town, Casa de Bandini in Carlsbad, and Casa Sol y Mar in Carmel Valley.

Tequila lime shrimp is a long-time favorite — and a shrimp lover’s dream. The plate features a dozen of the large cruztacanes, which are sourced from Baja waters. They’re peeled and deveined, and then butterflied and cooked in house spices along with the Boone and citrus. It felt as though I had landed upon some all-you-can-eat shrimp fest due to the generous portion, part of which came home with me. The dish also includes Mexican rice, tender black beans and a choice of corn or flour tortillas, both made in-house at a grill station just inside the entrance. Visiting with a vegetarian friend, I also ordered a pair of tacos, one with shredded beef that-tasted under-seasoned, and the other filled densely with lean, flavorful minced chicken. I find that in many Mexican restaurants, poultry comes off as plain taste-testing before appearing first as specials, and with some eventually graduating to permanent status. All these years later, the choices are vast. They range from chicken-mango quesadillas and steak picado, to house-made tamales, Tex-Mex fajitas, taquitos rancheros, assorted enchiladas, street tacos and more.

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News from Patrick Henry High School

By MICHELLE IRWIN

A NOTE FROM HENRY’S INCOMING PRINCIPAL

Dear Henry Cluster community members,

I am honored and humbled to be appointed the next principal of Patrick Henry High School. For over the last 11 years, I have been a part of the Patrick Henry community. I have lived in San Diego for 25 years in the San Diego Unified School District. I began my career as a Spanish and English teacher. My first principalship was 18 years ago at Lewis Middle School. Over the last 11 years, I have served as principal at Thurgood Marshall Middle School in Scripps Ranch. Most recently, I was asked to assist with the opening of the Logan Memorial Educational Complex.

I’m thrilled to be part of the Henry legacy. Together with the dynamic team of Henry educators, we will continue to provide opportunities for our students that emphasize critical thinking, problem solving and advocacy in order to further their understanding of the world. As students develop these skills, they will become thoughtful and productive citizens with a sense of purpose, integrity and a curiosity about the world in which they live.

Educator Sir Ken Robinson has reminded us, “The key to educational transformation is not to standardize education, but to personalize it, to build achievement on discovering the individual talents of each child, to put students in an environment where they want to learn and where they can naturally discover their true passions.”

I will work diligently to earn your trust and support while building a strong relationship with students, staff, families and the community.

A few quick notes about me personally. I have lived in San Diego for the past twenty-five years and I’m married to an amazing and supportive husband, who is the principal at Dana Middle School in Point Loma. I have two furry children named Jack and Diesel. I love gardening, cooking, reading, and traveling. I am looking forward to serving and leading Henry High School in its — and my — next journey.

FALL 2020 BEGINNING WITH ONLINE INSTRUCTION

While we are all very disappointed in not being able to return to in-person instruction on Aug. 31, we understand that the safety of our students and faculty take precedent.

As we work with all stakeholders to establish guidelines and schedules to move forward, I can assure you that the faculty at PHHS is planning curriculum, learning new skills and preparing for our online return.

As you know, March 13 was quite a drastic change to our learning organization and we learned a lot about how to implement online instruction during those last 14 weeks of school.

While we know it was quite frustrating for some by changing instruction, we know that nothing is more important than providing quality education for every student.

As we work with stakeholders, we are establishing clearer expectations which will better support our students and parents. Although we are still finalizing our next steps, please know that we are working diligently to ensure quality instruction for all our students.

As soon as I learn more, I will communicate information to our entire PHHS community so parents and students can learn how we will launch Fall 2020 which will include orientation, textbook and yearbook distribution, and more.

2020 YEARBOOKS READY

Many of our students purchased a yearbook during the 2019-2020 school year. Like many non-essential businesses closed for a duration of time, so did our yearbook company.

We recently received the 2020 yearbooks and distributed them to our graduating seniors. Our seniors had to return their caps/gowns in July and we distributed their diplomas and yearbooks at that time.

We will distribute yearbooks to the rest of our students in August 2020. We will notify all students when they will be able to return to campus to receive their yearbook.

We thank you for your understanding and support.

SCHOLARSHIPS

The PHHS Alumni Association generously provided partial scholarships to the following very deserving seniors:

- Ariana Bermudez – Ariana will be attending Arizona State University
- Nimana Pandayadiya – Nimana will be attending Cal Poly Pomona
- Makaila Williams – Makaila will be attending UCLA

We wish these seniors a very happy collegiate journey.

Appointment requests are not being accepted again until Sept. 1. Lifetouch will notify us when they are ready to accept appointments and PHHS will forward that information to our list of seniors enrolled in PHHS as of that date.

