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ISSUE 6


June 11 – July 8, 2021



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San Diego Community Newspaper Group



United Women of East Africa are raising money through foodie events hosted by the group's catering service Bilal and Baraka. (Facebook)

Cultural cooking for a cause

By CYNTHIA G. ROBERTSON

San Diego County has long been a place of refuge for many people coming from other countries. They come from all places in Asia, Africa and Europe. The diversity in these ethnic groups add a rich layer to the city’s culture mix.

One of the most outstanding facets of any contribution from these groups are their particular styles of cooking. Our bodies, minds and souls are made more healthful with the introduction of wonderful aromas of spices and herbs mixed with exotic vegetables and creative ways with meat.

An example of such richness comes from the people of East Africa. Their cuisine delights the senses; the duty of cooking becomes a shared, happy experience in the kitchen for the women. In San Diego, the United Women of

SEE **UWEAST**, Page 19

Artist honored for signature style

By JEFF CLEMETSON

San Carlos artist Carol Thomason has been recognized and honored by local, regional and national watercolor societies for many years. But in April, she achieved honors from the “oldest and most prestigious watercolor society in America” — the American Watercolor Society (AWS).

“It is something that we artists strive for — to be a part of this exhibit,” she said of her award-winning painting “APPLE.COM,” which was displayed in a New York City AWS exhibit April 12–30.

“The big thing is that I was given signature status — it’s a big award — so I can sign my name ‘Carol Thomason AWS’ if I would like. That’s big time,” she said, adding that the distinction increases the value of her paintings.

“APPLE.COM” is a painting from Thomason’s signature series “Lines of Communication,” an evolving series of mixed-medium watercolors focused around technology.

Thomason began her art journey in college where she majored in Art History as an undergrad at UC Santa Barbara. Her initial



SEE **ARTIST**, Page 4

Carol Thomason (Courtesy photo)

NEWS BRIEFS

SAN DIEGO HUMANE SOCIETY WAIVES LICENSING FEES IN JUNE

San Diego Humane Society is waiving all fees, including late fees, for dog licenses throughout the month of June, 2021, during its A License to Love campaign. Dog owners who live within San Diego Humane Society’s jurisdiction can receive a free one-year license if completing the process before July 1. The promo code FREELICENSE will be required. The amnesty offer applies to first-time licenses and renewals, and all late fees (if applicable) will be waived.

A California-approved rabies vaccination is a prerequisite for licensing dogs, and it’s highly effective as an animal and public health measure. Rabies vaccinations are especially important in areas like San Diego County where the potential threat of exposure to rabies from wildlife is a significant concern. The primary rabies vaccination is good for one year. The second vaccination is given one year later. Subsequent (or booster) vaccinations are valid for one to three years, depending on the recommendation of your veterinary care provider.

Proof of alteration (i.e. spay/neuter) is not required, but will lower the cost of a dog’s licensing fee by 50% or more. Dogs adopted at San Diego Humane Society already come with a free one-year license.

Licensing can be completed online, in person or by mail with the promo code FREELICENSE. To complete the license process, or to access information and resources such as low-cost vaccine clinics and spay/neuter services, visit sdhumane.org/license.

SEE **NEWS BRIEFS**, Page 8

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Difference maker: Justine Nielsen

By JEFF CLEMETSON

Del Cerro resident Justine Nielsen was born and raised in Bakersfield, California and moved to San Diego after high school to attend SDSU for college where she graduated with a degree in Political Science and minor in Philosophy.

Following SDSU and knowing that she wanted to make San Diego her “forever home,” Nielsen attended law school at Cal Western, where she became interested in the legal practice of land use. Since then she has become an accomplished attorney in her field, served on the board of the Navajo Community Planners, Inc. and most recently was named chair of Urban Land Institute (ULI) San Diego-Tijuana.

The Mission Times Courier recently caught up with Nielsen to learn more about what inspires her to be a difference maker.

Tell us a bit about your work. What would you consider some your major accomplishments?

I am a partner at Procopio (San Diego's largest law firm) and chair of the firm's Land Use Practice Group. I represent developers and companies in all facets of the land use approval process in San Diego and have worked on many regionally-significant projects in the housing, mixed-use, and life sciences sectors.

When did you get involved with ULI? What attracted you to that organization? What roles have you played in that organization before becoming governance chair?

I became involved in ULI in 2009, initially as a Young Leader member. I became the co-chair of the Young Leaders Group, and have also served on the Management Committee and Advisory Committee.

I was interested in joining ULI because it was focused on education and best practices in real estate and land use. As a global organization, it offers a wealth of information about these topics. In addition, the local San

Diego-Tijuana chapter in particular offers invaluable networking opportunities for all types of real estate and land use professionals and locally-focused programming events.

