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San Diego Community Newspaper Group

Del Cerro couple go the extra mile for animals

By ELAINE ALFARO



Francine Deutsch (L) and Carole Leland with a few of their four-legged friends. (Photo courtesy of San Diego Humane Society)

Whether they are in an educational setting, walking their four dogs or interacting with their neighborhood, the act of giving is not solely monetary but includes time and community, according to Francine Deutsch and Carole Leland.

As residents of Del Cerro for 37 years, Deutsch and Leland have applied and shared a lesson that Deutsch learned at an early age from her great-grandfather.

“Save a third, spend a third, and give away a third,” said Deutsch. “That philosophy translated my whole life.”

Their contributions to Del Cerro and beyond began with that philosophy and permeated their actions and relationships.

They’ve recently committed to donating money over the next 10 years to the San Diego Humane Society (SDHS). Their upcoming philanthropic commitment will endow the new Dr. Francine Deutsch and Dr. Carole Leland Community Veterinary

SEE **HELP ANIMALS**, Page 11

San Carlos resident’s book garners multiple recognitions

By DAVE THOMAS

For San Carlos resident Nancy Regas, counseling students over the years has proven to be a rewarding and successful experience.

Regas has lived in the community for 44 years and was employed at Patrick Henry High School for nearly 20 years as a counselor.

Having retired in 2016, Regas then worked for three years as a regional representative for Albion College, a private liberal arts college in Michigan.

Regas’ passion for counseling has not gone away despite transitioning into retirement.

In 2021, Regas wrote and self-published, *The Art of Being a School Counselor*; it is on Amazon, Kindle and, Barnes & Noble. She also recorded it, with the audiobook available on audible.com.

It recently received several recognitions: National Indie Excellence Awards-Finalist; San Francisco Book Festival-Honorable Mention, Category General Nonfiction; NYC Big Book Award-Winner Category Education; NYC Big Book Award-Distinguished Favorite [audiobook], Category NonFiction; 56th Annual Local Author’s Program for the San Diego Public Library (SDPL). Locally, it was in the

showcase at the SDPL through the end of February and then was to be available for check out].

Regas feels the book has merit, especially given the challenges these days facing students and those teaching, counseling and raising them.

“Times are very difficult in education and all educators (counselors, administrators, teachers) and parents need inspiration,” Regas stated.

Writing the book is part of Regas’ legacy, especially given she says she’d arrived at her true calling as a school counselor.

“Every career path prior to

SEE **NANCY REGAS**, Page 10



San Carlos resident Nancy Regas was recognized for her many years of helping counsel students. (Photo courtesy of SD Public Library Local Author’s Program)

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One of San Diego’s only neighborhood street fairs set for Sunday, March 20

For more than 20 years, the community of Rolando has welcomed thousands to their neighborhood streets for a day of good food, good people and good fun.

Mark your calendar for this event once again on Sunday, March 20. The street fair will run from 10 a.m. to 6 p.m. on Rolando Boulevard between El Cajon Boulevard and Solita Avenue.

Rolando Street Fair is one of San Diego’s only neighborhood street fairs, taking place on residential streets under vintage acorn lamp-posts and silk oak trees that were planted more than 75 years ago.

Organized by a team of dedicated volunteers, this event represents what can be accomplished when neighbors come together to celebrate community. After a two-year break due to the COVID-19 pandemic, the Rolando

Community Council is proud to welcome back an estimated 10,000 residents to celebrate all that many love about San Diego.

With a little something for everyone, this free entry event features five local bands including national headliner and longtime San Diego favorite Buck-O-Nine with emcee for the day Tim Pyles of 91X FM.

The event features more than 100 vendors, a beer garden representing multiple local breweries, and a \$5 play-all-day kids zone with inflatable, interactive fun for all ages tiny to teen.

This event is made possible by local sponsors such as BLVD63 Apartments, Campus Plaza, Realtor Doug Lister, Bridge Church, St. Katharine Drexel Academy, and The San Diego Commission for Arts & Culture.



As in the past, fun is set to happen again March 20 with the Rolando Street Fair. (Courtesy Photo)

For more information about the Rolando Street Fair, visit: rolandoccc.org/rolando-street-fair/.

San Diego communities join forces to combat hunger

The fight to combat hunger will continue this month in a number of San Diego areas.

This will be the seventh year that the communities of San Diego have joined forces in a massive county-wide food drive to benefit the San Diego Food Bank. The “Neighbors Helping Neighbors” and “Scouting for Food” food drive participants include 93 congregations from The Church of Jesus Christ of Latter-day Saints, Our Father’s Grace Ministries, Carlton Hills Lutheran Church, Chaparral & Sunset Hills Elementary Schools, the La Mesa Police Dept., Ideal Plumbing, Heating, Air & Electrical, Solatube Home, and the Boy Scouts of America San Diego-Imperial Council.