Once the reservation system is re-opened in September, it will generate a confirmation and reminder emails when an account is created and an appointment is requested, so that you will know your request has been received by the re-opened studio.

We apologize for the inconvenience, however Lifetouch took the necessary steps and followed the closure guidelines for the safety of our community.

PHHS ALUMNI ASSOCIATION SCHOLARSHIPS

The Patrick Henry High School Alumni Association, Inc., a 501 c 3 non-profits, raises funds to help support achievement and athletics. Through annual fundraisers, our Alumni Association is able to provide partial scholarships to graduating seniors. This year, our Alumni Association generously granted three $1,500 scholarships to the following very deserving seniors:

- Ariana Bermudez – Ariana will be attending Arizona State University
- Nimana Pandayadiya – Nimana will be attending Cal Poly Pomona
- Makaila Williams – Makaila will be attending UCLA

We wish these seniors a very happy collegiate journey.

GOLF TOURNAMENT POSTPONED

On behalf of Patrick Henry High School, I would like to thank the PHHS Alumni Association for their continued support of our school throughout the years. Without the Alumni Association, we would not have been able fund the various programs or improvements to our school without their financial support.

Due to the current COVID-19 situation and in the best interest of all participants, sponsors, and volunteers, the PHHS Alumni Association has decided to postpone the Golf Tournament and Reunion BBQ until April 22, 2021. The tournament will be held at Admiral Baker Club. We hope you will continue to support our Alumni Association.
Mentoring adjusts to changing times

SDSU mentoring programs are finding innovative ways to connect with and support students during this trying time. New SDSU mentoring programs are finding new ways to reach and connect with their mentees while in-person contact is limited. In the Division of Student Affairs, many departments are using Zoom and other virtual meeting tools.

“AMP Career Compass meets the basic need of all job seekers — connection to a professional community,” he said. “I encourage our May and August graduates to use this summer to connect with professionals.”

CONNECTING IN OTHER WAYS

SDSU mentors are finding new ways to reach and connect with their mentees while in-person contact is limited. In the Division of Student Affairs, many departments are using Zoom and other virtual meeting tools.

EOP uses Zoom for its Success, Opportunity, Academics, Relationship mentoring program that pairs upperclassmen with freshmen students, including for a social hour and other events. Programs are also learning heavily on social media as a mentoring communication tool.

“Activities that we held in person and that mentors did with protégés in person look very different now, so we have to be creative and see how we can engage our mentors and protégés in the program and also provide relevant resources and support they need,” Cadena said. The transition was not without hurdles. Cadena said, Students at times felt overwhelmed by the seemingly constant stream of virtual communication. And technical issues, such as unstable internet connections, can make virtual engagement tougher than face-to-face communication.

EOP Counselor Daniel Oliveira said one thing that helped the transition was that most mentors and protégés had already established relationships.

“I believe we were able to pick up on non-verbal cues that they may not be able to in the fall when the entire relationship will be new and may be strictly virtual via computer,” he said. Dylan Carter, who just completed his freshman year and was a SOAR protégé, also believed the transition to virtual mentoring was fairly seamless.

“I have had the same mentor since the fall, so I had already created that bond,” said Carter, who will become a SOAR mentor in fall 2020. “I think when we moved online not a whole lot changed.

MENTORING IN THE COMMUNITY

Many SDSU students also play the role of mentor to Sweetwater Union High School District students in Compact for Success, which has made adjustments due to the pandemic.

“We have adapted our mentoring model to include virtual group study sessions and guidance on navigating new school and study schedules,” said Mary Taylor, Compact for Success director.

“We have trained our student staff on best practices for virtual mentoring and communication, and we’re trying to get a sense of what the schools are requiring of the students in the virtual learning environment,” said Taylor.

SDSU’s Student Life & Leadership oversees two mentor programs for commuter students: an academic mentor program and a Sophomore Surge mentor program that encourages and guides commuter students in their first and second year.

“Mentorship provides the opportunity for students to remain in community with peers, access growing support resources and to be connected with the university,” said Caryl Montero Adams, director of Student Life & Leadership.

Mentor programs typically go dark over the summer, but several programs are planning to continue this summer. EOP is working with its Summer Bridge program to provide a mentoring component for new freshmen and transfer students who qualified for the program. Compact for Success also is working on the details of a summer engagement program.

On June 11, SDSU Career Services offered its annual Life After SDSU series for recent graduates and alumni.

“Student Life & Leadership is currently recruiting both mentors and mentees for the fall semester.