Describe the work that ULI is doing in San Diego-TJ. What are the important issues ULI is working to solve? What do you hope to accomplish in your new role as governance chair?

The mission of ULI SD-TJ — the only bi-national District Council in the global ULI network — is to shape the future of the built environment for transformative impact in our communities.

More specific to our region, we have been focused on creative solutions to the enduring problem of housing, as well as best practices for the thoughtful redevelopment of transit-oriented areas and land use opportunities to enhance the Cali-Baja mega-region.

As governance chair, I hope to continue to raise ULI SD-TJ's profile as a trusted and unbiased source of real estate and land use information while continuing to expand our diversity and equity inclusion efforts.

You were also a representative for Del Cerro on the Navajo Planners. What did you look for in projects to deserve a recommendation vote?

My term on the Navajo Community Planners ended in March of this year, but during my four years on the board, my prior focus in evaluating projects was ensuring the projects were consistent with the Navajo Community Plan, but perhaps more importantly, were thoughtful and



Justine Nielsen (Courtesy photo)

sensitive to the particular nuances and unique features of the Navajo community.

Any final thoughts, you'd like to share?

On a semi-related note, I was recently appointed to the city's Redistricting Commission, representing Council District 7 which includes the Mission Valley, Navajo, Serra Mesa, Linda Vista, and Tierrasanta communities.

The city's Redistricting Commission's role is to adopt plans to specify the boundaries for the city council districts based on data received from the U.S. Census Bureau. In addition, council district boundaries and land use issues and decisions are inextricably related.

The Redistricting Commission is dependent on feedback from community members to help inform its decision so I strongly encourage District 7 residents to attend and participate in the commission's public meetings over the next several months. [For more information, visit sandiego.gov/redistricting-commission].

—Reach editor Jeff Clemetson at jeff@sdnews.com.

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Exterior features include aluminum siding, lightweight concrete roof, newer hot water heater forced air unit, central AC, window AC and evaporative cooler. Upgraded electrical, copper plumbing, and vinyl sliding glass doors

Interior features an open concept floor plan, LED lights, ceiling fans, crown molding, and wall to wall waterproof laminate flooring. Upgraded bathroom porcelain tile floors, newer toilets, fixtures, and lighting. The center of the home is an open kitchen upgraded espresso cabinets, huge island, 5 burner gas cooktop and electric oven topped with white quartz counters!

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Artist

CONTINUED FROM Page 1

goal was to become an art teacher and she earned a credential at Cal State San Luis Obispo before going off to the University of Michigan to work on a Masters in Art History, which she said she never completed but is “very close” to finishing. While in Ann Arbor, Thomason decided to pursue creating art rather than just discussing it. She said she started with stained glass, but found it “too constrained” for her liking. She then began a decades-long study of figure drawing.



Carol Thomason (Courtesy photos)

“I did that for many years, then I thought maybe I can be a painter so I tried a bit of that with the watercolor society in San Diego,” she said, adding that her style she developed over time involved experimenting with various pigments of watercolor such as acrylics, which gives her work a more opaque look than the transparent wash most associated with watercolor painting. Thomason’s art also evolved in other ways. “I used to paint realism for years and years and then there was a point where I would do some realism and some contemporary,” she said. “Because I have the art history background, I have seen it all — cave painting to contemporary. And I like a lot of that contemporary stuff, it’s more abstract, non-objective.” She began her “Lines of Communication” series in 1999 to express artistically her impressions of the “new ways of communicating” that were emerging through the internet, cell phones and computers. “That seemed to me to be best expressed in a non-objective manner, so I started out and I named one of my paintings ‘Lines of



“APPLE.COM” by Carol Thomason was displayed in New York City by the American Watercolor Society, earning the artist signature status.



“NASA.COM (Perseverance, Integrity on Mars!)” is another painting in Thomason’s “Lines of Communication” series.

