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.

By JEFF CLEMETSON | La Mesa Courier 2020

Decision 2020

Joel Anderson (Courtesy photo)
Our principal topic at the July 28 town hall meeting was the San Diego River Park Foundation (SDRPF). Ally Welborn, SDRPF community engagement manager, discussed the organization’s trash-tracking and clean-up program and provided updates on the new River Discovery Center coming to Mission Valley. It would be too difficult to here recount the work that SDRPF is doing along the 52 miles of the river so we posted a video of this presentation on our website at aggccouncil.org – click on “Town Hall Meeting” and scroll down to just below the July 28, 2020 agenda entry.

On Sept. 22 at 6:30 p.m. by Zoom, the Allied Gardens/Grantville Community Council (AGGCC) will host a forum for the candidates for the District 7 City Council seat. It will be recorded for streaming, but there is nothing like being there in person.

The AGGCC needs your help: in developing questions for the forum will be announced in our next week’s newsletter. In support of the Super Pantry Program, Ascension Lutheran Church expanded their food distributions to three times a week in addition to their traditional First Friday of the Month food distribution. Their Super Pantry hours are Tuesday, Thursday, Saturday, 8–11 a.m., for the remainder of 2020. The First Friday of the Month hours are 8:30–10 a.m.

They offer drive-thru and walk-in services in a touch-less environment. On July 25 they served 174 bags of food and served 92 households (or 314 individuals).

Ascension needs your help: • Inform your community that all are welcome at these free food distributions.

They will continue over to Pyles Peak. We have noticed an abundance of climbers on Cowles Mountain so you can weather this storm. Of climbers on Cowles Mountain one body and your lungs strong. Keep run, ride your bike, find a patch of grass and do some yoga. Keep your body and your lungs strong.

We have noticed an abundance of climbers on Cowles Mountain amid.com

Each quarter a packet of information is mailed to all AGGCC members in advance. A packet can be picked up at the district7candidates@gmail.com by Noli Zosa and Raul Campillo will take place on Wednesday, Aug. 19 at 7 p.m. The two candidates, Noli Zosa and Raul Campillo will answer questions submitted by community members in advance. Email your questions to district7candidates@gmail.com by noon, Tuesday, Aug. 18. Questions from those submitted in advance will be addressed by both candidates. The link to attend the Zoom meeting will be posted on the Del Cerro Action Council, Allied Gardens Community Council and San Diego Area Council Facebook page websites by noon on Monday, Aug. 17. Visit delcerroactioncouncil.org, aggccouncil.org or facebook.com/sanlandersareacouncil to find the link.

SCAC meetings are now on hiatus until further notice. If you have a San Carlos story to share, please contact San Carlos Area Council VP Patricia Mooney at patty@crystalpyramid.com.

—Patricia Mooney is Vice President of the San Carlos Area Council. Email patty@crystalpyramid.com

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Anderson

CONTINUED FROM Page 1

The District 2 race is predicted to be one of the closest. Anderson, a Republican, will face fellow conservative and former Mayor Steve Vaus, who garnered 31% of the vote in the primary. Another conservative candidate, Brian Sesko, took 8.6% of the vote and Democratic candidate Kenya Sesko, took 6.8% of the vote in the primary. Anderson is predicted to come 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 Grossmont College before transferring to and graduating from Cal Poly Pomona.

After college, Anderson went to work for the U.S. Department of Agriculture. He started a direct mail marketing firm whose clients included businesses and politicians.

Anderson points to the 453 bills he has authored since serving in the 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 re-elected for State Assembly District 75, which he lost. In 2002, Anderson ran successfully for the District 2 seat after the retirement 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.

"No other job allows you to solve problems like that and that’s why it was so rewarding," he said.

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

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

Anderson’s philosophy also includes bipartisan solutions and he points to the $43 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 Nichols & Pierre Frazier Bridge Builder Award from the USS Midway Museum’s Diversity & Inclusion Committee during its annual Martin Luther King Jr. Birthday Luncheon.

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

Even with his bipartisan record, Anderson still describes himself as an “uber-conservative.”

"There’s no doubt about it — I am," he said. "But I also understand 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 is 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 to what issues 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."