When: Saturday, March 19, (varying times)

Where: 21 drive-thru drop-off locations around the county:

- Sunset Hills Elementary (9291 Oviedo St. San Diego, CA 92129) from 9 a.m. to 11 a.m.
- La Mesa Police Dept. (8085 University Ave. La Mesa, CA 91942) from 9 a.m. to 11 a.m.
- Carmel Valley 9 a.m. to 10 a.m. 12701 Torrey Bluff Dr. San Diego, CA 92130
- La Costa 9 a.m. to 10 a.m. 3450 Camino De Los Coches, Carlsbad, CA 92009
- Mira Mesa 9 a.m. to 11 a.m. 11023 Pegasus Ave. San Diego, CA 92126
- Clairemont 9 a.m. to 11 a.m. 4741 Mt. Abernathy Ave. San Diego, CA 92117
- Allied Gardens 9 a.m. to 11 a.m. 6767 51st St. San Diego, CA 92120
- Lemon Grove 9 a.m. to 11 a.m. 8472 Blossom Lane, Lemon Grove, CA 91945



Locals take part in a previous drive to combat hunger. (Courtesy photo Robin Gephart)

- El Cajon 9 a.m. to 11 a.m. 1270 S. Orange Ave. El Cajon, CA 92019
- Santee 8 a.m. to 11 a.m. 9735 Halberns Av. Santee, CA 92071
- Ranch Del Rey 9 a.m. to 11 a.m. 790 N. Rancho del Rey Pkwy. Chula Vista, CA 91910
- Poway 9 a.m. to 11 a.m. 15705 Pomerado Rd. San Diego, CA 92064
- Poway 9 a.m. to 11 a.m. 17250 Tannin Dr. Poway, CA 92064
- Imperial Beach 9 a.m. to 11 a.m. 1515 Elder Ave. Imperial Beach, CA 92154
- Bonita 9 a.m. to 11 a.m. 3737 Valley Vista Way, Bonita, CA 91902
- Chula Vista 9 a.m. to 11 a.m. 845 Otay Lakes Rd. Chula Vista, CA 91913
- Carlsbad 9 a.m. to 11 a.m. 1975 Chestnut Ave. Carlsbad, CA 92008
- Carlsbad 10 a.m. to 3 p.m. 2525 El Camino Real, Carlsbad, CA 92008

- Ramona 9 a.m. to 11 a.m. 527 9th St. Ramona, CA 92065
- Vista 9 a.m. to 11 a.m. 2210 Oak Ridge Way, Vista, CA 92081
- El Centro 9 a.m. to 11 a.m. 1280 S. 8th St. El Centro, CA 92243

In addition to the 21 drive-thru locations available March 19, volunteers can also participate virtually using a direct link to the San Diego Food Bank. <https://bit.ly/366qWtO>

Last year, the "Neighbors Helping Neighbors"/"Scouting for Food" food drive gathered 106,683 lbs. of food to help San Diego neighbors.

The Church of Jesus Christ of Latter-day Saints partners with churches, businesses, and organizations in the community to help the San Diego Food Bank feed those in the county who are struggling with food insecurity.

The JustServe.org website is being used to promote this event. <https://www.justserve.org/projects/d904c0b0-412a-485f-b1bd-c9058e30afd7>

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.

To assist homesellers, a new industry report has just been released called “27 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 profit possible.

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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Dr. Green is a Canadian physician and right-to-die advocate. Learn more about her at StefanieGreen.com

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San Carlos community garden event celebrates 10 years

The San Carlos Community Garden (SCCG), a sustainable community garden in partnership with Sierra School of San Diego, will celebrate its 10-year anniversary Saturday, March 26 from 1 to 3 p.m. at 6460 Boulder Lake Ave. The Sierra School provides special education services to students who require additional educational and behavioral supports.

"We are beyond excited to celebrate the San Carlos Community Garden's 10th birthday and a decade of support from local volunteers and our partners including the Sierra School," said Carol Lockwood, SCCG chair.

The celebration will include a proclamation by City of San Diego Council member Raul Campillo and County of San Diego Supervisor Joel Anderson, as well as:

- A special reveal of a new garden installation, built and contributed by George Mercer landscape architect, Precision Concrete Designs, BrightView Landscaping, and Boy Scout Tristan Horton (Troop 959);
- Live music;
- Hands-on garden arts and crafts activities for all ages provided by the San Diego Public Library-San Carlos Branch, Master Gardener Association of San Diego, Food2Soil and California Cactus & Succulent Society;



The San Carlos Community Garden continues to thrive. (Courtesy photo)

- Fresh fruit and beverages from Keil's Fresh Food Store and Brew Coffee.

Through the partnership, Sierra School students and teachers take learning outdoors. Students get hands-on in the garden; tending to beds, composting and harvesting crops. The vegetables and spices are then used for cooking lessons in the school's student kitchen. As part of the Sierra School's WorkAbility transition program, some older students gain first-hand work experience in the garden on Fridays.

"In addition to the beauty the garden adds to our campus, it provides a wonderful learning opportunity for Sierra School students," said Lanae Aguilera, director of Sierra School of San Diego.

Established in 2012 with a grant from the San Diego County Health

and Human Services Agency, the SCCG provides a safe and beautiful space for community members to grow healthy and organic food and flowers. It offers 63 raised community garden plots, a 30 fruit-tree orchard, 12 raised garden beds for Sierra students, a 160-ft. dry creek bed planted with California natives, an herb garden surrounding a labyrinth, an outdoor classroom amphitheater, and a fire-safe landscaping demonstration garden. SCCG is also a designated Monarch Waystation and Food2Soil composting site.

The event is open to the public. To RSVP visit: www.sancarloscommunitygarden.com/10th-anniversary.

To support the garden, visit sancarloscommunitygarden.com/donate. All gifts are tax-deductible as allowed by law.



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San Carlos area council news: Get out and enjoy the surroundings

By PATRICIA MOONEY

Here we are into March and with world events leading the news, these are very uncertain times for all of us.

One fact remains: Life is short. Rather than sit at home in the dark and wring your hands, you can choose to live your life as fully as possible.

Go take a walk around Lake Murray and spot the wildflowers and baby ducks. If you have more energy, take a walk around Mission Trails and visit the grinding rocks where the Kumeyaay processed acorns next to the river with rounded stones aka “mortars” that they held in their hands. Did you know they survived in this area for 10,000 years? And if you possess strong pairs of legs and lungs, then climb up Cowles Mountain and even further to Pyles Peak and have a look at the beauty that is our home. As I have said many times, we’re living in America’s finest neighborhood, in America’s finest city.

