





# The community garden's 'Orchard Whisperer'

## WHAT'S GROWING ON?

By ROBIN CLARKE



When I was a little girl, we lived in a house in Ontario, Canada that had a small apple orchard as our backyard. It seems huge to me in retrospect, but it was probably no more than 20 trees. Every spring, the blossoms would delight us only to yield wormy apples not fit for eating, making pies, or anything. My parents weren't botanically savvy and so most of the apples fell to the ground and rotted. We needed an "Orchard Whisperer." I guess we needed someone like Gabe Mitchell.

Gabe is the College Area Community Garden (CACG) volunteer orchardist. Yes, it's a thing! Located next door to SDSU on 1 acre of private property, the nonprofit College Area Community Garden is one of only a handful of the 60-plus community gardens in San Diego County, which includes a substantial number of fruit trees.

Gabe is an arborist, certified with ISA (International Society of Arboriculture) and holds a number of certifications from the Cuyamaca College Ornamental Horticulture Program. He also holds a qualified applicator's certificate (QAC) though the California Department of

Pesticide Regulation. Gabe is clearly passionate about trees, and cites the SD Professional Tree Care Association's annual seminars as having fueled this passion for orchard care and culture. He currently studies toward his bachelor's degree, and works for Caltrans with the District 11 Water Management Team — all that while he oversees the CACG 35-fruit-tree orchard and its irrigation. He's very busy.

I caught up with him and we talked, well, trees. Gabe's father had a landscape company and worked on the grounds at SDSU. Gabe also was a groundskeeper at SDSU for seven years, while taking classes in the Horticulture Program at Cuyamaca College. This combination of activities, he says, was the catalyst for his love of trees.

As he mentioned, and I agree, it's a rare person who has not been moved while gazing up at the boughs of an ancient redwood or spruce. That feeling heightens one's awareness and renders a reverence for those who have gone before, and who have maintained grace and stature despite inevitable upheaval throughout decades. Gabe feels strongly that in our current society, a connection with the earth is tantamount to well-being. Naturally that is a common motivation for all of the gardeners at CACG.



Gabe Mitchell (Courtesy photo)

Gabe cares for all 58 fruit trees in the CACG including citrus, apple and stone fruit like apricot, plum, nectarine and peach as well as many citrus trees and avocados and papayas. He and the CACG board dedicated the Espalier Zone (trained trees on a horizontal plane) to his grandfather, Augustine Mitchell Jr. We can't help feeling his grand dad would be proud.

—Robin Clarke lives in San Diego. She is a contributing writer who volunteers and leases space at the nonprofit, organic and sustainable College Area Community Garden. For more information about the garden, visit collegearea-garden.org.

## Alvarado

CONTINUED FROM Page 1

Alvarado is one of only two ER hospitals in East County and with the new emergency room, it will be the first with a special accreditation for serving seniors. As an accredited Geriatric Emergency Department (GEDA), Alvarado Hospital staff is trained to give a special screening for older patients that covers medications, memory health, diet and living conditions. The hospital also provides special equipment for senior patients such as foam beds and informational cards with larger type for easier reading.

The expanded ER also boasts a new electronic medical records system that Gomez described as "the Rolls Royce of EMRs."

Some additional staff will be hired for the ER including one extra physician shift, Gomez said.

Jordan Cohen, M.D. head of ER at Alvarado said he and the staff are excited to move into the facility and are eager to be able to move patients through faster and reduce wait times.

"Robin and I have assembled the finest team I have worked with in over 30 years of emergency medicine — physicians, physician assistants, nurses, really down the EMTs and the CNAs. This is the facility that the staff deserves to function well in," he said. "With this facility, we're going to become the premier emergency department in the county."



The entrance to Alvarado Hospital's new emergency room facility (Photo by Jeff Clemetson)

Although the ER is ready to operate, Alvarado must wait for an inspection by the California Department of Health before it can begin admitting patients. Gomez hopes this will happen before the holidays, and by state law cannot take over 100 days before an inspector comes to do the site visit. Gomez is confident that Alvarado will pass the inspection.

"This isn't a new service line for us. We know how to do ER," she said. "We have all the policies; we have everything in place. The staff has been running drills. ... So we are literally just waiting on licensing. It's going to be an easy one-day survey."

For more information on Alvarado Hospital, visit [alvaradohospital.com](http://alvaradohospital.com).

—Reach editor Jeff Clemetson at [jeff@sdnews.com](mailto:jeff@sdnews.com).



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## CPG reform

CONTINUED FROM Page 1

“Planning Groups cannot represent their community if they do not look like their community,” said Maya Rosas, director of policy at Circulate San Diego, in a press conference before the vote.

To that end, the reforms include creating a distinct category between renters and homeowners and reserving at least one seat for renters to be represented on the board.

If the reforms are enacted, members of the CPG boards will have to fill out a demographic survey and termed-out members must wait two years to be elected again. In addition, a compromise was reached that in order to qualify to run for the group, a person only needs to attend one CPG meeting in the past 12 months.

CPGs have seen little support from the city of San Diego in recent years. Few have staff from the Planning Department assigned to attend and answer questions. Even fewer have representatives from the City Attorney’s office ensuring the group is following the Brown Act — which means any question about the specifics of a project or the legality of an action requires significant discussion with officials not in attendance, sometimes delaying the process.

The new reforms include directing the Planning Department to closely monitor CPG actions and provide timely guidance to preclude requests for inappropriate project additions or modifications. The Planning Department is also tasked with providing resources to improve recruiting that could result in more diverse CPG membership. The city attorney will also be more involved in conducting disciplinary reviews if a CPG violates the Brown Act.

There will also be more transparency within CPG groups if the reforms are passed by the full City Council as the changes include deadlines on putting documents such as minutes, agendas, and rosters in a centralized location available for the public. Project review recommendations and member applications will also be recorded. It will also be explicit that groups are allowed to use social media, in accordance with the Brown Act.

Another major aim of the reforms is increasing training for members of CPGs. Instead of just new members going through training, all members would be trained annually on the Brown Act, CEQA Review, and the city’s development review process. Some CPGs said this would put an undue burden on members, but the recommendations passed 4-0.

One group in favor of the changes are developers, with several speaking out about issues they faced getting project recommendations from CPGs at a public hearing before the vote. With each CPG being vastly different, getting projects past them was described as “shaking a magic eight ball.” Intentionally or unintentionally,

CPGs can hold up projects or even shut them down by drawing out the process of giving recommendations. The cost of delays is then passed on to homebuyers and renters, according to the developers who spoke. The reforms would standardize the process of making recommendations and impose deadlines so developers can get community input early on in the planning stage and not have to repeatedly return before the group.

College Area Community Planning Board (CACPB) chair Jose Reynoso said that a lot of the CPG reforms are “worthwhile to assure consistency across planning groups but, in general, the whole exercise was driven by developers or pro-developer groups to either bypass or restrain planning groups.”

“I believe that it was driven because of anecdotal evidence/concerns relayed by developers that CPGs were delaying the approval process or that the make-up of the groups was too homogeneous and it was the same NIMBYs challenging and making things difficult for projects,” he said.

Reynoso has a different take on what holds up projects.

“If one were to go back and look at records, CPGs typically don’t take long to review projects,” he said. “What sometimes takes long is that many community plans are so old or outdated that projects require an exception to a community plan which can add up to a year in securing approvals.”

Another CPG reform that Reynoso said could affect the CACPB is the extended time for voting.

“[It] puts a strain on us because we do not have our own facility and are limited by the time we can use the meeting space. We’ll have to figure that one out,” he said.

While the committee overwhelmingly supported many of the recommendations, a plan to make CPG members file economic interest forms was sent back to staff. Council member Chris Ward spoke out strongly against volunteers being forced to fill out the forms required by the Political Reform Act, as small mistakes could incur major fines and the forms themselves are complicated and burdensome.

A recommendation from the task force to tape, either via audio or video, any land-use items on the agenda failed as council members worried the city would not provide the tools to do this and it would be too difficult to have volunteers do.

Another recommendation that would have disbanded a CPG or forced it to merge with another CPG if it failed to meet a quorum for three months in a row was changed so the CPG in question would be considered inactive, and would have to complete specific steps to regain its active status.

After Council member Vivian Moreno opposed the original wording on the grounds that no community should be without representation, she pointed out Barrio Logan, the neighborhood south of Downtown quickly

undergoing gentrification, has only had a CPG for a few years — long after it began going through significant changes.

Next, the approved reforms will go before the full City Council and City Attorney Mara Elliott for review.

—Editor Jeff Clemetson contributed to this report. Kendra Sitton can be reached at [kendra@sdnews.com](mailto:kendra@sdnews.com).