SEE ALSO, Page 5

BUSINESS SPOTLIGHT

Family Connection Chiropractic

5714 El Cajon Blvd. San Diego Ca 92116 619-818-7290

www.familyconnectionchiropractic.com

As Family Connection Chiropractic (#fcchiro) we believe that health is not a destination but a journey, and acknowledge the beautiful human potential. We are passionate about serving the Cerritos/Rollando area & neighboring San Diego communities as our specialty is pediatric & prenatal care.

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

Being a college two-sport athlete herself, Dr. Katie enjoys working with children of all ages to support their athletic endeavors. She is committed to making an impact in the lives of people, and is passionate about supporting families and adults.

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

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

We can work virtually to find the perfect home for you by following the social distancing guidelines.

Keeping you safe in our priority.


27 Quick and Easy Fix Ups to Sell Your Home Fast and for Top Dollar

San Diego - Because your home may well be your largest asset, selling it is probably one of the most important decisions you will make in your life, and once you have made the decision, you’ll want to sell your home for the highest price in the shortest time possible without compromising your sanity. Before you place your home on the market, here’s a way to help you to be as prepared as possible.

To assist homeowners, a new industry report has just been released called "22 Valuable Tips That You Should Know to Get Your Home Sold Fast and for Top Dollar." It tackles the important issues you need to know to make your home competitive in today’s tough, aggressive marketplace.

Through these 27 tips you will discover how to protect and capitalize on your most important investment, reduce stress, be in control of your situation, and make the best possible profit. In this report you’ll discover how to avoid financial disappointment or worse, a financial disaster when selling your home. Using a common-sense approach, you will get straight facts about what can make or break the sale of your home.

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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 respirators. 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. 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 Bail 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 Humphreys’ 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-vamping evacuation plans 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 concrete financial straits and need a financial lifeline. The grants will offer relief as we continue the battle with the virus and work to get our economy on track.

To apply to start here sandiegocounty.ca.gov/stimulusrgrants/. The application deadline is August 15.

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

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

These deliveries are not only critical for seniors but are another way we can help struggling 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.

By TONI G. ATKINS

Community and the NCPI community of Allied Planning group members shall be elected by and from all eligible members of the community. To be an eligible community member, an individual must be at least 18 years of age, and shall be affiliated with the community as a property owner; or an individual identified as the sole or partial owner of record, or their designee, of a real property (either deeded or held in tenancy by the Constitution is clear – all citizens have the Constitutional right to be counted. We need to ensure that we get our fair share of funding and resources in emergency situations. Funding for a community health center if 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 Census Bureau hits 65 in 2011. That population will continue to grow, and senior services must be properly accounted for. By filling the Census form out, you are declaring, “I am here. I exist.” 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. We hope the Census Bureau has already blocked the citizenship question from being included in the Census, the current administration has unsuccessfully attempted to circumvent the law and exclude non-citizens in the 2020 Census. Those efforts are 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 left out or counted twice. The Constitution is clear – all people must count.

If this current public health and economic crisis has demonstrated anything, it is that vulnerable communities have suffered the most. In addition to land use planning, NCPI originates and endorses the local use of Development Impact Funds, the funds that are derived from property developments in the area, for public amenities such as libraries.

The application for membership can be found at bit.ly/3pqqcA4.

COUNCIL PASSES TINY HOME ORDINANCE

On July 21 the City Council unanimously approved an amendment to the Land Development Code to add Moveable Tiny Houses to the ordinance for Companion Units and Junior Units as a separately regulated use. Moveable Tiny Houses provide a lower-cost option to the affordable housing choices for families, students, the elderly, and people with disabilities to name a few.

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 roads.

Reminders about taking the 2020 Census are emblazoned on billboards, featured in tele- vision commercials, and sprint-ked 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 could 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 to the party and find out 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. That is a loss of $10,000 per uncounted person until the 2030 Census.

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If you have a family of five, your community could lose out on $50,000.
Dems endorse Campillo for District 7 City Council seat

By TRINA RYNDERS and JEFF BENESECK

When all the ballots were counted in the March primary, Raul Campillo had, somewhat surprisingly, amassed nearly 36% of the vote, earning him two other outstanding Democratic candidates, and a lone Republican on the ballot.

Menendez 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 a fair 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 Florida Atlantic with a Bachelor’s and Law degree.

Campillo has been a regular atten-dance 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 Marit Emerald, who said “Raul is committed to serving everyone and being in the neighborhoods, in each community, to solve problems. That’s why he has my full support.”