Spring is upon us and we are fortunate to have experienced these past few rainstorms that will add some much-needed water into our reservoirs. With all the snow that fell in the local mountains, our streams will be flowing. The cycle of life continues.

Our District 7 Council member Raul Campillo has been holding town hall meetings throughout

the past year and a half and hopefully you have given yourself the opportunity to attend and present any of your important issues. My mom used to say that we kids had no right to complain about anything if we hadn’t tried to do something to fix the problem. I would say the same to you.

It is easy to sit at your computer and complain about potholes or unwanted cell towers next to your house. But if you have not written a letter, made a phone call or shown your face at a virtual town hall meeting, there may be room for improvement in your attitude. In that case, return to paragraph one and take a walk around Lake Murray. And then get involved in your town council.

It’s been wonderful to see a few of our neighbors step up to take charge in our San Carlos Area Council over these past few months. This includes our new Secretary, Tamar Caspi, who also sits on the Navajo Community Planners and has been contributing to our Facebook page. And new Board Member Cynthia Wootton who brings her love of the environment to the San Carlos Area Council plot at the San Carlos Garden. Kudos to you both!

The Councilman’s most recent newsletter reinforces his dedication to one of our town’s longest-standing issues. “My number one priority in District 7 continues to be the construction



Get out and enjoy the area scenery as the weather gets nicer and days become longer in the evenings. (Photo courtesy of Patricia Mooney)

of the San Carlos Library! If you’ve driven by the parking lot next to the library, you’ll see... WORK IS HAPPENING! This is the final step before we receive a letter closing out the groundwater case and allowing the City to finally purchase the land. I plan to stop by the site frequently with my staff and will be inviting members of the community to join us as the project continues to move forward. We WILL build the San Carlos library.”

I’m now allowing my excitement to mount, and you can, too, as many of us know that a library is the heart of any town: a place to gather and share crafts and stories as well as, a learning zone for the entire family.

The SCAC will be meeting at least one more time virtually on Zoom, this March 16.

We will post the link at our Facebook page. Yours truly will be the guest speaker and I will regale you with tales of how in the 17th Century, many folks departed their beloved Ireland due to the Potato Famine, boarded Coffin Ships and sailed towards a new life in the Americas. The ports of New York City and Quebec both welcomed the refugees who were able to survive the ravages of disease and months-long quarters in the holds of ships that were meant to carry goods, not people. If you’re curious to learn more, then tune in at our Zoom

meeting on the evening before St. Patty’s Day!

Our next meeting will be Wednesday, March 16 at 6:30 p.m. on Zoom.

The link will be posted online at <http://facebook.com/sancarlosareacouncil>

If you have a San Carlos story to share, or would like to get involved in your Town Council, contact San Carlos Area Council VP Patricia Mooney at patty@crystalpyramid.com.

—Patricia “Patty” Mooney is an award-winning San Diego video producer and partner at San Diego’s longest-serving video production company, Crystal Pyramid Productions.

Quick tips to improve your home internet experience



As more households are working and learning from home these days, here are some easy tips to help improve your internet experience.

Use audio instead of video for virtual meetings. Video calls can be a strain on your service. Consider video for must-

see moments. Or turn the camera on only when you’re speaking.

Doorbell cameras and pet cams. When you’re home, lower the resolution on doorbell cams and pet cams. You can still effectively monitor the areas. And turn off pet cams if you’re at home.

Get a 360 View. Cox Panoramic Wifi gives you wall to wall coverage, including those dead zones in your home. If you have Cox Panoramic Wifi, use the Cox Panoramic Wifi app to:

- Manage devices on your home internet;
- Pause the wifi on other devices (like the kids’ iPad) when you’re on important video calls.

Computer Virus Protection. Computer viruses and malware can slow down your internet. Use the free Cox Security Suite Plus powered by McAfee to protect your home computer. Cox Panoramic Wifi customers can turn on Advanced Security in the Cox Panoramic Wifi app.

Secure your wifi. Password protect your home wifi to keep out unauthorized users.

Location, location, location. Your internet experience may be slowed down if your wifi router or modem is in a bad location. Remember to:

- Elevate your modem or router on a shelf or tall piece of furniture (wifi signals travel outward and downward);
- Avoid placing your router near a microwave, mirror or fish tank, which can affect the signal.

For more tips, visit www.cox.com.



As Biden rallies world to defend democracy, GOP must answer for praise of Putin



By SEAN QUINTAL

Since 1945, the United States-led world order has proven remarkably successful at preventing wars between great powers.

A critical element of this success has been the strong alliances the U.S. has established with other democratic nations. America is treaty partners with Japan, South Korea, Australia and others in the Pacific region. But probably the most important formal alliance that has spared the world from far-spreading land wars is the North Atlantic Treaty Organization (NATO). The U.S. and 29 other nations have formally agreed to NATO's Article V, wherein each nation pledges to defend other members if they are attacked. It has only been invoked once, when Canada and our European allies came to our defense after the 9/11 attacks.

Russian President Vladimir Putin's unprovoked invasion of neighboring Ukraine has upended this world order and has brought a land war to the borders of our NATO allies. Most U.S. politicians are properly expressing outrage over the invasion and pledging to support Ukraine. But in doing so, Republicans are hoping Americans forget how the GOP has, so frequently and so recently, defended and excused Putin as well as, disregarded the protection of Ukraine.