Members of the College Area Community Planning Group at its Nov. 13 meeting (Photo by Jeff Clemetson)

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## College Area Happenings

By JOSE REYNOSO

As was reported last month, at its November meeting, the College Area Community Council (CACC) board approved the draft community plan update report. Even though the report included much of the content of prior visioning sessions and workshops, the board also approved a 30-day public review and comment period so that residents can have an opportunity to see the final draft and provide comments or suggestions, if they wish. The report is posted on the CACC website, collegearea.org, under the community plan update tab. A separate executive summary of the report is also there. You can provide comments in the same page or in the comment section, also in the tab. The report will also be available at the College-Rolando Library. Arrangements have been made

with the library to allow visitors to check them out to read at the library. You can ask for them at the front desk. Comments will be accepted through Dec. 31, 2019. All residents are encouraged to read it and help shape what our community will be in the next 10, 20, 50 years.

As the year ends, the CACC is launching its annual membership drive. If you are a member, you will be receiving a notice asking for any updated information and requesting donations. The CACC voted to pursue becoming a 501(c)(3) nonprofit entity. A few months ago, we received the approval from the IRS. This means that your donations may be tax-deductible. It also allows us to apply for grants in support of projects that benefit the community.

To simplify the approval process, it was decided to create a

SEE CA HAPPENINGS, Page 5

## Agape House

CONTINUED FROM Page 1

get-togethers, study spaces, and a community garden. The building itself isn't huge, but Johnson and his team employ all of their resources to meet the students' emotional, spiritual, and physical needs.

"The student is a whole person," he points out, noting that many services or departments only work with one particular facet of a student's life. Agape House tries to look at them as a complete entity.

As such, although the house was founded by Lutheran-Episcopal Campus Ministry in 1962 and continues to work with churches in the area, Johnson emphasizes that their goal is not to push the students toward a certain denomination.

"We have respect for who they are. We are not out to convert the student, but to support them," he explained. "God's spirit is moving amongst all people — it's not about us getting them to where we think they should be."

It is about, however, providing a safe space and a community for students that may slip through the cracks. Sometimes that takes the form of a homework group or a Bible study, and sometimes that takes the form of "Food Fridays," a workshop teaching how to cook on a budget that culminates in a meal.

"Food is at the heart of community," Johnson said.

It's also one of the basic necessities, hence the Agape House food pantry. Although not on as large of a scale as the Associated Students Food Pantry, Agape House has a literal pantry full of canned goods and plenty of microwave ramen. The pantry also holds basic hygiene items. It is a resource for any student who needs a little extra.

Agape House also has a community garden out back, where they grow produce such as chard, lettuce, peas, and strawberries. The backyard has avocado, loquat, and guava trees as well. Not only do these provide food for students and Agape's weekly dinners, the garden offers a green space in a very urban campus. Students are welcome to help in the garden and get their hands (literally) dirty.



Agape House hosts a weekly dinner for students. (Photos courtesy Agape House)

"It's a forgiving thing to do," Johnson said of the gardening. "There's a spiritual practice of being connected to the earth and life."



The Agape House Garden helps meet the needs of students with food insecurity issues.

The garden and pantry also help meet the ongoing need of food insecurity. Johnson has been a part of the Agape House for 10 years and has seen this need rise. He noted the campus culture has shifted from primarily commuter students to primarily residential. While that may seem like a way to bring students together, housing costs and competitive admission increase complications and stress.

"The dominant pressure is economic," he said.

Johnson and his staff have met students dealing with extreme

homelessness, like the parent who was sleeping in their car, taking their kids to school, and then going to class themselves, to those who just don't have a steady place to live.

While Agape House continues to advocate to authority on housing and economic issues, they have also developed a blueprint to offer permanent housing themselves. Once plans are approved and permits are given by the city, the current building will be demolished.

In its place, Agape House will build a five-story mixed-use facility with a ministry center, vendor and office space, and housing for up to 50 students. Keep an eye out in the College Times Courier for more news as this project comes into fruition.

### GET INVOLVED

Now, Agape House welcomes any community member who shares their values and wants to work side-by-side in their mission. They are seeking volunteers to help garden and help cook the weekly Wednesday meals.

If you have a life skill that could be shared, they would love to coordinate that as well. In the past, chefs have led cooking workshops, and experts in the finance sector have taught students how to budget.

Finally, Agape House is continually accepting donations for their pantry. The biggest need currently is in women's hygiene items and easy-to-fix foods, like ramen noodles or mac n' cheese.

Be prepared, though: once you get involved, these college students can both tug your heartstrings and make you laugh.

"It's a vulnerable time of life, but also a precious time with meaning and possibilities," Johnson said, saying of working with the students: "It's a blast!"

Agape House is located at 5863 Hardy Ave. and is open Monday to Thursday, 9 a.m. to 4 p.m. For more information, visit [agapehousesdsu.org](http://agapehousesdsu.org) or call 619-583-3972.

—Freelance writer Joyell Nevins can be reached at [joyellc@gmail.com](mailto:joyellc@gmail.com). You can also follow her blog *Small World, Big God* at [swbgblog.wordpress.com](http://swbgblog.wordpress.com).

## BUSINESS SPOTLIGHT



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## From the Alvarado Estates archives

By SUSAN CLARKE-CRISAFULLI

The ultimate plan for Alvarado Estates was to create country living within the city. The choice of home sites was determined by lottery. Those whose names were drawn first had first option. It is amazing, however, how many families received the sites of their preference, regardless of whether they were high or low in the lottery.

For instance, famed architect Lloyd Ruocco held No. 31 and said it would have made no difference had he been far down the

list, “because I chose a site that no one else wanted, anyway.” His home sits on the lip of a canyon, where the house is so well tucked into the hillside that it is not visible from the street front. The same situation applied to families with airplanes who wanted home sites adjoining the airstrip.

Although all the dwellings had to conform to strict architectural control that was maintained by a committee, like homes having a minimum of 1,500 square feet of interior living space, there is a great variety of design.

Alvarado Estates is a unique neighborhood featuring mid-century moderns and sprawling California ranches. In addition to Ruocco, Cliff May, Richard Neutra, Herman Hester, and Rex Lotery are a few of the renowned architects. Currently, five homes have historical designation including Hester’s that was featured on the cover of Life Magazine 1958 as the “Home of the Future.”

—Susan Clarke-Crisafulli writes on behalf of Alvarado Estates.

## Mesa Colony Community Group news

By KRISTI HIGDON

The Mesa Colony Community Group held its final meeting of 2019 on Nov. 20 at the College-Rolando Library.

Chairperson Bob Higdon introduced the meeting speakers, beginning with Sanna Loando, District 9 representative for City Council President Georgette Gomez’s office, who updated the

group about the recent CARPUS (College Area Public Safety) meeting and, in particular, construction progress on Reservoir Drive.

SEE MCCG, Page 15

## El Cerrito Community Council news

By TASHA DEWEY

I Love A Clean San Diego will make a presentation at the El Cerrito Community Council meeting on Jan. 16, at 7 p.m. in the Blessed Sacrament Church Parish Hall, 4540 El Cerrito Drive.

I Love A Clean San Diego is San Diego County’s longest-running environmental nonprofit, having celebrated its 65th anniversary in 2019. When it was created in 1954, the organization’s main focus was litter prevention — the founding members called themselves the War Against Litter Committee. Throughout the years, this central theme has remained much the same, with I Love A Clean San Diego volunteers removing half a million pounds of debris from the county’s neighborhoods, creeks, canyons and coastline every year. While these cleanups are still a fixture of their work, the organization’s programs have evolved over the years to provide resources and education to help the region’s

residents reduce the amount of waste they send to the landfill.

In addition to clearing pollution, I Love A Clean San Diego provides recycling/disposal referrals through an online database (WasteFreeSD.org) and phone hotline (1-800-237-BLUE). It also has a robust environmental and zero-waste education team, which serves adults, business and school children through interactive educational presentations and workshops to more than 30,000 people annually. Through these programs, I Love A Clean San Diego aims to be an environmental catalyst — inspiring action and connecting people with each other, and the environment.

Whether you want to take action to make a difference in your community, or learn about small changes you can make on a personal level, I Love A Clean San Diego is the county’s one-stop resource for help.

Visit CleanSD.org to find a community cleanup or

educational event near you and connect with I Love A Clean San Diego on Facebook, Instagram, Twitter and LinkedIn @iloveacleansd.

—Tasha Dewey is an adult education specialist for I Love A Clean San Diego. Visit cleansd.org.

## College View Estates news

By PATRICK HANSON

Recent studies have shown Californians are lagging the rest of the country in neighborliness. The studies say Californians are less likely than other Americans to work with our neighbors to improve the community, to exchange favors with our neighbors or to belong to community groups. College View Estates must be the exception that proves the rule!

Many in our community are busy decorating and getting ready for the holidays in spite of the rain. As part of the holiday celebrations, College View Estates Association (CVEA) will have two events for children.



The CVEA board purchased \$200 of food for SDSU students in need. (Courtesy photo)

One will be on Dec. 8, 2-4 p.m. at which hot cocoa, marshmallows, small games and an art table will be provided at 5281 Manhasset Drive. Bring your own mug.