Campillo has also been endorsed by every city employee associa-tion, 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 rebuild. He also wants to emphasize keeping housing costs affordable, pres-erving open space on Cowles Mountain and in Mission Trails Regional Park, expanding pub-lic transit options, and fixing the roads that have been long neglected in District 7. Campillo and his staff will be extra diligent in respond-ing to community concerns, like the speeding that recently led to a disastrous crash in Del Cerro and Andre Avenue.

All in all, from his high School roots to his on-the-ground focus, Campillo represents what’s sorely needed on our City Council: sound life-ex-periences 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 lamesafoothills-democraticclub.com.

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

Republican Women looking to November

Navajo Canyon Republican Women of California is looking forward to a Zoom meeting fea-turing San Diego County Deputy District Attorney Tia 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 judi-cial 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-mational purposes, we are located in two please visit our website at rincNavajo-Canyon.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 waskahwhel-an@aol.com.

The journey is increasingly frustrating 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-unter 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 a wealth of examples to consider. Phone calls to other Republican voters and getting them to promie to vote is as simple 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 on Facebook, type “Team Trump” in the search bar. This is an excellent source of information, including Women for Trump and other Resources that are worth watching!

Please consider joining Republican Women of California -Navajo Canyon. There was never a better time to get involved and influence the direction of our country. Any questions or for more information regarding volunt-ering, please contact BWC- NC president Waskah Whelan at waskahwhelan@aol.com.

—Pat Borner writes on behalf of the Navajo Canyon Republican Women of California.

ADMINISTERING YOUR TRUST UPON YOUR DEATH

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

You may wonder what is involved when your successor trustee administers your revocable living trust following your death. Here are the primary actions (not necessarily in order) your successor trustee will need to take:

1. Arranging for the on-going care of your pets, secure your house, and make the final arrangements for the disposition of your body.
2. Obtain several Death Certificates through the mortuary to be used in connection with Federal social security and transferring title to real property.
3. Mail a Notice of Death to the Beneficiary/Inheritance Tax letters as required by California law.
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 (9) months from the date of your death).
5. Notify the California Department of Health Care Services as required by California law if you (or any of your beneficiaries) have been paid, make the distributions to your beneficiaries called for by the trust.
6. Open a new checking account in the trust name (not in your name or an existing account). This account will be used to pay all of your debts and on-going trust expenses. In this connection, obtain from the IRS a new income tax reporting num-ber (EIN) for the trust which will be required for your Federal income tax return.
7. Transfer title of all financial or brokerage accounts from your name into the name of the trust as authorized (or, to use the ascends) in all of such accounts and transfer the proceeds into the new account in the trust referred to in Para. 6 above.
8. Locate all outstanding bills and pay same from the account referred to in Para. 6 above.
9. Make claim for any death benefits payable to you or your beneficiaries.
10. As to 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, divide such property among the entitled beneficiaries based on value or as otherwise required by the terms of your trust.
11. Obtain date of death values of all other property in your estate. Your banks and brokerage firms can provide this trustee with a statement covering the time of your death and a letter stating the date of death value(s) of such account(s). The trustee will probably need to hire a qualified real estate appraiser to value each of your properties (needed for income tax basis purposes).
12. The trustees should keep a good record of all trust income and expenses and trust distributions; since an account-ing should be provided to each beneficiary at the end of the trust administra-tion.

The trustor should pay to him- or herself the compensation he or she is entitled to under the terms of the trust and if none is provided for, “reasonable compensation” as authorized by Californi-a law.
14. After all estate expenses and debts have been paid, make the distributions to your beneficiaries as called for by the trust.
15. Have an accountant prepare and file the required income tax returns for you and for the trust.

The above statements are not to be taken as legal advice for the reader’s particular situation. Richard McEntyre practices in estate planning, advising estate and a probate litigation. He is a life-long resident of San Diego community as a lawyer for 45 years. Chris von der Laer is Dick’s associate lawyer, having worked with him for nearly 40 years. Affordable rates. Highest-quality service. Visit our website www.dickmcentyre.com.