Republicans hope Americans forget that Donald Trump was impeached the first time for trying to blackmail Ukrainian President Volodymyr Zelensky by withholding military aid unless Zelensky manufactured

propaganda about then-candidate Joe Biden. They hope Americans forget how, after American intelligence concluded Putin ordered his government to influence the 2016 presidential election, Trump stood alongside Putin to say publicly he believed Putin's denials over his own country's experts. They hope Americans forget how, at the same time, Trump and Republicans in the House and Senate peddled Russian disinformation by repeating the baseless conspiracy theory that Ukraine, not Russia, had interfered with the election.

Donald Trump was NATO's loudest critic. He disparaged our allies as a drain on our treasury and criticized leaders in France and Germany. Pointedly, Trump refused to publicly defend Article V. Trump's former national security advisor, John Bolton, said just this week that he had to convince Trump not to withdraw the U.S. from NATO in 2018.

But Republican fawning over Putin is not just a thing of the past. Just hours before Russia invaded Ukraine, Trump said of Putin, "I mean he's taking over a country for \$2 worth of sanctions. I'd say that's pretty smart." One day earlier, Trump praised Putin's aggression against Ukraine as "genius," and said of Putin, "Here's a guy who's very savvy." Trump's former Secretary of State (and presidential aspirant) Mike Pompeo said this of Putin last month, even as Russian troops amassed on Ukraine's border: "I consider him an elegantly sophisticated counterpart, and one who is not reckless, but has always done the math."

Here's some math for Putin and his Republican admirers: As of March 6, 2022, the Ukraine's

State Emergency Service reports more than 2,000 civilians have died since the invasion and, in just 10 days, there are more than 1.5 million refugees, the fastest migration ever since WWII.

Thankfully for America and the democratic nations of the world, America now has a President who values both freedom and democracy as well as the international alliances that promote and protect them. Based on impressively accurate American intelligence, since at least last November, President Biden and his administration have been shuttling among America's allies, convincing sometimes-skeptical partners that Putin had decided to invade Ukraine. Biden's diplomatic efforts secured our allies' commitments to punishing sanctions against Russia, should it invade. Biden publicly called out Putin for his plans to attack Ukraine, even declassifying intelligence to prove Putin planned a "false flag" operation, thus depriving the dictator of using that propaganda as a pretext for his aggression.

The unprecedented sanctions Biden has managed to achieve from the NATO members and others are stunning in both their scope of cooperation and the reach of their effect. These are not preventive sanctions, like those against Iran; these are akin to wartime measures aimed at strangling the Russian economy as it executes its invasion of a peaceful neighbor.

Instead of praising or excusing him, as did his predecessor, President Biden has rallied the world against Vladimir Putin. In his State of the Union address, he cast the war declared on Ukraine as an existential battle

over the future of democracy. Biden vowed the United States will defend "every inch" of NATO territory. He further asserted the "united West" will render "Russia weaker and the rest of the world safer."

As much as Republicans try to deny it, Biden's courage and successful leadership is an exemplar of how the U.S. stands with its allies. So now Republicans and their media mouthpieces want to align their party with Ukraine? Maybe they should start by acknowledging the truth. Maybe they should stop ignoring the GOP's record of apologizing for Trump's nauseating embrace of Putin. Maybe they should admit that the leader of their party is a critic of the very alliance that has kept the world safe for more than half a century. Maybe they should own the fact that, during his administration's Ukraine scandal, the Republican party shielded Trump from accountability for his siding with a dictator over Ukraine and his own country.

Perhaps we Americans should adopt our own version of NATO's Article V, for our democracy. If one political party fawns over dictators abroad and dismisses institutions put in place to protect democratic freedoms elsewhere, then that party must also be seen as a threat to freedom and democracy within our borders.

The La Mesa Foothills Democratic Club meets the first Wednesday of every month. Please join us for our in-person for Club meeting on Wednesday, April 6, 7 p.m., at the La Mesa Community Center, 4975 Memorial Drive in La Mesa.

—Sean Quintal writes on behalf of the La Mesa Foothills Democratic Club.

Republican Women of California – Navajo Canyon celebrate International Women's Day



By WENDY HAUFFEN

Happy Women's History Month. We celebrated International Women's Day (March 8) with a jam-packed and successful luncheon.

For the second month in a row, we were bursting at the seams and joined by over 100 attendees. Our featured speaker this month was Tony Krvaric, chairman emeritus of the Republican Party of San Diego County, where he served for 14

years as volunteer chairman. He shared his thoughts on the upcoming elections.

We also heard from Carl DeMaio, chairman of Reform California and host of the DeMaio Report on NewsRadio 600 KOGO, about the latest news from Reform California and what we can do to help this election season.

Our next luncheon will feature Andrea Kaye, TV and radio personality, on-camera spokesperson, print model, actor and producer. She is the host of nationally syndicated "The Andrea Kaye Show" on The Answer San Diego and a regular contributor and guest host on TV and radio

shows. Join us on Tuesday, April 12 at the Legacy Resort Hotel & Spa. Register at rwcnavajocanyon.org.

The June primary is right around the corner and Republican Women of California - Navajo Canyon is looking forward to holding a candidate forum for you to meet and hear from local Republican candidates. Get informed and educated about which candidates are standing up for your rights! Mark your calendars for Thursday, May 12 from 5 p.m. to 8 p.m. at the La Mesa Adult Enrichment Center.

It is time to make your voice heard through your votes. The

news cycles have shown us just how fragile and important our freedoms are: our right to peacefully assemble, our ability to protect ourselves, and above all, our right to free speech. Do not let others mindlessly instill fear in your lives in order to take away your freedom.

As our club chaplain Ginny Wisley stated, "If you are going to fight against fear, you will need to be brave and courageous, so why not have the best of the best in front and inside doing the demanding work?"

—Wendy Hauffen writes on behalf of the Republican Women of California – Navajo Canyon.