Communication.’ That was my very first painting in this series, more than 20 years ago,” she said. There are now over 290 paintings in the series, inspired by individuals, organizations and companies responsible for modern technological advancements. “This month, my painting at the [San Diego] water color society is ‘PETCO.COM,’” she said. “And I can’t wait to do more stuff about Space X. I’ve done five paintings about Elon Musk’s company Space X and I did one painting several years ago about Tesla.” Besides big tech companies and their big CEO personalities

that make news headlines with their latest inventions, Thomason also finds inspiration for paintings from her home life. For example, the painting “PETCO.COM” was inspired by her daughter’s cat Tiger; and another, “MATCH.COM,” was inspired by the online dating service where her daughter met her son-in-law. Some of her paintings are also inspired by purely economic circumstance. “Because I am an investor, my stock research interests feed my painting titles,” she said. Although she doesn’t leave out the idea of painting other topics,

Thomason still finds her “Lines of Communication” series to be what intrigues her most. “When I grew up, none of us knew anything about the internet, cell phones and computers. We had typewriters, telephones and television. Then came the revolution in communication,” she said. “I have watched, invested, and painted with rapt awe and amazement as we have hurtled ourselves forward with one far-reaching communication advancement after the other.” —Reach editor Jeff Clemetson at jeff@sdnews.com.





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With much consideration, planning and research Carrillo and Sons Collision will continue servicing 92120 customers as well as the surrounding areas via a satellite office. The satellite is only a mile away from our current location, 5805 # A Mission Gorge. (excellent exposure) and in a more convenient location. The satellite will offer immediate access from nearby freeways, provide our mutual customers with the same personalized service, a place for vehicle inspections, drop offs, pickups and a comfortable lounge/waiting area. We believe this will provide excellent service to you, our customer and also make the transition seamless.

The new satellite location will be backed by our new repair facility in Kearny Mesa on Armour St. As expected Carrillo and Sons Collision will continue to provide quality repairs, certifications, service and warranties for our customers.

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Guest editorial

Talk to your LGBTQ+ child about bullying

By DR. BETHANY COOK

One might think that being a youth on the LGBTQ+ spectrum is in some ways much easier now that society is starting to shift toward acceptance and understanding about alternative lifestyles, sexuality and gender identification. However, there is still a lot of misinformation, ignorance and hate in the world as well. Arming your LGBTQ teen with the power of knowledge is one way to help them counteract the negative impact of bullying.

RULE 1 – UNDERSTAND THE 3 TYPES OF BULLYING

Teach your children about the three types of bullying. Help them understand what constitutes bullying so they can identify it when it happens to them or a peer. Also, it's important to know what bullying is so that your child doesn't inadvertently do it; such as tickling someone even when they say stop, snapping a girl's bra strap, or even hugging someone who has told them before they don't like being hugged. The intent may come from a kind and loving place, but if the other person doesn't want it it can still be considered bullying.

1. Verbal bullying: For example, name calling, taunting, inappropriate comments, threatening to cause harm, etc.

2. Social bullying/Relational bullying: This approach focuses on hurting someone's reputation and relationships. It could be spreading rumors, telling others to specifically leave a person out of group activities, embarrassing someone in public/social media on purpose. It's not uncommon for women to use this type of bullying.

3. Physical bullying: This one is pretty obvious right? Things like hitting, kicking, spanking, pulling hair, pinching skin, tripping someone on purpose, making obscene hand gestures, inappropriate touch etc. More often than not, men are the ones who use this form of bullying.

RULE 2 – FAKE IT TILL YOU MAKE IT

A statement and mantra used by many from those in Hollywood to therapists in offices. This statement has a two-fold meaning.

First, science has shown that acting differently can change how we feel about ourselves and even change our neural pathways. Individuals with depression are sometimes suggested to act as if they aren't depressed. Get up, go for a walk, make a healthy breakfast, etc. Many patients have found a decrease in depressive symptomatology when they do this. Consequently, acting like a bully doesn't scare you actually makes them seem less scary and rewires

your neural pathways towards courage instead of fear.

Secondly, bullies feed off the fear of their victims and the responsive drama. Once they stop getting a dramatic response from their victim they often move on to someone.

RULE 3 – COURAGE COMES BEFORE CONFIDENCE

Just like many others in the world, I too have been bullied. It isn't easy facing people who treat us badly.

That being said, some of the most empowering moments in my life came when I faced a person who was bullying me and I stood up for myself. Over time, I began standing up for others whose voice wasn't as powerful as mine. With each encounter with a bully I felt my confidence grow.

Remember rule number two. Sometimes we have to fake our first acts of courage. Don't doubt that confidence will follow. Even if you get punched in the face (like me), stand tall and walk away knowing it takes greater strength to do so than to fight. Share a story with your child(ren) about when you were courageous in the face of fear.

RULE 4 – THIS ISN'T ABOUT YOU

Remember, a bully's actions do not reflect the worth of their victim. I know it's hard to not feel personally attacked ... just reflect on a time when you lashed out at someone else in a moment of anger.

The other person may have not even done anything to you (eg. unintentionally cuts you off in traffic) and yet you find yourself losing your mind on a stranger one car ahead of you. That driver didn't deserve the anger you unleashed (they probably didn't even hear it, which is good) yet you still released your own issues onto them.