Our office is conveniently located at 2515 Camino Del Rio South, Suite 101 (in Mission Valley just east of Buddy’s restaurant) Telephone (619) 211-4279

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POLITICS

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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, burial and religious sites, the Manzanita Band of the Kumeyaay Nation, the Campo Kumeyaay Nation, the Ewiiaapaayp Band of Kumeyaay Indians, the Ipay Nation of San Ysidro, the San Pasqual Band 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 the Kumeyaay on those impacts, and take appropriate steps to avoid or mitigate such impacts on tribal religious rights.

The Kumeyaay Tribes also object to federal agencies placing unwarranted restrictions on tribal monitors, which impede meaningful oversight of cultural resources. Given the agencies’ impediments, delaying construction is the only viable way to protect the sites, according to the Kumeyaay Nation tribes.

The multiple construction project sites are located in Kumeyaay aboriginal land that spans the border area and contains sacred sites, ancient village sites and certainly human remains. The tribes are proposing to work cooperatively with the CBP while construction is temporarily paused to evaluate the impacts, mitigate, and where possible, avoid irreversible adverse impacts.

“We are horrified that the government is moving forward with construction on the border without studying our Kumeyaay sacred sites and other cultural resources and how to protect them,” said Angela Elliott Santos, chair of both the Manzanita Band and KHPC. “Construction must stop in order to avoid further destruction of Kumeyaay cultural resources and sacred sites while studies are done in consultation with the Kumeyaay Tribes.”

Elliott Santos added, “the Kumeyaay people, our people, have occupied this region, on both sides of the U.S.-Mexico border, for many thousands of years. Trenching for the new border barriers is destroying an important part of our legacy and likely the precious human remains of 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 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.
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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 emerged 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 earn an equitable wage.

Women’s right to own property, and to be educated. The right to vote.

From Aug. 18, 1920, to Aug. 18, 2020, the 19th Amendment has granted continued to evolve — to live free from violence, slavery, and discrimination. The right to earn an equitable wage. To vote. To be educated, own property, and earn an equitable wage.

Interestingly, German-Jewish immigrant Louis Rose, who settled the city of Balboa Park 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 horticulturalist 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 lamps in the tower. He also built boats known as Sweet Crabs. In 1907, Sweet christened Pilot, San Diego’s first motorized harbor-pilot vessel, Celia bursts 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 25-foot racer 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 — Windogram, Eiscrake, 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 future of surfing in San Diego generally.

“I gathered a bunch of those 200 surfers in the parking lot of Bali Hai 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’ Kahanomoku 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’d 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’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.

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Outdoor business

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 Trenchplate & 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 from a neighboring business owner;
• Waive parking requirements for businesses that can make use of parking lots to place dining furniture and displays, among retail operations;
• Streamline and cut red tape for sidewalk cafés;
• 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 support 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 City of San Diego’s Services Department website.

In the same spirit of community, the patio at The Trails Eatery inspired local neighbors to set up their own 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 Trenchplate & K-Rail Services and features a bamboo privacy screen and putting green-style astro turf.

“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 been 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, local Little League teams and the community 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 Schaub is a contributing editor at the San Diego Community Newspaper Group.

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 barbers’ seats on the sidewalk when neighboring 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 sanitizers 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 so 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’ve 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.”

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Summer bounty: Freezing tomatoes for sauces later

By EVA YAKUTIS

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 bounty with many area home gardeners, the Area Community Garden, along close to home.

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 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.)

1. Bring a medium saucepan of water to a boil. Turn off heat. Thawed, raw tomatoes may be used in any cooked tomato recipe. Do not try to substitute them for fresh tomatoes, however, since 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.)

2. Cut tomatoes in half horizontally. Those cracked, ugly ones at the farmers’ markets are great for this as well and may be at a discounted price. You will need a medium saucepan, slotted spoon or tongs, paring knife, rimmed baking sheets (one or two, depending on how many tomatoes you have), a larger knife (chef’s knife), and a cutting board.

3. Bring a medium saucepan of water to a boil. Turn off heat. Thawed, raw tomatoes may be used in any cooked tomato recipe. Do not try to substitute them for fresh tomatoes, however, since 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.)

4. Chop the tomatoes and spread them out in a single layer on the baking sheets. A little accumulated juice is okay too.

5. Pop the baking sheet (uncovered is okay) into the freezer until they are very firm or frozen — about an hour or two.

6. 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.