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PENINSULA BEACON



Letters

Re: Waiting for development of All People's Church on College Avenue continues (Feb. 11 issue)

Dear Mr. Thomas,

I was disturbed by the headline in the latest issue of the Mission Times Courier which suggests that construction of All People's Church on College Avenue has been approved and is simply awaiting "development." As the article itself makes clear, this is not the case. This proposed mega-project is, by no means, a done deal! Perhaps more troubling, however, was that the article only quoted the church pastor, who does not live in Del Cerro, and not the hundreds of Del Cerro residents who have expressed their opposition to this project by signing up with the group Save Del Cerro. I am a Christian minister and, thus, not "anti-church" or anti-change. What I and so many of my neighbors object to is building a 55,000 square foot facility on an environmentally-sensitive sliver of land along a street that is already crowded. This is a remarkably bad idea and I strongly urge public officials to reject it.

—Michael Kinnamon, Del Cerro

* Editor's note: The church is still waiting for clearance to develop its proposed facility in Del Cerro.

Re: Waiting for development of All People's Church on College Avenue continues (Feb. 11 issue)

Dave,

Thank you for reporting an update of the All People's Church in Del Cerro. There is an important quote in your

article made by Pastor Robert Herber near the end that grossly understates the construction duration of the project at "about 12 months."

I have been a commercial general contractor and professional project scheduler for nearly 35 years and have completed many projects larger than what is proposed by the church and I can assure you they will have a difficult time finishing the project in 24 months, let alone 12. I have not studied the plans and geotechnical studies in detail, but drive past the site daily and understand this project requires extensive grading and utility work that will take months (roughly four or more) to complete before they can get to a point where vertical construction can begin.

As the leader of the church, Pastor Herber is greatly misinforming the congregation, the Del Cerro Community, and stakeholders in general. I am quite sure the design team and project consultants have a pretty good idea that 12 months is not even close for an accurate duration to finish such a project. I would not be surprised once a full, detailed CPM schedule is assembled (by a professional) that it will run in the ballpark of 30 months from beginning to end, given the location, complexity of the site, scope of earthwork, followed up by the overall square footage of the improvements to be completed. Think about it – it is not easy to build a custom home on a flat lot in 12 months!

The people reading your paper need to know about this gross understatement.

Thanks,
—Steve Nelson, Strategy Builders, La Mesa

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Friends of Del Cerro busy with myriad of projects

By JAY WILSON

The Friends of Del Cerro (FODC) continues with a series of projects to benefit the Del Cerro community and its surrounding communities.

For several years, the FODC has been working with John Steffen, our City of San Diego's Police Department community relations officer to increase the number of active Neighborhood Watch groups in Del Cerro. Bob Hickman, a FODC board member and a member of the Crime and Safety Committee is heading up the project to install new "Neighborhood Watch" signs. The first phase was to install five signs in neighborhoods adjacent to Hearst Elementary School. There are 15 more signs to be installed. All the signs have been paid for by the FODC. If your neighborhood does not have a viable "Neighborhood Watch",

contact us through our website – friendsofdelcerro.org.

Jackie O'Connor, the president of the FODC, commented to the board, "David Preciado, an FODC board member and I recently met with City of San Diego staff, and we finally have an anticipated date of August, to begin collecting signatures which we hope will ultimately lead to a vote by Del Cerro residents/property owners to approve the Del Cerro Maintenance Assessment District."

FODC board member Jane Floforn has completed another interview with a long-time Del Cerro resident. Floforn is continuing with her interviews and plans to post each interview on the FODC website.

The Princess Del Cerro Park's basketball court is looking great with its new backboards, hoops and nets. The next project for the basketball courts is to install safety pads around

the base of the two poles holding the backboards. According to Mark Alan, the vice president of the FODC and chair of the Princess Del Cerro Park Committee, they are also working on a project to refurbish the sponsored bricks in front of the playground. Residents will also have an opportunity to purchase a sponsor brick. Proceeds will be used to help maintain and improve Princess Del Cerro Park.

A follow-up meeting with key SDSU staff and the student capstone project members regarding opportunities for SDSU students and staff is being scheduled as the result of a very successful tour of Adobe Falls in February.

For more information on Friends of Del Cerro, visit: friendsofdelcerro.com.

—Jay Wilson is a board member with Friends of Del Cerro.



This new Neighborhood Watch sign at the intersection of Romany Drive and Rockurst Drive, is one of five signs already installed around Hearst Elementary School. There are 15 more signs to be installed compliments of Friends of Del Cerro. (Courtesy Photo)

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No matter the issue, you want results at the end of the day.

With that in mind, email us a picture of the issue involved. We will get the word out online and in print.

While we can't promise the matter will be fixed, we'll do our part to push things along. That is so those responsible for improving the situation get the message the status quo is not acceptable.

Email your pictures to: dave@sdnews.com.

Provide a little background information to include what the problem is, what neighborhood in the Mission Times or College Times Courier circulation areas and so on. Please also include a phone number (not for print or the web) so we can contact you with any questions.

Thank you and let's get these things fixed around the communities.

The first item would be road issues in one San Carlos neighborhood.



(Photo credit: Nikolai Norausky)

According to one resident, the street damage starts in front of 7357 Wing Span Drive and moves along to approximately 7987 Wing Span Drive. The most notable problem area is in front of 7967 Wing Span Drive. That is where a large tree root related to a city-owned eucalyptus tree has led to a major fissure in the road. As a result, you have an unplanned speed bump greeting you.

That said when will officials responsible for this matter act so residents and visitors driving in the area have a smoother ride?

We reached out to the District 7 office of council member Raul Campillo.