“I think when I become a mentor in the fall, I want to give my protégé the support system that my mentor gave me, the knowledge they were there even when I didn’t think I needed it,” said Carter. “I want them to let know they’re not alone.”
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To learn more about SDG&E’s commitment to keeping our community safe, visit sdge.com/wildfire-safety

Donations to Crawford foundation go a long way

By GREG ESTEP

Over the last couple of years, the El Cerrito Community Council has worked with the Crawford High School Foundation to help meet needs at the school that exist outside of budgeted areas. The community has generously donated sporting equipment, clothing, and musical instruments. This year we would like to focus on helping to support the amazing work that the Crawford Foundation does to help students play at the school that might surprise readers.

The Crawford High School Foundation is a non-profit organization created to enhance the overall educational experience of present and future students, by raising, managing, and disbursing funds to support the educational programs and the general welfare of Crawford High School. A few things the Foundation does that you can help support with a donation:

• Offers four (4) $500 scholarships each year to graduating students to help them continue their education at either college or trade school.

• Works with the Crawford Connection on campus to assist in preparing student needs in clothing for school.

• Provides bus passes to aide in student transportation.

• Supplies uniforms and shoes for athletic teams. (Did you know that students on the track team can go through multiple pairs of running shoes in a single track season?)

• Provides pop-up tents to provide shade for student organization activities.

• Helps provide needed resources for teachers.

In the past, the Foundation has provided a Golf Cart for the school security personnel to have faster access on campus, eyeglasses for a student whose glasses broke, and much more. A full list of donations is on the website crawfordcolts.org. A direct link can be accesses at bit.ly/20d5545.

If you wish to donate to the Foundation to help support our community school, please go online to the foundation webpage at bit.ly/32kggEr and click on the donation button. Donations can also be mailed to The Crawford High School Foundation, c/o Greg Estep, 5621 Spartan Drive, San Diego, CA 92115. Due to construction at the school, the Foundation’s mailbox is currently inaccessible.

Please email or call Greg Estep, President Will C. Crawford High School Foundation at gregestep@cox.net or at 619-501-2399 with questions or if you wish to donate an item. The Foundation welcomes musical instruments as those are items that the school needs that are not provided by San Diego Unified School District. Donations are tax deductible and pick-up of items can be arranged.

—Greg Estep is the president of the Crawford Foundation and an El Cerrito resident.

Crusaders preps for recreational play season

By JAY WILSON

Registrations, for the Crusaders Soccer Club’s recreational fall season are increasing rapidly. Games schedules have been revised by Cal South and the Presidio Soccer League begin on Saturday, Oct. 3. All boys and girls born between 2016 and 2006 are eligible to participate. Over 300 competitive players are already actively training. Each competitive team holds two training sessions during the week with a third training session on every Saturday.

You can see the competitive teams practicing on the Pershing Middle School turf fields as they prepare for their season, which will begin on Oct. 3. Every player and accompanying adult entering the field must have their temperature taken and are practicing social distancing in compliance with COVID-19 protocols.

The Crusaders Soccer Club has also been conducting professionally coached soccer camps at Pershing. The next camp is for recreational players who are registered for our fall program. The soccer camp will be taught by professional coaches from 8:30 to 10 a.m. on Aug. 18, 19 and 20 at the Pershing fields. Visit crusaderssoccer.org for more information and to register for the camp.

Free Friday Night Clinics begin at 5 p.m. and continue through August at the Pershing fields for all registered recreational and
and some of that can often be in the form of a gift.

If you are thinking of purchasing a property, I believe San Diego real estate is an excellent long-term investment vehicle with both appreciation opportunity and amazing tax advantages that I will explain.

Additionally, an important aspect to real estate investment currently is that it is a hedge against inflation. With all the government money-printing and stimulus right now, real estate acts as protection form the weakened purchasing power or the dollar. As the dollar gets weaker, home prices typically increase.

Call me and together, we can get you qualified and get started on the path to homeownership. I can answer all your questions either in person or over a Zoom meeting.

There has never been a better time (or a more opportune time) to purchase real property.

—Jay Wilson writes on behalf of Crusaders Soccer Club.
COLLEGE SUBSHOP OFFERS $100 FOR SANDWICH CHALLENGE

Got a hankering for a huge sandwich? It could earn you a cool $100.

The College Subshop, located at 6150 El Cajon Blvd., has begun a promotional contest for sandwich lovers. For $40, anyone who can chow down a 6 pound, two-foot long hoagie complete with five types of meat, one cheese, and a condiment stack of tomato, onions, lettuce, vinegar, oil, salt, black pepper, mayo, mustard, pickles, peppercorn, black olives and jalapeños in five minutes will be handed a $100 bill.