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Observation of the Month: Greater Roadrunner

By PATRICIA SIMPSON

The Greater Roadrunner (Geococcyx californianus) has long captured the imagination, with possibly the most famous example being the beloved Looney Tunes animations where Wile E. Coyote, a starving not-so-clever scheming coyote, endlessly chases an astute fast-footed-lightning roadrunner. I always laugh when the coyote ples birdseed on the road hoping to attract his prey. In the cartoon, the roadrunner runs on all four legs but in real life, birdseed is not a great way to entice our great feathered friend.

Our observation of the month (visit bit.ly/3k8VKwp) by wildliferunner12 is a perfect example of what does entice a roadrunner: a nice juicy lizard. Besides reptiles, roadrunners enjoy rodents, amphibians, insects, scorpions, and the occasional bird. Only in winter will they consider adding plant material such as seeds to their diet and it’s never more than about 10% of it.

Roadrunners are not called ‘treeflees’ for good reason. While they can fly short distances and from perch to perch, they are more comfortable on foot in open spaces. Deserts, chaparral, grasslands, and riparian areas are favorites. The roadrunner’s powerful legs can propel the bird about 20 mph, with some individuals clocked up to 26 mph. For perspective, these feathered athletes would probably get a silver medal at racing the 100-meter against Usain Bolt (27 mph).

In addition to being fast on their feet, roadrunners have incredible speedy reflexes and they need them to hunt rattlesnakes. They will repeatedly peck the snake’s head while avoiding strikes. Because roadrunners need to roam and hunt in territories about half-mile in diameter, they do poorly in heavily urbanized areas and fragmented lands where they fall prey to cars, domestic or feral pets, or lack of food availability. In Southern California, their number is diminishing. Fortunately, their number overall is not in decline overall is not in decline. The California Quail has earned one of his many Looney Tune Animal names: “Speedy Q.R.” “Yodelito Tremendo” or “Avelladito increíbles” (among others).

—Patricia Simpson is a trail guide at Mission Trails Regional Park.

Technology tips to help stay connected during wildfire season

By MILLIE BASDEN

Next time you are in Mission Trails Regional Park and you hear the voice of a California Quail calling its distinctive “chi-ca-go, chi-ca-go,” look around. Sitting on the top of a shrub, rock, fence post, or other prominent perch, you may see a California Quail, acting as a sentinel for his covey while it forages on the ground around him. Defense against predators is a challenge for all prey species. Using a sentinel who watches and sounds the alarm if a predator approaches allows the rest of a group to focus on other activities without distraction.

Quail are social birds and spend most of the year in groups called coveys, made up of males and females, and their offspring. While a sentinel quail is on duty, nearby other quails will be pecking and scratching at the ground, foraging for seeds, other plant parts and the occasional insect, or perhaps taking a dust bath. Listen closely for a soft murmuring “pit-pit” call as they stay in contact with each other while they move about.

The California Quail (Callipepla californica) is the state bird of California, but its native range extends along the west coast from the tip of Baja California all the way to northern Washington and a short distance into British Columbia, Canada. It has been introduced in many places worldwide and is established in such diverse locations as New Zealand, Germany, and Argentina. California Quail are no longer found in heavily urbanized areas of our county where native scrub vegetation is too fragmented to support them. Mission Trails Regional Park is an oasis for California Quail (Quail, offering the quail a place to call home, and offering us the opportunity to hear and see them.

—Millie Basden is a trail guide at Mission Trails Regional Park.
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San Diego Community Newspaper Group
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History shines brightly on Casa de Pico

**Restaurant Review**

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 — 500-seat Casa de Pico is one of San Diego County’s most humble Mexican restaurant with some can turn up rather hot. These were of the mild variety. The enchilada had a similar construct with sauteed vegetables inside and a trace of cheese. It too was topped with the jalapeno sauce in addition to red “salsa espanola,” which was chunkier and livelier than traditional enchilada sauce. Margaritas come in several varieties and sizes, with the largest climbing to 32 ounces. I saw one pass by our table in a glass so large it could have seemingly held a cantaloupe. The short wine list grabbed our attention instead, luring us with a cabernet by the glass ($6.95) from L.A. Cetto winery in Mexico’s Valle de Guadalupe. The wine boasted a medium body and a boozy or “hot” finish. Though compatible with our food choices, I imagine it would pair particularly well to beef, such as the restaurant’s famous carne asada tampiquena — the dish fondly from a visit several years ago.) Casa de Pico’s menu is a compendium of recipes brought to the table over the years by Flowers and many of her kitchen employees. Dishes go through the rigors of 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 taquitos, tacos rancheros, assorted enchiladas, street tacos and more.