According to Senior District Representative and Policy Advisor Vic Vettiyl, the office is very familiar with the issue and planned to reach out to at least one of the concerned residents directly.

Let us hope this is true and residents and visitors to the area will get the fix they need.

Nancy Regas

CONTINUED FROM Page 1

that (unbeknownst to me at the time) were stepping stones leading me to the place where I belonged," Regas remarked. "Every day I went to work with anticipation, wonder and joy. I wanted to recapture some of those feelings and memories in words, hence leaving behind my legacy to my daughters and granddaughters as well as a tribute to all my students."

For Regas, the one-on-one relationships with her students over the years stands out.

"It was such a privilege to watch them develop, to hear their stories, to be cheering their victories and to soothe their pain through their disappointments," Regas went on to say. "I was their advocate, their guidepost, their sounding board, their safety net, and their reality check. I still have relationships with several of my former students (now amazing adults), and that is to my delight and honor. No two days were the same (so, it was never boring); each day was like unwrapping a package filled with discoveries that bore challenges, obstacles, triumphs, achievements, and resolutions."

With all the challenges facing students, teachers and parents in recent years, a solid counseling program in school is key.

"Counseling in my mind has always been vital," Regas stated. "Over half the states in the USA do not require school counselors for grades K-12 (including, sadly, California). That means if whomever in charge does not value counselors, they aren't a priority; if the budget needs trimming, counselors are viewed as expendable. That harsh reality is just wrong in my belief. Counselors are vital to the success and well-being of students throughout their education. Given the turmoil of the last two years, the necessity of counselors in schools should be quite evident."

As Regas sees it, students should have a safe space available at school as do parents and teachers.

"I had an open-door policy for anyone (not only my counselees) who sought 'a truth zone'" Regas stated. "In the book, I wrote a chapter on COVID and what impact it has had on education. Also, I vowed to myself to be the school counselor I never had."

For anyone looking to become a school counselor, Regas has some advice.

"Find your passion," Regas emphasized. "Know why you want to be a school counselor and then be the best that you can be. In writing the book, I wanted to not only share my story, but to inspire others to find their passion and not merely a job. I wish for all educators

- counselors, teachers, and administrators to be more, see more, do more, feel more, give more, and thus, be fulfilled more as they touch the lives of their students. To me, that is the heart of being a counselor, an educator."

When asked if she plans to write any additional books, Regas said she does not know at this point.

"When I was a perinatal educator and heard parents say, I can't wait until s/he sits up, stands, walks, talks etc., I would remind them if they constantly placed their sites on the future, they would miss the wonder, joy, and miracle that was right before them. My thought was always to savor and enjoy the current milestone, thus staying in the here and now. I want that for this book. I want this book to serve its purpose and for me to see it reach its audience and make a difference. I believe it would be very beneficial in graduate programs as well as for on-boarding new counselors, administrators, and teachers to a district. Theory alone does not put the soul into being a counselor," Regas noted.

Many students and others have benefitted from the words Regas has spoken over the years and will continue to do so through her book.

—Reach editor Dave Thomas: dave@sdnews.com.

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Help Animals

CONTINUED FROM Page 1

Services (CVS) Veterinarian position at SDHS. Additionally, another portion of their contribution supports San Diego Humane Society's Behavior Center.

Their heart of giving began not only with dogs but with the goal of developing accessibility to resources and support for a variety of groups (from animals to women to students).

Specifically, as retired educators, their time within university settings impacted their outlook on philanthropy, according to Leland.

"Schools have a lot of impact on what both of us have become," said Leland. "[Syracuse University] has a long tradition and commitment to service and giving. I think a lot of roots of my own commitment come from that — a sense of obligation and responsibility to the community and giving beyond what it is you are achieving and succeeding. We come from backgrounds that emphasize that."

During her time as the San Diego State University (SDSU) Department Chair of Child Development and Family Studies, Deutsch also was driven

to form lasting partnerships with institutes which encouraged advocacy, research and community in SDSU.

"I look at my career in decades," said Deutsch. "The first couple of decades really had a focus on child development, advocacy and social policy. That was a major emphasis when I was at SDSU and then I started to ween away focusing on developing educators of kids and social policy work."

As their involvement in San Diego grew, their lifelong commitment to education connected with their love of canine companions led them to the SDHS.

"I started out as a volunteer shoveling poop," said Deutsch. "I would volunteer that way and then decided I'd try another kind of impact and served on different committees (the advocacy committee and the philanthropic committee). It was always about how one could have a bigger impact."

Their goal to make a big impact stems from their outlook, which was shaped by personal hardships and experiences.

"I am a 21-year lung cancer survivor. Carole is a 15-year breast cancer survivor," said Deutsch. "Both of those things in our lives just really made us

realize life is not a dress rehearsal. If you have an idea about something, put it into action. If you express your interest in something, someone will help you to figure out how to make your contribution."

They agree that giving to the SDHS is not only about helping dogs but also supporting people.

"We hope people have the opportunity to know and observe their dogs so that they don't see them as just something 'for them' but rather see them as a reality they can connect with," said Leland. "I think this is the education part that the humane society really has picked up on so appropriately. It helps with the discipline and understanding of being able to contribute to another person or animal in that sense."

Specifically, Deutsch and Leland see animals as a means for developing children's education on healthy and respectful relationships and eradicating bullying. Their own dogs - Duet, Tempo, Jazz and Mezzo -, have imparted lessons within the youth of their neighborhood, according to Deutsch.

"We have one rescue dog and she was so abused and threatened that she has PTSD," said Deutsch. "Her response is to bite. I am dealing with it and

working with her. With children in the neighborhood, she's the 'look at dog' [Look don't touch]. You don't pull the tail because it's just sitting there. You don't pull an ear because it's just there. It's an element of, 'Don't bully a dog.'"