Willing contestants in this eating challenge need to sign up at the shop with a day and time of their choosing and agree to take this step while it hasn’t been great timing to start her individual practice during coronavirus, Dr. Katie said the timing was perfect.

“It has presented its challenges,” she said, adding she understands “the beauty of growth” when presented with tough times. She empathizes with other small business owners right now and feels a lot of good will come of this interesting situation.

As an essential healthcare provider, Dr. Katie has been able to stay open, with safety and cleanliness as her top priority. She has implemented a one-in, one-out system, texting her patients when it is their turn and sanitizing everything in between each one.

Also, Dr. Katie was still able to hire a chiropractic assistant as planned.

LEGACY SMOKE SHOP UNDER NEW OWNERSHIP

The Legacy Smoke Shop at 8007 El Cajon Blvd. is under new ownership. Ammar Kakoz acquired the College Area business on March 1.

Kakoz lives in El Cajon and prior to buying the smoke shop, worked in the auto body business for 12 years. He has remodeled the shop and said he plans to continue making improvements over the next year as he grows.

Legacy Smoke Shop carries one of the largest selections in San Diego and specializes in imported and brand name glass, including California glass. He is excited to have the SDSU students coming back to the College Area and to be open to serve their needs.

ECCC CONTINUED FROM PAGE 2

We do continue to need donations — big or small — for publication of the ECCC newsletter. Donations can be made via PayPal to DEREK@ECCC.com or mailed to ECCC, 151268, San Diego, CA 92175-1268. Let us know if you would like your name published or if you would like to remain anonymous.

Boost local businesses: Now more than ever your participation is needed to help our El Cajon Blvd businesses. When you are choosing where to dine and shop and get services please be sure to pick El Cerrito and the College Area.

Our numerous businesses need your support. We have great restaurants, coffee shops, flower shops, a dog groomer, exercise studios, veterinarian, lawn mower shop, car repair and other businesses, all are opening up after the COVID-19 lockdown.

CA Happenings CONTINUED FROM PAGE 2

bicycling and walkability, we hope that the city will move quickly to evaluate and approve our request. Despite some initial technical issues, Council President Gomez’s office and the Mayor’s office are now moving this forward. If approved, it is our intention to resurrect the pedestrian and bicycling improvements project, with both the CACC and SDUS agree would be an ideal project for use of some of the Dollar-Per-Ticket Fund as, probably, seed money.

There are about 100 parking spaces on that section of roadway. However, most if not all of them are used by SDSU students. As fewer students bring cars to school the demand will decrease. And, since they are students, they have preferential parking available at the parking structures on campus.

Stay tuned as we move this forward. Another possible improvement has been suggested by a couple of residents. That is, that the CACC’s community visioning exercise of the last three years has highlighted a desire to reduce auto and increase bicycle and pedestrian use of this roadway. Mike Costa and his son Topher Alvarado Estates residents Mike Costa and his son Topher came up with another fun way to get some exercise in the immediate neighborhood. They created an outdoor fitness course for fellow AE residents as an adjunct or alternative to gym workouts, exercise classes and team practices still in limbo. They designed a route with specific exercises to complete at each of five stations. They shared the route and fitness plan by email and encouraged community members to give it a try.

by email and encouraged community members to give it a try.

As we get out of isolation and get back into regular routines, let’s support our local businesses and their employees.

Add one of the restaurants in the area to your weekly schedule and frequent the services of the businesses. The more we support these businesses the more we’ll get other businesses we want.

Laura Riebau writes on behalf of the El Cerrito Community Council.

Summertime fitness and fun in Alvarado Estates

by KAREN AUSTIN

Many people make fitness resolutions at the beginning of the year, but January is often booked with work, school and other family obligations. If your exercise plan has waned, the summer months are typically less hectic and our San Diego weather is perfect to get active again. Plus, kids don’t have to go to school or do homework in the evenings. So, take advantage of more daylight hours and more leisure time to devote to fitness, fun and family.

There are many ways to make fitness fun. Get active by playing old childhood favorites like tag, jump rope and hopscotch. Schedule time to try one of the hot new games like spike ball or pickle ball, too. Geocaching is a fun way to take a walk or hike for a little social distanc -ing while searching for a hidden treasure. To find them, download the geocache app for cell phone-enabled GPS.

Alvarado Estates residents Mike Costa and his son Topher came up with another fun way to get some exercise in the immediate neighborhood. They created an outdoor fitness course for fellow AE residents as an adjunct or alternative to gym workouts, exercise classes and team practices still in limbo. They designed a route with specific exercises to complete at each of five stations. They shared the route and fitness plan

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