With its stimulating decor and comfortable seating designed for both large and small parties (currently the vast indoor dining area is closed, but the comfortable patio is still open), you can essentially skip the drive to Old Town — or across the border for that matter — and make due for festive meals and drinks in this renowned, welcoming casa.

—from 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.

**Casa de Pico**

5500 Grossmont Center Drive
619-463-2876, casadepico.com
Prices: Soups and appetizers, $6.95 to $14.95; entreé-size salads, $13.95 to $17.25; tacos, enchiladas and tostadas, $6.95 to $16.25; combination plates, $13.95 to $14.95; vegetarian dishes, $6.95 to $13.45; special combo meals, $12.45 to $15.95

**August Specials**

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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.

I have served as an educator 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. For 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.

SENIOR 2021 PORTRAITS RESCHEDULED

In mid-July, Lifetouch sent out information regarding senior portraits starting on/after July 14. However, Governor Newsom’s established safety rollbacks for many non-essential businesses and thus has temporarily closed its Prestige studios.

Lifetouch will be rescheduling the appointments already made to take place on or after Sept. 1.

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 is 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-profit, 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
• Mamson Pandayiva – Mamson will be attending Cal Poly Pomona
• Makaila Williams – Makaila will be attending UCLA

We wish these students 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.

—Michelle Irwin is principal of Patrick Henry High School.
Mentoring adjusts to changing times

SDSU mentoring programs are finding innovative ways to connect with and support students during the COVID-19 crisis.

“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 leaning 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 technological 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 they 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,” said Carter. “I want them to let them know they’re not alone.”

Aaron Barghin is a Communications Specialist at San Diego State University.
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 fulfill 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/2Do5S45.

If you wish to donate to the Foundation to help support our community school, please go online to the foundation webpage at bit.ly/32qphFr 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 2006 and 2008 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 crusaderssocc.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
Crusaders
CONTINUED FROM PAGE 20

competitive players born between 2006 and 2013. These one-hour clinics emphasize skill development and fun. The returning players will learn new skills with a great mix of intensity.

“We most assuredly thank all the members of the Crusaders Soccer family for all your cooperation in helping us restart and bring soccer back to life in our community,” states the club in a press release.

And a special shout out to Linda Hernandez, Emma Rivera, Christi Laumakis, Crystal Woods and Karen Nance who continually staff the check-in tables during our training sessions Monday through Friday and the Free Friday Night Clinics.”

Through the effort and expertise of Rene Miramontes and Victor Melendez, director and assistant di- rector of coaching respectively, the new training drills are working well, and comply with all the COVID-19 protocols. The drills are proving to be very successful and well received by the players, coaches and parents.

CSC’s mission is to develop life skills in children through the game of soccer, with the aim of forming leaders on and off the field.

Applications of the training drills will be used by each of our recre- tational teams so social distancing is still required when they begin training ses- sions.

So be on the lookout for the new Crusaders Soccer t-shirts recognizing the club’s 50th year in youth soc- cer in the communities of Granville, Allied Gardens, Del Cerro and San Carlos. Visit crusaderssoccer.org for more information.

—Jay Wilson writes on behalf of Crusaders Soccer Club.

Real estate
CONTINUED FROM PAGE 9

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 with both appreciation opportunity and amazing tax advan- tages that I will explain.

Additionally, an important aspect to real estate investment current- ly is that it is a hedge against infla- tion. With all the government mon- ey-printing and stimulus right now, real estate acts as protection form the weakened purchasing power of 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 an- swer all your questions either in-per- son or over a Zoom meeting. There has never been a better time (or a more opportune time) to purchase real property.

—Sarah Ward is realtor with Fine & Company Real Estate. Reach her at sarahward021@gmail.com or by calling 858-431-6043.
ATTENTION:

Allied Gardens Library news

By KATHRYN JOHNSON

19th Amendment Centennial: While California granted women the right to vote in 1911, nine years later that most women across the United States were granted the same right. The library has a variety of programs and resources for those who would like to learn more about the suffrage movement as well as celebrate the success of this initiative. Check out the library’s website for a listing of offerings until May 2020.