Through their contributions to the SDHS, Deutsch and Leland are advocating for a present and future that fosters healthy animal (and human) relationships in the community of Del Cerro and broadly in the county of San Diego.

"I think about how many people really are left alone and suddenly an animal becomes the reason for being," said Leland. "An animal becomes a connection so

meaningful. That's what we're hoping for with the support of the community."

"We believe in endowments," said Deutsch. "We believe legacy lives on. The SDHS worked with us so that our pledge could be extended over a long period of time and we could have the pleasure and the joy of that giving while we're alive. It's kind of fun to participate in trying to inspire others."

To learn more about the SDHS or ways to get involved visit sdhumane.org/.

—Elaine Alfaro is a journalism student at Point Loma Nazarene University and a former intern for the La Mesa Courier.



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Henry Cluster STEMM Foundation

By JAY WILSON

David Ege, the branch manager of the San Carlos Library announced the Robotics Showcase Extravaganza is back for the fourth time. This will be an in-person event on April 9th from 10 a.m. to 1 p.m. "The public is invited to join us in the library's lower parking lot for the fourth robotics showcase. There will be teams from local schools and the Navajo Community neighborhoods. Each team will display and demonstrate their robotic creations."

Several levels of robotics competition will be represented including the FLL (First Lego League) for grades 4th to 7th and FTC (First Tech Challenge) for grades 7th through 12th. If you know of a robotics team within the Navajo Community that may not be aware of this event, have them contact us through our website at hc-stemm.org.

Ege concluded, "In addition to the robotics displays, there will be STEM related activities in the library's Winer Family Community Room & Art Gallery."

This event is hosted by David Ege and the City of San Diego Public Library, and sponsored by the Henry Cluster STEMM Foundation, a 501(c)(3) nonprofit foundation serving all the schools within the Patrick Henry Cluster.

Mark your calendar for Saturday, April 9 and bring the family to see the robots designed and constructed by the members of each robotics team in action.

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Allied Gardens/Grantville Community Council: MTRP continues community service

By SHAIN HAUG

The Mission Trails Regional Park (MTRP) Foundation was founded by Jean Hatton, Dorothy Leonard, and Michael R. Pent in 1988 as a 501(c)(3) non-profit organization to preserve, improve, develop and maintain the park and to foster public appreciation and understanding of the 8000 acres that constitute the park.

In 1991, the City of San Diego and MTRP Foundation entered into an agreement regarding their relationship, which included the approval of the foundation's annual work program. Regular MTRP Foundation activities reflected in the work program include soliciting funds (private donations, grants), publicizing the park, maintaining a gift shop, sponsoring programs such as for

the park's annual Arbor Day, hiring and maintaining MTRP Foundation staff, purchasing supplies and equipment for foundation and city use, funding exhibits, films, construction projects and coordinating activities with City staff.

The first joint endeavor of the City and MTRP Foundation was construction of the Visitor and Interpretive Center, which opened

in 1995. The MTRP Foundation secured millions in funding for the project, more than half of what was needed. The resulting design, with its soaring architecture, stunning views and spacious amenities now serves as an ambassador and gateway to the park. Each year, more than 10,000 San Diego County school children begin their exploration of the park from the visitor center and these

field trips to MTRP have become a much-looked-forward-to rite of passage for many of the region's elementary students.

In February 2020, members of the MTRP community gathered for the ribbon cutting ceremony of the new 5,000-square-foot ranger station in the East Fortuna Staging Area. A major entry to the Fortuna area of the park, the completion of this long-awaited facility was funded by the City of San Diego and the Mission Trails Regional Park Foundation. This important park investment gives rangers improved resources and a state-of-the-art facility to better protect the park and engage with park visitors.

Find out more about the park, the foundation, the activities it supports, and how you can join the work of this important resource at mtrp.org/the-park-2/.

Our next Town Hall Meeting will be on Tuesday, March 22 at 6:30 p.m. by way of Zoom. A further notice with the Zoom link will go out by way of email to our mailing list.

Following reports from our public representatives, this meeting will feature a presentation by Professor Eric Frost of San Diego State University relative to the Alvarado Creek watershed and what needs to be done to relieve flooding during heavy rainstorms. Professor Frost is currently working along the US-Mexico border in both countries assisting in solving problems with natural resources, environmental challenges, educational challenges and preparation of students to respond to disasters and manmade challenges to both countries. He has worked on solutions for the Adobe Falls part of Alvarado Creek for about a decade, mostly as a Del Cerro resident. His motivation is not as research for the University but as a member of the

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SEE AGGCC, Page 13



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By SARAH WARD, REALTOR®

I have had some buyers reach out to me and are all wondering the same thing. Is it too late to purchase a property?

Based on what I have been reading, I believe the current inflation problem will continue into the future for potentially some number of years. The Fed has painted itself into a corner with their extremely low interest rate policy. This country has more than \$30 trillion in debt and a significant increase in interest rates will cause the Federal Government debt-service to be hampered as well as slowing down an already unsteady economy. But in order to

combat inflation, interest rates generally need to rise, an option that the Fed is avoiding currently. Expect the price of everything to continue to rise, including home prices.

So you could say that there has never been a better time to purchase real estate.

Real estate is a hedge against rising prices - especially rising rents. The buyers I am currently working with are all renters here in San Diego and we are now searching for suitable properties to both put a roof over their heads and to protect them from rising housing costs.

I am an expert in working with buyers in this current low-inventory environment.