SEE CVEA, Page 12

## CA Happenings

CONTINUED FROM Page 4

new entity with a somewhat broader mandate in order to accommodate potential projects of both the CACC, the planning board and other community entities that merit support. The new entity is the College Area Community Coalition — same acronym, CACC and the community council will function as a project of the new entity. The nonprofit’s board is a subset of the CACC board.

You may wonder what your donations are used for. Over the past year, the council has funded more than \$5,000 for the preparation of the community plan update report. It is also funding the costs of outreach efforts to organize sections of the community that did or do not yet have organized community groups such as the new College Triangle community group that covers the area between El Cajon Boulevard, Montezuma Road and College Avenue. These subgroups of the College Area community are vital to the dissemination of information, creating community and working together in a cohesive way toward goals that benefit all of us. There are still two or three areas that need to come together.

We have also launched a series of fun, social events to

support community-building and bring in new residents and families that have not, traditionally, gotten involved. A united community presents a stronger voice to the city and other entities with power over us. The first event was a family movie night at Hardy Elementary. Local businesses were also involved, providing treats. It was a success and more events are in the works.

We hope to finally be able to launch a campus/community project to assist residents unable to tidy up their homes. This will be a joint project with the associated students at SDSU. The barrier we had encountered was the need for insurance coverage, which we could not obtain without the 501(c)(3) designation. We hope to actively look into other community improvement projects and your donations will be key to our efforts.

Thank you for your past support and we look forward to it continuing and growing. We are building a cohesive, inclusive community that will serve the needs of its members now and in the future. Our mantra over the years has been neighbors helping neighbors. Help us deliver on that goal. Happy holidays!

—Jose Reynoso is board chair of the College Area Community Council.

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Guest Editorials

For older adults, the holiday blues are real

By SIMONA VALANCIUTE

The “holiday blues” are a too-common experience for more than 8 million older American adults suffering from social isolation — and they can lead to some very real health problems. Studies have shown that prolonged isolation is as detrimental to a person’s health as smoking 15 cigarettes a day, and increases the risk of high blood pressure, obesity, anxiety, cognitive decline, and even death. According to Pew Research Center, Americans age 60 and older who live on their own spend more than 10 hours daily alone. Thankfully, there are many ways older adults can combat isolation, overcome the holiday blues, and improve their health in the process.

WHY DO SOME PEOPLE EXPERIENCE THE HOLIDAY BLUES?

“Survivor’s guilt” over the passing of a friend or loved one in the previous year (especially if it’s the first holiday after their death), a decrease in energy or mobility that limits activity, living far away from family and friends, the financial pressure of gift-giving, and social media-induced envy or FOMO (fear of missing out) can easily contribute to feelings of loneliness or isolation.

WHAT CAN BE DONE TO BEAT THE HOLIDAY BLUES?

Even if you feel down, you are still in charge of your life. If you’re experiencing the holiday blues:

- Be around people and friends, even if you don’t feel like it. Perhaps skip the festive holiday bash, but still make plans with small groups of friends.
- Find new ways to keep busy. Book a tour and see your city like a tourist. Go to a theater show or a sporting event.
- Learn something new. Sign up for a class in a skill you’ve always wanted to learn.
- Keep moving. When you exercise, you release mood-boosting endorphins. Plan a workout with a friend or join a group exercise class.
- Avoid social media. These are “highlight” reels of peoples’ lives, not reality.

- **Volunteer.** Give back to your community; you will feel more connected, and have a sense of purpose.

- Create new traditions, especially if you’ve lost a loved one. It’s OK to be sad, but don’t feel guilty. Try new things to enrich your life in a way your loved one would have wanted for you.

WHAT CAN BE DONE TO HELP AN OLDER ADULT WHO MIGHT BE SUFFERING?

If you have a parent or older relative who might be feeling the holiday blues, here are some tips for how to support them:

- Simplify your holiday plans to focus on the real meaning of the season. Consider cutting back on activities that require expensive outings or focus too much on gifts.
- Actively listen to them, even if the discussion is negative. The simple act of just listening attentively shows them that they are not a burden.
- Remind them how important they are as a part of your life. Look at family photos, watch home videos and holiday movies, or sing seasonal songs together.
- Help them get out and try new things. Check with your loved one’s religious organization, if they have one, to see if they can offer social and/or spiritual support. Also, check if there’s a local chapter of Oasis near you, offering classes and meetups for older adults that can help them feel more energized and mentally stimulated.

At San Diego Oasis, we like to say our classes, activities, and travel opportunities are the prescription for senior isolation. Our central location in Grossmont Center encourages connection and socializing during the holidays and throughout the entire year. If you’re feeling a bit down, take a moment for self-care — to try new things, meet new people, gather with friends, and combat those holiday blues.

—*Simona Valanciute is the president and CEO of San Diego Oasis, an award-winning nonprofit organization serving people age 50 and better, who pursue healthy aging through lifelong learning, active lifestyles, and community service. Learn more at [sandiegoasis.org](http://sandiegoasis.org).*

Understanding the ER:  
Know where to go for care

By KEVIN KANDALAFT

Sustaining an injury or feeling the sudden onset of sickness can be an alarming experience. In many instances, we instinctively seek out the emergency room as a vital provider of immediate care. However, according to a study from Mercer Human Resources Consulting, 35% of emergency room users were unaware that they had alternatives for care. When experiencing a change in health, knowing when to visit the emergency room, understanding your care options, and having access to other resources available can save an unnecessary and time-consuming trip.

The number of hospital emergency departments has remained steady since 2001, while utilization has grown about 33% in the last decade. This means time spent at the emergency room is getting longer. The California Health Care Foundation report, which tracked use over a 10-year period, found the average stay for patients not admitted to the hospital was almost three hours in California. For patients being admitted to the hospital, they spent almost six hours in the emergency room beforehand. In fact, the Office of Statewide Planning and Development reported in 2017 that about 352,000 California visits ended after seeing a doctor, but before care was complete, as a result of crowded hospital emergency departments.

For life-threatening illnesses and injuries, you should always dial 911 or go to the emergency room. If you aren’t sure if a visit to the emergency room is appropriate, your insurance company may offer a nurse line on the back of your insurance card to help you determine where you should get care. You also contact your health plan customer service department to find a nearby urgent care clinic or set up a time to see your primary care doctor. It’s important to understand when a visit to the primary care doctor, urgent care or emergency room is the most appropriate.

**A primary care doctor** helps manage your health and provides the preventative care you may need. Your doctor can also treat minor illnesses and injuries — and refer you to a specialist, if needed.

**Urgent care** offers treatment for non-emergent injury and illness, like allergies and the flu, asthma attacks, broken bones, and cuts requiring stitches. They are first come, first served and provide a one-stop option for unscheduled, time-sensitive care.

**Emergency rooms** help people with life-threatening or dangerous conditions first. The emergency department is recommended for things you can’t control, like bleeding that won’t stop, or if you lose consciousness or have trouble breathing. If you go there for a minor illness or injury, you may have a long wait.

Once you identify a care option, the timing is really up to you. Along with medical cost savings, avoiding the emergency room for non-emergent health concerns can help build a long-term relationship with a primary care doctor who can provide preventative care, treat minor illnesses and injuries, connect you to specialists and understand medical history for improved health outcomes.

Whether you are able to schedule a visit with your primary doctor to address your health issue or it requires immediate emergency room attention, it is important to have your photo ID and insurance information ready (don’t leave home without it!). If you are visiting the emergency room, be prepared and have a list of medications you take on hand, a list of your allergies readily available, your phone and charger and your health record. Emergency rooms also carry the potential for higher germ exposure, so don’t forget a medical face mask (check the front desk) and hand cleaner (usually available throughout the department).

Checking into the emergency room can be a stressful situation, so knowing your options beforehand and arriving prepared can make a lengthy stay less hectic. To learn more about where you should go for care, visit [uhc.com/knowwheretogoforcare](http://uhc.com/knowwheretogoforcare).

—*Kevin Kandalraft is chief executive officer of UnitedHealthcare Community Plan of California.*

Sudoku & Crossword  
puzzle answers from page 13

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3	9	6	7	2	1	5	8	4



# Addressing climate change will take group effort

## CA 53 BULLETIN

By REP. SUSAN DAVIS



A new United Nations report released in November provided a serious warning regarding the climate crisis we face. Unless we act now, global temperatures will spike 4 degrees by the end of the century.

This year has been the hottest on record and we are seeing the impact. Superstorms, raging wildfires, droughts seem to be the new normal.

The good news is that solutions are not elusive and by working together there is a way to slow the rise in global temperatures.

While the House has taken action to address climate change, there is a new tool people are using around the country to better understand the challenges we face in creating viable solutions.

The En-ROADS initiative, created by MIT and the nonprofit, nonpartisan Climate Interactive, is a program that brings people together and requires them to engage as a group to craft climate change policy.

The nations of the world came together under the Paris Agreement with a goal of reducing global temperatures by 2 degrees by the end of the century.

With this goal in mind, the En-ROADS program looks to show how cooperation and a comprehensive approach can achieve the same outcome.

Mostly, it has been students who have taken up this challenge, but the creators of the initiative believe state, city, and local government leaders can participate to determine what policies they can implement to stem the rise in global temperatures.