Teen contest: The library is hosting a poetry, art, essay contest for teens ages 13-18 to honor the Centennial Celebration of the 19th amendment on August 26th. Interested teens can select which format they would like to use to address the question: How has women’s suffrage impacted your life? Winners in each category will receive $100! Prizes generously supplied by our amazing Friends of the Library group. Additional information and entry forms can be found on the “SDPL Virtual Branch” calendar or by emailing bjsta@sandiego.gov.

DCAC CONTINUED FROM PAGE 2

Are they limited to the backyard or are they allowed anywhere on the property? Lisa will have to find the answer and let us know. Kristen Byrne, principal of Byrne Communications, and Marcela Esobar, principal of the Atlantis Group, provided an update on the status of the All Peoples Church project. They have been working the last six to eight months to receive permission from CalTrans for an easement. There is a very narrow manhole under the freeway which must remain accessible. The church would have to build a large retaining wall and a very long road for access to the sewer connection. The church would also have to cut through property. Lisa will have to find the answer and let us know. Kristen Byrne, principal of Byrne Communications, and Marcela Esobar, principal of the Atlantis Group, provided an update on the status of the All Peoples Church project. They have been working the last six to eight months to receive permission from CalTrans for an easement. There is a very narrow manhole under the freeway which must remain accessible. The church would have to build a large retaining wall and a very long road for access to the sewer connection. The church would also have to cut through property. Lisa will have to find the answer and let us know.

Virtual programming: Be sure to take advantage of our various online programs! A listing of what is available can be found on our online calendar. For best results, filter the location to “SDPL Virtual Branch” to see the wide selection of offerings for all ages.

Summer Reading Program: We are officially two-thirds through the Summer Reading Program and we have picked up steam in the last few weeks! We will be coming through the end of August so there is still time to log your reading. We are also over two-thirds through our Library Foundation and Intuit Community Goal of reading 200,000 books!

Help us meet our goal and the San Diego Library Foundation and Intuit will donate $10,000 to support library youth programming. If you’ve completed your SLP reading — 10 books or 10 hours — you can now collect your prizes! Prizes will be distributed at our 18 contactless pickup locations. The contactless pick up locations closest to San Diego are San Carlos, College-Rolando, and Mission Valley Branches. Just call the branch from the parking lot and your information!!

The Church’s capital campaign ends soon. If they do not receive a response from CalTrans, they will have to move forward with the existing plan maintaining lion’s mane. We expect that the plans will go before the city’s planning commission and City Council by the end of the year. Members of the public will be able to comment on the project at each of these meetings. If approved, construction documents will be submitted. There is probably still 10 years to and a half before they break ground. CalTrans really slowed down progress.

Under the radar, Rawlins reported no update on the proposed Del Cerro Maintenance Assessment District. The city replaced three benches at Princess Del Cerro Park with benches for the Disabled. They look nice and we might not need the three additional benches.

The next DCAC meeting will be Thursday, Oct. 22 at 7 p.m. It is currently scheduled as a Zoom meeting and the password will be included in the link which will be posted on the DCAC webpage on Oct. 1st.

Candidate forums that the Del Cerro Action Council, along with the Allied Gardens Community Council and the San Carlos Area Council are hosting candidate forums for the District 7 and mayoral races. Most likely, the forums will be via Zoom (the password for candidate forums will be embedded in the link) The District 7 candidates forum for Raul Campillo and Noli Zosa will be on Wednesday, Aug. 26 beginning at 7 p.m. The mayoral forum will be on Tuesday, Aug. 25 at 1 p.m. Residents of Grantville, Allied Gardens, Del Cerro and San Carlos are asked to send questions for the forum to discussion@delcerroactioncouncil.org. Only questions submitted in advance will be asked.

The mayoral forum with Todd Gloria and Barbara Bry will be on Wednesday, Sept. 23 at 7 p.m. At this time, the mayoral candidate forum will also be a Zoom meeting. The link to attend the District 7 Candidate Zoom forum will be placed on the Allied Gardens Community Council website agecouncil.org, the Del Cerro Action Council website delcerroactioncouncil.org and for the San Carlos Area Council, check their facebook page at facebook.com/sancarlosareacouncil.

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