First of all, I get my buyers fully pre-underwritten. All income and asset information is approved and the Fannie Mae government computer systems have issued an “approved” status for a certain purchase price. This step has never been more important as listing agents want to see a full DU-approval before accepting an offer. I have an extensive conversation with my buyers about attributes and areas desired.

For example, I have one buyer who works from home and doesn’t mind being 30 to 40 minutes from Downtown; another buyer however, works in Mission Valley and prefers to be located no more than 20 minutes away from their

workplace. So we spend a while narrowing down must-haves (such as a backyard) and desired attributes such as at least four bedrooms. I always establish a relationship with a listing agent as best I can in order to establish confidence with our offer.

If you know renters right now, have them contact me so we can start the process of moving towards home ownership in San Diego. It is not too late to purchase a property; there has never been a better time to purchase a property in my opinion. I believe within the next 10 years, property prices will have doubled again.

I had quite a few people reach out to me recently about SB9, the Jan.

1 legislation that greatly expands building two to four units on an R1 lot throughout the state and mostly eliminates single-family neighborhoods. Most of the comments I received were from “concerned” residents about the effects. This is a topic I have extensively covered over the last six months.

While most people are certainly for expanding the housing supply in California, there will be unintended consequences of this law. Neighborhoods will change with added density. Parking will become tight with the added structures and schools will become overwhelmed

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AGGCC

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community. He works on these matters in the context of complex laws surrounding the flow of water to help the city resolve the issues. Your attendance at the Town Hall Meeting will support that work.

The next Friends of Navajo Canyon event will be on Saturday, March 19.

On each third Saturday of the month the Friends participate in removal of trash and invasive plants. The restoration and preservation of this important ecological resource is a demanding

community responsibility. Find out more about this meeting and sign up to join this work at aggccouncil.org by clicking first on Community Projects then on Friends of Navajo Canyon.

Join our board and bring your neighbors the benefit of your ideas and energy. Join our mailing list by using the “Contact Us” page at aggccouncil.org to give us your email address, to bring us your ideas for Community Council tasks and to nominate yourself to join the board to work on those matters. There is so very much we can do together.

—Shain Haug, is president of AGGCC

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WHOLE Boneless Pork Loin \$2.99lb. <i>Save \$1.10lb.</i>	Pork Tenderloins \$4.99lb. <i>Save \$2.00lb.</i> 2 per Bag	Bone-In Pork Butts \$2.49lb. <i>Save \$1.00lb.</i> 2 per Bag

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Mission Trails Regional Park Foundation presents 28th annual photo contest

The natural beauty of Mission Trails Regional Park (MTRP) has inspired generations of photographers, moved by the park's sweeping landscapes, majestic views, resident wildlife, and horticultural treasures.

And, for more than two decades, the Mission Trails Regional Park (MTRP) Foundation has

staged a photo contest to encourage park visitors of all ages to capture their experiences of MTRP through the lens and to share their unique perspectives with the community.

After a two-year pause due to the temporary closure of the visitor center, the MTRP photo contest is back with a new and

improved submission process for its entrants.

Now, community members can enter the contest online and entry fees have been waived. The goal of these changes is to make the contest accessible to more entrants as well as receive a greater selection of photos that capture the park's beautiful,



This roadrunner is but one of many resident wildlife at Mission Trails Regional Park. (Photo courtesy of Brian Wright)

sweeping landscapes and intimate details.

For those who would like to keep with the traditional entry process, physical submissions can be printed and mounted according to the contest guidelines and dropped off at the MTRP Visitor Center during business hours. The photo contest is open to all. Adults and teens can compete in one of four categories: plants, animals, people and landscapes. Children 12 years and younger can enter a photo from any of the categories.

All entries will be accepted from March 1 - April 1, 2022, and one entry per person. This contest is open to amateur, non-professional photographers only, and cash prizes are awarded.

Approximately 180-200 photos from Mission Trails will be printed then displayed at the MTRP Visitor Center from May 7-June 17. The award winners will be among those on view, and the winners will be announced at a reception at the Visitor Center on June 5 from 2 to 4 p.m.

The visitor center is located at 1 Father Junipero Serra Trail, San Diego, CA 92119, and is open daily from 9 a.m.-5 p.m.

For full details about the Mission Trails Regional Park photo contest, visit the park's website at Mtrp.org.

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Real estate

CONTINUED FROM Page 13

with the additional population. Some are saying that this will create a permanent underclass of renters in the state. While I believe some of the issues will work out, it seems that the single-family neighborhoods of California's history will be a thing of the past, for better or for worse.

If thinking of buying or selling in San Diego, call to schedule a consultation at (858) 431-6043.

—Sarah Ward is a realtor with Fine & Coastal Real Estate.

Crusaders soccer players participate in 2022 spring program

Hundreds of boys and girls and volunteer coaches are ready to participate in the 2022 Grassroots/Recreational spring program for Crusaders Soccer Club (CSC) which will play games throughout the Navajo Community ending May 8. The Crusaders Board of Directors extends a sincere thank you to volunteers, parents and grandparents who make our "Grassroots/Recreational" program a success.

Crusaders Competitive program is

concluding the forming of teams for the 2022 season. The competitive team players are coached by professional accredited and licensed coaches. The spring season for the competitive teams also begins in March and will include games against competitive teams from San Diego County.

Crusaders Director of Coaching, Rene Miramontes, stated "We are pleased to welcome Katie Maietta and Samantha Romaine as the newest members of our

stellar professional coaching staff."

Crusaders Soccer players are in the neighborhoods wearing their uniforms and practice t-shirts. Be careful driving as you may see a soccer ball in the street.


The Board of Directors announced DIRECT TV is now a sponsor of the CSC.

For more information visit crusaders-soccer.org.

—Submitted by Jay Wilson, COO Crusaders Soccer Club

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