In fact, just last month members of Congress were briefed on this new program.

En-ROADS takes a group of people and divides them into small groups representing stakeholders, such as climate activists, developed nations, developing nations, energy efficiency, fossil fuels, and renewable energy.

They then set about coming up with policy solutions requiring each group representing different sectors to find an approach that leads to a two-degree drop in global temperatures by 2100.

The groups eventually (usually through encouragement) then begin to negotiate with each other to come to an agreement.

The two big takeaways from these sessions? People are realizing how hard it is to reach the goal of reducing rising temperatures and there is no silver bullet to ending climate change. It's going to take discussion, compromise, and a myriad of approaches to get the job done!

We cannot just look at reducing carbon emissions — while very important and a key component to reducing the effects of climate change.

We must look at sustainable communities. It's not just cars with better gas mileage but how about fewer cars! Encouraging more bicycling through increased bike lanes. Making public transportation more accessible, reliable, and more affordable.

There is reducing our reliance on fossil fuels and increasing access to renewable energy. Looking at population and deforestation. Carbon pricing needs to play a role as well as building and industry energy efficiency.

How we look at these aspects to address the climate crisis and doing it while working together is what En-ROADS is all about.

This climate interactive tool should not be seen as something just for the classroom or government representatives. It can be a resource for citizens to use to learn more about how we can address the existential threat of our lifetime. Maybe they can take what they learned to their local representatives with ideas and proposals on how we solve this problem.

Get together with your friends, relatives, and neighbors. The challenge: See if you can achieve what world leaders are striving for, which is to bring down our planet's temperature.

We would love to hear what you discovered and how you approached the goal of reducing climate change. Send your findings to [susandavis.house.gov/contact](mailto:susandavis.house.gov/contact).

We are literally all in this together. No one is immune. This tool shows it will take a team effort — people coming together to find common ground to solve this. Only together can we create a sustainable Earth for future generations.

—Congresswoman Davis represents central San Diego, including the communities of Grantville, Allied Gardens, San Carlos and Del Cerro, as well as La Mesa, Lemon Grove, Spring Valley and parts of El Cajon and Chula Vista.

## Letter

### MORE PRAISE FOR TUBMAN PARK PROJECT

Re: "City, school district break ground on joint-use park"  
[Volume 1, Issue1]

The road to the Joint Use Park has been a long, arduous journey. The College Area Community Council (CACC) included a joint-use park in the area of Mesa Colony in their 1989 community plan. The community has worked for 30 years to bring this dream to fruition. Many of the residents who supported this plan have died, retired to senior facilities or moved. Over the last three decades, city staff and SDUSD staff have come and gone. New residents moved into the neighborhood and continued the work.

Below is a timeline of the park and efforts to ensure its creation:

- In the 1990's, the city was experiencing reduced spendable income. Many important work had to be postpone for decades. There was no funding for a park.
- The nation experienced a massive recession in the 2000's that further reduced funding to all levels of government and SDUSD.
- Later school bonds were passed and there seemed to be hope for a joint-use park.
- In 2015-17, Tubman Charter School was found to be

out of compliance with SDUSD. This prevented any bond money from being used for a park. Under the capable leadership of the new principal, Ryan Woodard, their school board and staff, the school finally met all its goals and is very successful. This allowed the possibility of school bonds for a park.

• Residents met with the SDUSD Charter Office and the Facilities Manager Lee Dulgeroff, District 9 Council member Marti Emerald and her staff to discuss the joint-use park. Council member Emerald and the school district made a commitment to the park.

• Shortly after this meeting, residents met at the Rolando-College Library with school officials, including SDUSD superintendent Cindy Martin, school board members, the District 9 Council member, Park and Recreation staff, the Mayor's Office, the SDUD Chief Facilities and Planning Officer and state officials. As SDUSD continued to plan the park, residents made a point to attend additional meetings.

• A critical point for funding the park came when Georgette Gomez ran for the District 9 City Council seat. She met several times with CACC and Mesa Colony residents. The number one request was building the Joint Use Park. Gomez made

a commitment to this project. Council President Gomez secured funding and future upkeep from the city and SDUD matched the funding from school bonds.

• Residents were also instrumental in planning the design of the park. Residents wanted a park that was family friendly and would bring the community and school together.

• At the ground breaking, Council President Gomez paid homage to resident Troy Murphree who worked tirelessly by communicating with the Council office and SDUD. Ms. Murphree provided critical input in the design which would include plenty of trees in the landscaping (College area is considered a hot zone by the city), grass rather than turf, a track for walking, and equipment for children and adults. She also shared the need for an entrance and exit on Saranac Street and exit on Mohawk Street. The later to ensure safety.

This story is a testament to the power that a few residents can have to improve a community. It also is a shining example of a neighborhood, city officials and a school district working together. The Tubman Charter School Joint Use Park is a "jewel" to the community.

—Christina L. Boyd.

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## SDSU alumni make Forbes 30 Under 30 list



By RYAN SCHULER

What began as an idea one day at the beach has landed two San Diego State University alumni on the 2020 Forbes 30 Under 30 list in the category of Social Entrepreneurs.

Brandon Leibel ('12) and Steven Ford ('12) are two of the 600 honorees of the annual achievement, selected from more than 15,000 nominees.

"It's a huge honor to be recognized by such a prestigious magazine," said Leibel. "It's not a goal of mine to win awards, but this was definitely great exposure for Sand Cloud. At the end of the day, all I care about is raising more awareness for Sand Cloud and getting more people to learn about our sustainable mission."

In 2014, as young SDSU alumni, the duo came up with an idea for a beach towel company with

a social cause. Their original concept was a beach towel with a built-in pillow.

Shortly after meeting Bruno Aschidamini at a corporate job the three shared, the trio quit their jobs, moved in together and formed Sand Cloud. In addition to beach towels, Sand Cloud offers other eco-friendly accessories, including clothing made from recycled materials, reef-safe sunscreen, reusable water bottles and reusable metal straws.

The company donates 10% of its profits to marine life organizations and partners with groups such as the Pacific Marine Mammal Center, Marine Conservation Institute and Surfrider Foundation to support preserving beaches, oceans and marine life.

"When I think back to my time at SDSU, I can't help but feel good," said Leibel. "I met some of my best friends in college, including my business partner. SDSU was an amazing time in my life."



Sand Cloud co-founders Brandon Leibel (left) and Steven Ford (Photo courtesy Brandon Leibel/Sand Cloud)

But this is not the first time SDSU alumni have landed on this prestigious list.

Last year, **Kevin Gelfand** ('11) and **Martin Reiman** ('12), founders of Shake Smart, were honored as part of the 2019 Forbes 30 Under 30 list in the category of Food & Drink.

Shake Smart currently has 16 locations around the nation, including locations at the Conrad Prebys Aztec Student Union and the Aztec Recreation Center on the SDSU campus.

### ENTREPRENEURSHIP AT SDSU

Aspiring entrepreneurs at SDSU have many resources at their disposal, including working with the university's startup incubator, the Zahn Innovation Platform (ZIP) Launchpad, or the Lavin Entrepreneurship Center, which provide education and resources to students interested in entrepreneurship.

Leibel offers some advice for students hoping to follow in his entrepreneurial footsteps.

"My advice to any entrepreneur would be to make sure you know what you're getting into. It's not a glamorous route and can be very lonely at times. It takes blood, sweat, and tears to become successful, and it's not for everyone. There will be months, maybe years, where you won't receive a paycheck. With all that being said, I can't imagine taking a different route. You only lose when you quit."

—Ryan Schuler is a communications specialist and MBA student at SDSU.

## New event center has a lot to offer

By JEFF CLEMETSON | COLLEGE TIMES COURIER

On Saturday, Dec. 14 the M.L. Legacy Center celebrates its grand opening. The unique event center, located at 7220 El Cajon Blvd., will cut the ribbon with the Chamber of Commerce and also entertain guests with live music. The event also features a special yoga presentation by Yoga Nest, a mini fashion show sponsored by Twynot Beauty Lounge, and refreshments from Café X — all tenants who operate businesses in the event center building.

Although the M.L. Legacy Center is a new business, the concept for the building has been a work in progress since October 2018 when the owners took over the space that previously housed a gym.

"The idea was to create an avenue where people can come in and they can rent a hall that was like a one-stop shop — a place where they can have coffee, they can do fitness and also do something with beauty," said Sema Williams, who owns and operates the M.L. Legacy Center with her husband Reginald.

The event center is about 1,200 square feet and is available for the birthday parties, banquets, receptions and business conferences. Williams said the center works with a variety of vendors



Example of a catered event in the M.L. Legacy Center (Courtesy photos)

and caterers that can transform the space into any kind of function that customers might need.

The Café X coffee shop operates in the event space, and Twynot Beauty Bar — a three-seat salon — and Yoga Nest are located in two adjoining rooms within the building.

"The idea was that the event venue will not be used every day, so why not just bring in some people who can utilize it every day without having to pay the storefront price," Williams said. "As a business owner already, we realized that there are not a lot of commercial properties that are affordable rates for people to set up businesses. There are so many people that have businesses but can't really find a location because its either way too much or they pretty much can't afford it."

In addition to providing affordable spaces for Twynot, Yoga Nest and Café X, M.L. Legacy Center also opens its doors to local cottage industry startups during its Business Market Saturdays events.

"We do it the third Saturday of every month, allow different businesses to come in and be able to showcase their items — kind of like a farmers market but not a farmers market, just a place for businesses to come in."

The free and open to the public grand opening party for M.L. Legacy Center will be held noon–3 p.m. at 7220 El Cajon Blvd. For more information, visit [mllegacycenter.org](http://mllegacycenter.org).

—Reach editor Jeff Clemetson at [jeff@sdnews.com](mailto:jeff@sdnews.com).



A vendor at a Business Market Saturday event

## The Alcove holiday party opening

The Alcove Wine Beer & Eatery will celebrate its grand opening with holiday spirit when it hosts its Christmahannukwanzamas Mixer on Wednesday, Dec. 18.

The Alcove bills itself as tasting room for craft beers and wines that also boasts a kitchen that serves foods that pair well such as starters like loaded nachos and jumbo pretzels for beer and

cheese boards and bruschetta for wine. Other food items include burgers, fish and chips and salad choices.

"I'm a lady who loves people, beer, wine, and of course food so I've decided to combine all of them together," writes owner Angela Sandoval on The Alcove website. "I would love to invite you to join me on this magical journey with the final

destination being the opening of The Alcove!"

The holiday mixer will take place at The Alcove, located at 5540 El Cajon Blvd., on Dec. 18 from 5:30 to 7:30 p.m. Cost is \$15 and includes two drinks plus an appetizer. Tickets are available online at [collegeareabid.com](http://collegeareabid.com) or at the door. For more information, call 619-582-1093 or visit [alcovewinebeer.com](http://alcovewinebeer.com).

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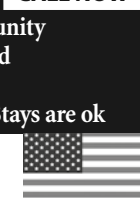


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# Patrick Henry High School news

By ELIZABETH GILLINGHAM

## SIGNING DAY

Olivia Tracey, Max Jones, Mateo Medina, and Lauren Nett were all recognized and awarded athletic scholarships to their perspective colleges. Each student signed a letter of intent to study and play in a sport.

Olivia signed to go to Loyola Maryland to play Division 1 tennis. Max is going to University of San Francisco to play Division 1 baseball as a pitcher; Mateo is a baseball center fielder is on his way to the San Francisco State University; and Lauren is playing at Boston University as a softball utility player.

We are proud to have these students recognized by their coaches and future universities and wish them well next year!

## PHOTOGRAPHY STUDENTS IN THE COMMUNITY

Henry photography students Tessa Gervase (Class of 2021) and Marlena Bunch (Class of 2022) were selected to be photographers at the Blue Tech Gala during Blue Tech Week. This local convention was devoted

toward businesses with renewable and sustainable resources. It was held at the Sheraton Bay Tower Hotel and Marina on Harbor Island in San Diego.

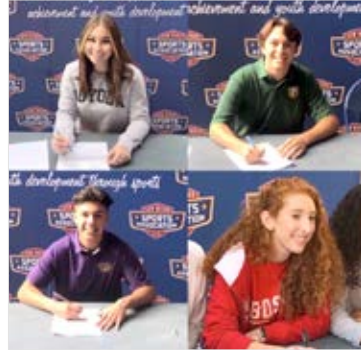
Photography teacher, Mr. Thom Hunt, attended the conference and got to see them share their talents with others in this professional setting.

In addition, Malia Daft (Class of 2021) had her photo selected to be used for the cover of the holiday card for San Diego Unified School District Superintendent Cindy Marten. It is the second year in a row that a Patrick Henry photography student has been honored to be featured on the annual gift cards given out by Mrs. Marten.

## PHHS MARCHING BAND ROCKS

Last month, PHHS Spirit of 76 Marching Band was seen all over San Diego County performing and showing off their talents both on the football field for our fans and on the streets competing against other bands.

The Marching Patriots performed a near-sweep at the Mira Mesa Field Tournament and



(clockwise from top left) Olivia Tracey, Max Jones, Lauren Nett, and Mateo Medina

Band Review, winning first-place awards in our division in Field Show for both Band and Color Guard and a second-place finish for our percussion team. We also took first place in our division for Parade Review. This is an exciting conclusion to our field tournament season.

The band also participated in the annual Veterans Day Parade for the community and participated in the Arcadia Festival of Bands that took place on Saturday, Nov. 23, where they marched in a Parade Review.

—Elizabeth Gillingham is principal of Patrick Henry High School.

# Hardy Elementary School news

By LAURA ALLUIN

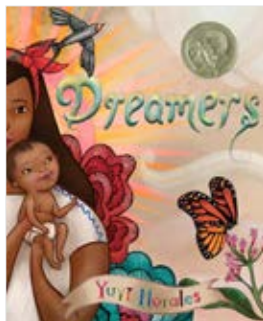
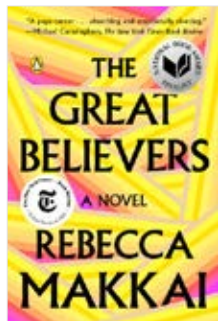
Hardy Elementary will start the new year with a school-wide appreciation for literature. We have our regular event called Family Friday on Jan. 10, followed by Coffee with the Principal. Parents and other family members are invited to read with their children in the classrooms or share in other instructional activities that morning.

Then, parents will come together to join in the citywide initiative One Book, One San Diego, a community reading program. The purpose of the program is to bring together our community and encourage residents to

join together in the shared experience of reading and discussing the same book.

The 2019 One Book, One San Diego selection is “The Great Believers” by Rebecca Makkai. At Hardy’s November Family Friday event,

we gave away 15 copies of the books for parents to be part of the story. We will have our own Hardy Family Book Club session to talk about the book on Jan. 10. Our friendly, neighborhood youth librarian, Mr. Bijan Nowroozian, from our local College-Rolando Library, will lead the discussion.



Later this month, all classrooms will read the children’s title “Dreamers” by Yuyi Morales, as part of our celebration of The Great Kindness Challenge during the week of Jan. 27-31.

—Laura Alluin is principal of Hardy Elementary School.

# St. Katharine Drexel Academy news

By KELLY BONDE

These winter months are the beginning of our enrollment season at St. Katharine Drexel Academy.

On Sunday, Jan. 26, we are hosting an open house to kick off Catholic Schools Week! All are welcome to come stop by the SKDA campus to learn more about our school and enroll their child. The open house will be from 9 a.m. to noon. Please join us and learn more about our school and support us in our mission to provide affordable and accessible Catholic education for all students.

If you would like to schedule a tour, please reach out through

the main office at 619-582-3862 or email [mainoffice@skda-sd.org](mailto:mainoffice@skda-sd.org).

## 2019 ANNUAL GALA

On Saturday, Feb. 22, we are holding our annual fundraising gala at Kitchens for Good at the Jacobs Center. The event runs from 6 to 11 p.m. and includes a plated dinner, silent auction, live auction and dancing. The theme is “Roaring ’20s and Beyond.” Tickets are \$100 per seat and proceeds go directly toward our school programs. Please consider attending and supporting our school!

St. Katharine Drexel Academy is a proud partner of the iDEAL Institute at Loyola Marymount

University. During the next few years, Drexel teachers are training to earn schoolwide certification as a Blended Learning Next Generation Science & Technology Catholic School. At Drexel, NGSS (Next Generation Science Standards) form the foundation of our project-based, integrated curriculum. With the assistance of online resources, teachers personalize instruction and assessment to meet each student’s learning needs in a station rotation, blended learning environment.

—Kelly Bonde is principal of St. Katharine Drexel Academy. Follow @drexelsd or on Facebook at St. Katharine Drexel Academy.

# HC STEM Foundation news

By JAY WILSON

On Nov. 8, the Henry Cluster STEM Foundation sponsored 23 engineering students from Patrick Henry High School and their teacher Craig Olsson as participants in the annual SDSU STEM Exploration Day. This annual event included students from a number of high schools throughout San Diego County. The event was hosted at SDSU’s Pathways Office of the Pre-College Institute, which promotes college access and completion for underserved students through excellence and innovation in education. This was an opportunity for SDSU to demonstrate the opportunities available to students in the field of science and engineering.

Last year, the HC STEM Foundation was asked by Dr. Cynthia Park, the executive director of the Pre-College Institute, to sponsor students from Patrick Henry, and we were asked to participate again this year. Working again with Olsson, an outstanding staff member of the engineering department at Patrick Henry, an orientation meeting was held in his classroom for interested students. All who attended the orientation participated in this year’s STEM Exploration Day at SDSU. The students attended three sessions.

In the first session, employees from Illumina, the San Diego firm specializing in sequencing and array-based solutions for analysis of genetic variation and function in fields ranging from cancer research to agriculture, gave an overview of the company and the very positive impact it is having on genetic research. Our students were also able to go through the process of extracting



A Patrick Henry student preparing a sample of her DNA during a session was presented by the San Diego based genetics firm, Illumina as part of the annual SDSU STEM Exploration Day. (Photo courtesy HC STEM Foundation)

their own DNA and preparing it for processing.

In the second session, Dr. Eric Frost met our students in the SDSU Visualization Lab and gave a visual example of using near-real-time data for challenges such as predicting weather, paths of wildland fires, hurricanes and pollution to assist people in making decisions much faster and more efficiently than ever before. He also raised the deep privacy concerns of popular applications like TikTok and facial recognition and artificial intelligence.

The third presentation was in mechanical engineering with professor George Youssef. The students participated in several interactive experiments, which included dropping rubber balls into liquid nitrogen and measuring how far they would bounce when thoroughly frozen.

“The students had a great day,” Olsson said. “They really enjoyed the STEM-related activities. I am looking forward to participating in next year’s event with a new group of motivated students.”

—Jay Wilson is a board member of the Henry Cluster STEM Foundation.

# Tubman girls volleyball wins MSPAL championship

By RYAN WOODARD

Tubman’s 2019 girl’s volleyball team had a very successful season. This year, we were placed in A Division with the San Diego YMCA’s MSPAL League. The league had over 20 competitive schools from around San Diego County. This included both charter and traditional middle schools.

The girl’s volleyball team practiced on average four to five days a week after school and even attended the SDSU women’s volleyball game as a team. With hard work and dedication, our girl’s volleyball team were able to go undefeated this season winning nine straight games!

In the playoffs, Tubman was able to win the semifinal match against Albert Einstein Academy. Led by seventh-graders Lyric McKinney and Miah Cardenas, the Lady Tigers overpowered Albert



Tubman girls volleyball team (Courtesy photo)

Einstein Academy, making quick work of them in two straight sets.

Then, in the championship game versus Monarch School, the Lady Tigers were pushed all the way until the end of the match. The match lasted three sets, with the Lady Tigers winning 2 out of the 3 sets to capture the championship. The final score in the championship set versus Monarch was 25-8. Again, led by Lyric McKinney (five aces and four kills) and Miah Cardenas (four kills and six digs), these outstanding



# San Diego-style wingding

## Restaurant Review

By FRANK SABATINI JR.



There's more to Dirty Birds than chicken wings. Although a steady flap has persisted for its sauced appendages ever since the locally owned eatery debuted in Pacific Beach 11 years ago.

At the College Area location alone, which opened in 2015, the kitchen cranks out nearly 12,000 wings per week, according to regional director of training, Michael Feldman. The company's other outposts in Liberty Station, Ocean Beach and Pacific Beach do almost as well.

With more than two dozen flatscreens, a full bar, and a

lengthy menu that includes 40 flavors of wings, plus burgers, tacos and other booze-friendly grub — the El Cajon Boulevard location is a magnet for SDSU students and neighborhood residents alike.

Dirty Birds' wings come out remarkably fast. That's because they are pre-baked and then flash-fried to order. They're adequately crispy, although not like those in my native Buffalo, New York, where they often cast audible crunches when biting into them. But that requires a robust sizzle in the deep fryer for about 15 minutes — and patrons who are willing to wait. Here, if you want them extra-crispy, just ask.

Dropping in for lunch as a two-some at this roomy location, we ordered 15 wings. (They're sold in multiples of five, 10 and 20). We had them equally divided into three flavors.

The "dirty ranch" is basically Buffalo sauce toned down by ranch dressing. It's perfect for those whose palates and sinuses feel assaulted by the classic cayenne-vinegar base of Buffalo hot sauce. We found it too safe.

My companion was drawn to the "Bangkaww BBQ" wings,

which offered a deep chili flavor and semi-spicy edge fueled likely by some type of mustard. A glass of cold Coronado Orange Avenue Wit from the taps proved an ideal match.

But it was the apple-bourbon-chipotle wings that stole my heart. The sauce tasted concurrently tangy, sweet and spicy — less viscous on the tongue and highly lickable off the fingers.

In visits to the other locations, I've gravitated mostly to traditional Buffalo wings, although I've sometimes added into the mix five wings coated in diablo sauce. Vibrant red in color, it's made with three types of chilies and tastes a notch above "medium" in heat level.

It wasn't until this recent visit that I supplemented my wing intake with a couple of other noshes. We shared the honey-mustard chicken salad, which offered a substantial amount of romaine lettuce and modest measures of smokey bacon crumbles, shredded cheese, and grilled chicken strips. The house-made dressing gave equal play to the honey and the mustard.

The most curious item on the menu (and a top seller) is the "fried cheese cheeseburger." Feldman



(l-r) 'Bangkaww BBQ' and apple bourbon-chipotle wings; The unique 'fried cheese cheeseburger' (Photos by Frank Sabatini Jr.)

said that co-owner Adam Jacoby put it on the menu as a nod to his New England roots.

Invented supposedly in Connecticut, it involves a grid-dled hamburger christened with a floppy square of fried cheese — in this case American cheese that is blackened on the bottom and just past melted on the top. Most of it protrudes from the bun in all directions. It's fun, kooky and quite tasty.

Other menu items include burgers in classic, turkey and Beyond Meat form. There's also assorted sliders, sandwiches and tacos, and a few desserts such as the "dirty delight" involving a house-made brownie capped with ice cream, fudge sauce and crushed Reese's Peanut Butter Cups.

Happy hour rings in some decent price breaks. Held from 3 to 6 p.m. on weekdays (all day on

Tuesdays), wings and select pitchers of beer are half-price. Or for those who can polish off a chicken coop's worth of wings, Mondays herald unlimited wing consumption for \$15.99 per person.

The success of Dirty Birds has allowed the ownership to give back to the community on several fronts, including sending 75 young cancer patients from Rady Children's Hospital to Disneyland each year. In addition, proceeds from certain highlighted menu items go to organizations such as The Big Josh Foundation (big-joshfoundation.org) and Sombfab (facebook.com/sombfab/).

—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.



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## CVEA

CONTINUED FROM Page 5

A second event will take place on Saturday, Dec. 21. For the third year, children of the neighborhood will judge College View Estates homes decorated for the holidays, followed by hot cocoa and cookies while the judges tabulate the results and announce the winners. Details will be coming soon. Additionally, we are waiting for our caroling group to announce its plans.

I am not sure what the correct description is today of people who do not have enough food to eat. We used to talk about starving people or hungry people and now we used words like food deprived, food insecurity, etc. When I graduated from college years ago, I can honestly say I never knew a student on campus who suffered from a lack of food. A healthy diet might have been another issue.

Today, we see hungry people whenever we leave our homes. During a conversation with Rachel Gregg, director of Government and Community Relations at SDSU, she mentioned the issue of hunger on campus. SDSU established a food pantry on campus in 2016. During the 2018-19 school year, 111,354 pounds of food were distributed serving 2,607 students. As a result of our discussion, I asked the CVEA board to consider making a donation to the pantry. The board voted a \$200 donation for food, which was purchased. The university was happy to come and get the food.

Clearly, College View Estates works with our neighbors to improve the community and exchanges favors with our neighbors all through our community association. We are an exceptional place where neighbors care. May your holidays be merry and bright!

—Patrick Hanson is president of the College View Estates Association.

# New book recounts the birth of skate in San Diego

LUCIA VITI | COLLEGE TIMES COURIER

Did you ever wonder what catapulted skateboarding's popularity into the stratosphere? Does history of a "sport," born and bred along the coast of Southern California, coincide with your love of surfing? Are you "stoked" to know that skateboarding will be featured in Tokyo for the 2020 Summer Olympics?

If you've answered yes to any of the above questions, John O'Malley's new book, "Urethane Revolution: The Birth of Skate-San Diego 1975," is a must read. The always interesting, sometimes shocking, off-color page-turner dialogues the history of skateboarding from one of its founding fathers, John O'Malley.

Dubbed the "greatest story never told in extreme sports history," O'Malley retraces his steps as a member of the original Skunkworks crew to creating his own skate parks. Photographs — sure to make everyone reminisce about the good ol' days — accompany stories from the underground.

"One crazy year on the California coast in 1975, a hippie Skunkworks, bred in garages and shacks, launched the modern skater movement,"

writes O'Malley. "Strap in for a wild ride replete with two car chases, two plane crashes, a massive truck bomb, Colombian narcos, the mafia, senior White House staff, a gypsy fortuneteller, three straight-up miracles, Jacques Cousteau, big piles of cocaine and naked hippie chicks."

O'Malley details the book's title, "Urethane Revolution," beginning with the history behind the urethane.

"Around 1973, a guy named Frank Nasworthy discovered these urethane training wheels that were used on beginners' roller skates," he notes. "They were grippier than the unforgiving composite clay wheels of the day. Frank bolted them on his skateboard and bingo! Suction-cup traction like no one had ever imagined possible. It's in that instant that the skateboard went from a toy with feet of clay to a wall-climbing UFO, screaming at warp speed to the 2020 Olympics."

## THE REVOLUTION FOLLOWS SUIT

"The Revolution began when a rift opened in the universe and that centrifugal buzz — heretofore available only through sports like surfing and skiing — came leaking out of the

streets," writes O'Malley. "Adrenaline rushing up your road, serotonin dripping down the drive. And the scales fell from our eyes: Any paved surface could be ridden. And the call went out: The rift has opened, God is great, spread the word."

According to O'Malley, a perfect storm of "ill winds" that began with a historic drought fueled the Revolution.

"The drought uncovered insanely fun new skating forms like the reservoirs and drainage ditches while recession-vacant homes had their swimming pools drained and skated," he pens. "Our eyes spoked an urban landscape lit up with a million new possibilities."

"Urethane Revolution" also showcases La Jolla native Bobby Turner. The innovative craftsman built Turner SummerSki slalom skateboards. Still popular today, these boards are constructed along the design vein of surfboards and snow skis. According to O'Malley, Turner's skateboards "revolutionized" slalom skating boards.

O'Malley touts, "The Revolution is over. Skaters won."



Dave Dominey surf style, Escondido Reservoir. (Photo courtesy Lance Smith/Tracker Archive)

And if you need a place to play, check out Robb Field — San Diego's first skateboard park constructed and operated by the city at 2525 Bacon St. Designed with input from the legendary Tony Hawk, the 40,000-square-foot concrete park is suitable for all ages and skill levels. Sidling the San Diego River Bike Path at the onset of Ocean Beach, the "street course" features a combination bowl, handrails, ledges, blocks, a pump bump and an octagon volcano.

—Lucia Viti can be reached at [luciviti@roadrunner.com](mailto:luciviti@roadrunner.com).

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COLLEGE TIMES COURIER  
COMMUNITY AND ARTS & ENTERTAINMENT CALENDAR

ONGOING EVENTS

**‘A Christmas Past’**  
Through Dec. 15  
Lamplighters Community Theatre presents “A Christmas Past,” featuring two one-act plays. “The Long Christmas Dinner” showcases the lives of the Bayard family over nine generations. In this funny and poignant one-act play, characters age from children to seniors in one continuous ribbon. The second play, “A Child’s Christmas in Wales,” is a dramatization of Dylan Thomas’ wonderful, nostalgic look at memories of his childhood. Fridays and Saturdays at 8 p.m. and Sundays at 2 p.m. at Lamplighters Community Theatre, 5915 Severin Drive. Cost is \$23 adult; \$20 for seniors, students and active military. Tickets and information available at lamplighterslamesa.com.

**‘Constructed Mythologies: Luis González Palma’**  
Through Jan. 26  
“Constructed Mythologies: Luis González Palma” celebrates this prolific and influential Latin American artist, who is well known for an expansive practice investigating the cultural identity of his native Guatemala, sociopolitical constructs, and spirituality to convey complex emotions that define the human condition. His approach is layered with religious iconography, poetry, magical realism, and physical interventions, as well as bold colors and shapes referencing art historical movements. Art Exhibition in the SDSU Downtown Gallery, 725 West Broadway. Thursday through Monday 11 a.m.-4 p.m. (closed Tuesday and Wednesday). Free admission.

FEATURED EVENTS

EDITOR’S PICK



**Holiday in the Village**  
Through Dec. 14  
The La Mesa Village Association’s Holiday in the Village returns to downtown La Mesa. This free, family-friendly event will feature a wonderland of festive holiday music and dance, food, children’s activities, shopping and more. Friday, Dec. 13, 4-9 p.m. and Saturday, Dec. 14, 10 a.m.-9 p.m. in the downtown Village. Visit lamesavillageassociation.org for more information.

**Saturday, Dec. 14**  
**Christmas City Tree Lighting**  
Through Dec. 22  
The inaugural Christmas City tree-lighting ceremony at Legacy International Center will be a family-friendly evening that will include the lighting of a 52-foot, LED-lit tree that will “dance” to with the nearby 30-head, 40-foot show fountain. The evening will include food from the center’s new cafe, hot cocoa, holiday shopping, scavenger hunts, performances from local choirs and pictures with Santa Claus. Legacy International Center has partnered with Operation Homefront, designed to raise in-kind gifts to assist with military families who need it the most. This will be the first of four Christmas City nights including Dec. 15, 21 and 22. 6 p.m. at Legacy International Center, 875

Hotel Circle South, San Diego. Visit legacysandiego.com.

Sunday, Dec. 15

EDITOR’S PICK



**‘The Coming Storm’**  
San Diego State University’s Wind Symphony and Symphony Orchestra will come together for “The Coming Storm,” a concert focusing on life on Earth and trouble that awaits the human race if we continue to treat our planet poorly. The concert will consist of pieces such as “Calm Sea and Prosperous Voyage” composed by Felix Mendelssohn, “The Automatic Earth” composed by Steven Bryant, and the third movement of Karel Husa’s “Apotheosis of This Earth.” The concert will also feature the West Coast premiere of “Feast During a Plague” composed by Sofia Gubaidulina. 3 p.m. in the PHAME Performing Arts Center at Patrick Henry High School, 6702 Wandermere Drive, San Diego. Tickets \$10 - \$20 at music.sdsu.edu.

Friday, Dec. 20

**Handel’s ‘Messiah’**  
Bach Collegium San Diego’s performance of “Messiah,” delivered by a dynamic cast of musicians in the manner of Handel’s most dramatic operas, has become its crown jewel and is not to be missed. 7 p.m. at First United Methodist Church of San Diego,

Mission Valley, 2111 Camino del Rio South, San Diego. Tickets cost \$20 student, \$35 senior, \$40 general and \$70 premium; available at bit.ly/37Ge61M.

Tuesday, Dec. 17

**SD Concert Band: Holiday Concert**  
Through Dec. 18  
The San Diego Concert Band consists of more than 100 members from all walks of life who come together to play symphonic music under the direction of Roy Anthony Jr. The Holiday Concert will feature classics for the whole family to enjoy. 7:30 p.m. at Joan B. Kroc Theatre, 6611 University Ave., San Diego. Tickets run \$20 for adults; \$15 for seniors, students and active military; free for children under 6. Visit sandiegoconcertband.com.

**Emerging Filmmakers Showcase**  
Through Dec. 18  
This showcase of outstanding short subject fiction and documentary films is the culmination of work completed each semester. In a competitive selection process, a faculty jury chooses the best six to eight hours of student film submissions. No film is longer than 11 minutes, and all films are created by students of SDSU’s acclaimed Television, Film, and New Media program. Don Powell Theatre, 5500 Campanile Drive. Tickets \$10 at music.sdsu.edu.

Monday, Dec. 23

**Happy Hanukkah!**  
**Merry Christmas!**

Wednesday, Dec. 25

Thursday, Dec. 26

**Happy Kwanzaa!**

Saturday, Jan. 4



**‘Back To The Sixties’**  
Concert featuring Howard Blank’s The Outsiders band. The Outsiders were/are a national recording and touring act with several Billboard hit songs from the mid-1960s, including the 1966 No. 5 hit song “Time Won’t Let Me,” No. 15 “Respectable,” No. 21 “Girl in Love,” No. 37 “Help Me Girl” – plus four albums. 7:30 p.m. at the Joan B. Kroc Theatre, 6611 University Ave. Tickets range \$46-\$52, available at bit.ly/2pTROII.

Friday, Jan. 10

**Tool**  
And on Jan. 12 and 13 Prog-rock icons Tool bring their mind-bending music and light show to San Diego for three nights – Jan. 10, 12 and 13. 7:30 p.m. at Viejas Arena, 5500 Campanile Drive. Tickets start at \$79.50, available at bit.ly/356gVHT.

RECURRING EVENTS

**Sundays**  
**Cars & Coffee**  
Held on the first Sunday of the month at the Chase Bank parking lot, 4627 College Ave., at 10:30 a.m. Bring your favorite car or pet or friend. Socialize with us as we kick tires and spin yarns. Contact Newell Booth at 619-320-8422.

**Tuesdays**  
**Lego Play Lab**  
For children kindergarten through fifth grade. 3:30 p.m. at

College-Rolando Library, 6600 Montezuma Road.

**Thursdays**  
**Comedy Night**  
Free comedy show every Thursday, 8-10 p.m. at the Go Lounge, 7123 El Cajon Blvd.

**Fridays**  
**Movie @ Your Library**  
Free movie at the College-Rolando Library, 6600 Montezuma Road. 4 p.m.

**Saturdays**  
**Arts & Crafts for Kids**  
Fun family-friendly crafts projects for children of all ages. Noon at the College-Rolando Library, 6600 Montezuma Road.

COMMUNITY MEETINGS

**College Area Community Council and Planning Board** – Second Wednesday of the month at 6:30/7 p.m. at Faith Presbyterian Church, 5075 Campanile Drive.  
**El Cerrito Community Council** – Third Thursday of the month at 7 p.m. at Blessed Sacrament Church Parish Hall, corner of El Cajon Boulevard and El Cerrito Drive.  
**Eastern Area Planning Committee** – Second Tuesday of the month at 7 p.m. at Teen Challenge International, 5450 Lea St.  
**Mesa Colony Community Group** – Third Wednesday of the month at 6:30 p.m. in the College-Rolando Library.  
**Rolando Community Council** – Third Tuesday of the month at 6:30 p.m. in the United Domestic Workers Hall, 4833 Seminole Drive.

—Calendar compiled by editor Jeff Clemetson. To submit events for review and possible inclusion in the College Times Courier calendar, email jeff@sdnews.com.

PUZZLES

SUDOKU

Fill in the blank cells using numbers 1 to 9. Each number can appear only once in each row, column and 3x3 block. Use logic and process elimination to solve the puzzle.

4	8					9		3
	3					8		
					6			
		8	2			3		5
	6		7			4		
1								
2	5				9			
		9	3					
		1		5				2

CROSSWORD

	1	2	3	4	5	6		7	8	9	10	11	12	
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16			17					18					19	
20		21				22				23		24		
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56				57		58				59				
60			61		62					63			64	
65		66						67				68		
	69							70						

ACROSS

- 1 Rope used as a lasso
- 7 Lomb's partner
- 13 North African nation
- 14 Rounds up cattle
- 16 Densest naturally occurring element
- 17 Home of the Brewers
- 19 Atomic #44
- 20 Vetches
- 22 Moved earth with a tool
- 23 Cavalry sword
- 25 Supplements with difficulty
- 26 Encouraged
- 28 Speech defect
- 29 Periodical (abbr.)

DOWN

- 1 Capital of Zambia
- 2 Article
- 3 Country star LeAnn
- 4 Egyptian goddess
- 5 Afflict in mind or body
- 6 Showy but cheap
- 7 Belgian urban center
- 8 Short-winged diving seabird
- 9 Deploys
- 10 Ballplayers can legally do it
- 11 Centiliter
- 12 Contrary beliefs
- 13 Type of pole
- 15 Distinguish oneself

- 30 Very cold
- 31 Paulo, city
- 33 Former OSS
- 34 Approves food
- 36 Cars need them
- 38 Sweden's dominant phone company
- 40 Long lock of a woman's hair
- 41 North American natives
- 43 Fly high
- 44 One type is fire
- 45 Nocturnal bird
- 47 More than one male
- 48 LOTR actor McKellen
- 51 Employee stock ownership plan

- 18 8th month of the year (abbr.)
- 21 One who monitors
- 24 Petty quarreling
- 26 Fiddler crabs
- 27 Touch lightly
- 30 American state
- 32 Pro wrestler Randy
- 35 Indicates spelling mistake
- 37 Macaws
- 38 Gradually narrowed
- 39 Installments
- 42 Female sheep
- 43 Politician
- 46 Servant
- 47 Said to facilitate concentration

- 53 Tony-winning actress Daisy
- 55 Tennis star Kournikova
- 56 Pulitzer-winning composer
- 58 The opposite to pro
- 59 Safecrackers
- 60 Denotes past
- 61 Parrots
- 64 One quintillion bytes (abbr.)
- 65 Reduce the importance of
- 67 Stiffly
- 69 In a sensible way
- 70 Signs

- 49 California ballplayers
- 50 Once Toledo's tallest building
- 52 A type of pie
- 54 State of southwestern India
- 55 Principal member of Norse religion
- 57 Counterspy
- 59 Wellness practice
- 62 \_-de-sac: dead end street
- 63 Used to cook
- 66 Type of hospital
- 68 Direct message



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Tubman

CONTINUED FROM Page 10

performers made this dream of going undefeated a reality.

"They really executed all season and I am so proud of our team for coming together and synergizing on and off the court," said head coach Venessa Martinez.

Not only did the team succeed athletically, but the Lady Tigers were able to maintain above a 3.0 GPA all season. The girl's volleyball team demonstrated true leadership on the court and in the classroom. We are all so very proud of them!

—Ryan Woodard is principal of Harriet Tubman Village Charter School.

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# Dealing with property drainage issues

By SARAH WARD

With all this rain, it is probably a good idea to think about your property drainage issues. Over the last few years, I have been involved in many property inspections both on my own and by following around professional inspectors. One of the most common property damage issues involves water intrusion.

I represented a buyer in March on a property with a planter connected to the exterior wall outside the kitchen window. The planter was filled with wood bark but water had collected in the bottom of the planter and caused water damage to the exterior stucco and into the dry-wall behind the kitchen cabinets. This created a black mold problem and the seller had to offer a buyer-credit for over \$20,000 for repairs.

In another instance, I represented a buyer on a home in the College Area where, during a heavy rain, water would actually drain *toward* the house and seep underneath the house. I use only top-rated property inspectors who are veterans in the industry and can identify these sorts of problems. The inspector took note of a possible slant towards the house and then (with the seller's permission) used a garden hose to flood a patio. We all watched in horror as the water drained towards the house and

underneath the house. I then ordered a foundation expert to inspect the posts and piers under the structure. The inspector found several posts that were rotten. The seller then had to offer the buyer a substantial cash-credit to complete the sale. I have additional stories involving water problems as well.

The point I wanted to make this month is that the next time we have a heavy rain in San Diego, I would recommend putting on some boots and grabbing an umbrella to conduct a property inspection of your own. Walk slowly around the property during the heavy downpour noting the drainage patterns. You may find some limited spots where a French drain could be installed or some concrete added to assist the water run off *away* from your property.

Also look at your flashing such as where the chimney meets the roof. I was involved with a property where the chimney flashing was not secure and rainwater would leak into the house causing mold issues. Also note water runoff from neighbors. Your adjacent property owners have a duty to divert water into the city drainage systems and away from your property. Sometimes rainwater will run from one property down a slight hill to another property.

You may have a legal right to force an adjacent property owner

to correct their drainage problems by diverting rainwater away from your property. Chances are that if you own property in College Area, your property is worth between \$500,000 and \$1 million. You need to protect the value of your asset by regularly inspecting it and maintaining it.

### COLLEGE AREA MARKET UPDATE

The local economy remains strong with the demand for housing steady. Although College Area's November was slightly slower than one year ago, the median sale price for November 2019 was a whopping 16% higher than November 2018. New listings for single-family homes were down 45% from 53 listings in November 2018 to just 29 for this year and the inventory of homes for sale dropped by 39% to just 42 homes for sale in the entire 92115 ZIP code at the end of November!

If you are thinking of selling, it may be a good time as prices are significantly up and inventory is down. If you are thinking of buying or selling residential property in San Diego County, give me a call to set up a no pressure consultation on your options and my recommendations.

—Sarah Ward is a Realtor with College Area Realty. Reach her at [sarahward021@gmail.com](mailto:sarahward021@gmail.com) or at 858-431-6043.

## MCCG

CONTINUED FROM Page 5

the 70th Street pipeline, sidewalks, and streetlights. She said that she would have city staff on hand at the January meeting to discuss the pipeline and sidewalks on 70th Street and take questions.

Speaker Ryan Woodard, Harriet Tubman Village Charter School principal, was pleased to announce that Tubman School has been designated by San Diego City Schools to receive \$47 million dollars in bond money to rebuild the aging campus. He said he would have a rendering of the new campus to show the group at the January meeting. He also talked about the current landscaping and the need for maintenance, and said he would welcome community members joining him to beautify the current campus.

Following Woodard, Jose Reynoso, College Area Community Council/Planning Board (CACC/CAPB) president, spoke to the group about the community plan update, which has been completed and is available on the CACC website for public review and comment. The plan presents a vision of College Area that focuses on the development of three nodes based on three major intersections: Montezuma Road at College Avenue, College Avenue at El Cajon Boulevard, and Montezuma Road at El Cajon Boulevard. Development around each node will be directed toward meeting the specific needs of the surrounding neighborhood. The

hope and expectation is that the plan will form a basis for the formal community plan update that the city will undertake. You will find the update at [collegearea.org](http://collegearea.org).

Jim Schneider, executive director of the College Area Business District, spoke about his involvement in the preparation of the update and his enthusiasm about it. His said his strategy for business development aligns with it. He further mentioned that some building owners have plans to refurbish their storefronts.

Sue Grant, who heads up the Mesa Colony Outreach Committee, talked about her efforts to attract new membership by reaching out with information to anyone who moves into the area. Christina Boyd, CACC Outreach Committee, spoke about the first family-friendly movie night sponsored by the board on Nov. 16, at Hardy Elementary School as part of the CACC's efforts to provide fun events for the community. She said that more movie nights are planned.

Finally, the group's monthly dinner in support of local restaurants would not be held due to the Thanksgiving holidays. Even though the Mesa Colony Community Group will not meet in December, a dinner (location to be announced) is scheduled for Dec. 18. To receive information about the monthly dinners, contact [barbaralegge@att.net](mailto:barbaralegge@att.net).

—Kristi Higdon writes on behalf of the Mesa Colony Community Group.

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