When someone is bullying your child, reminding your child that this abuse "isn't about you" helps protect their developing ego/sense of self. Again, offer examples that are age appropriate for your child(ren).

RULE 5 – WHO'S GOT YOUR BACK?

Give your child(ren) phone numbers and names of people they can call as resources if they find themselves in an uncomfortable situation or need to talk to someone. Knowing there are people in the world, aside from a parent, watching out for them gives your child a sense of community and belonging resulting in feelings of security and empowerment.

—Dr. Bethany Cook is a clinical psychologist, health service psychologist and a board-certified music therapist. doctorbethanycook.com.

Correction

In the May 14 issue of the Mission Times Courier, the article "Voice of Del Cerro holds first meeting" incorrectly stated that Donte Wyatt worked for 10 years in the public defender's office. Mr. Wyatt actually worked for 10 years in the District Attorney's office.

Republican Women thank law enforcement



By LAURA CRIVELLO

Happy summer everyone! I hope that all of you have been making some wonderful plans now that the end of the mandates and ridiculous over reach by Gov. Newsom will be coming to an end.

Please be sure to join us for our next meeting on Aug. 10. We will have a fascinating speaker from The Epoch Times. We take a little summer break, so no meeting in July.

Don't forget to RSVP. We have an added convenience of offering payment for the luncheon online. Information can be found on our website at RWCNavajocanyon@gmail.com. As always, we welcome guests.

The ladies of RWNC have been busy in the community this past month. We are big supporters of law enforcement, and to show our appreciation, many volunteers visited 14 police and sheriff stations throughout the county. As a thank you for their service, "Operation Cookie Drop-Off" was born. Thanks to all of the ladies who made this event a success.

I'm going to cheat here a little and include a letter,

dated May 19, from our president Waskah Whelan on National Police Week. It was written from the heart and exemplifies our club's dedication to our men and women in uniform:

"In 1962, President Kennedy proclaimed the week of May 15 is national police week, dedicated to honoring Americas law-enforcement community and giving special recognition to those officers who also lives in the line of duty for the safety and protection of others.

"Today, we want to also honor and give special thanks to those law enforcement officers that protect and serve us here in San Diego County every day. Your service makes all our lives better.

Navajo Canyon Republican women will always support you and your mission and you have our sincere thanks."

Our police officers have faced a very difficult year, it is incumbent upon all of us to show our appreciation. Personally, I try to always thank them for their service when I see them out in the community. They are so grateful for the recognition.

—Laura Crivello writes on behalf of the Republican Women of California–Navajo Canyon.



Republican Women of California-Navajo Canyon delivering cookies to SDPD Mid-City station. (Courtesy photo)

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Polling data: Increasing GOP support for political violence, abandoning democracy



By SEAN QUINTAL

Anyone paying even passing attention to the state of national politics is now familiar with the phrase, “The Big Lie.” It refers to Donald Trump’s claims, and his supporters’ and enablers’ claims, that last year’s presidential election was either fraudulent or illegitimate. Trump is now reportedly telling advisors he believes he will be “reinstated” to the presidency this year (*Spoiler Alert: presidential reinstatement is not a thing*).

These are not, however, just the rantings of a bitter, megalomaniacal narcissist; they have now become a tenet of Republican party politics. It’s so important for GOP office holders to acquiesce to The Big Lie, that Liz Cheney was ousted from her position as the third highest ranking Republican Party official simply because she insisted on calling a lie “a lie.”

GOPers in the House and Senate refused to vote for a bipartisan commission to investigate the Jan. 6 insurrection at the Capitol. Republicans spent two and a half years, and \$8 million, investigating the deaths of four Americans at Benghazi. But for the worst attack on our democracy since the Civil War? Nothing, because it would contradict The Big Lie.

Moreover, The Big Lie enablers are tapping into a dangerous undercurrent of political violence, and the rejection of democratic norms, that are rumbling ominously in the GOP electorate. In a CBS News/You Gov poll in May 2021, two thirds of Republicans said they believe it’s more important to be loyal to Donald Trump than to enact sound policies; the same number do not believe Joe Biden was the legitimate winner of the 2020 election. Almost half (47%) said that the party should give up on trying to convince voters of its ideas, but rather they should make it harder for their opponents to vote.

A PPRI poll from the same month asked a sample of Americans if they agreed with statements related to the QAnon movement and The Big Lie. 82% of Americans disagreed with the statement: “The government, media, and financial worlds in the U.S. are controlled by a group of Satan-worshipping pedophiles who run a global child sex trafficking operation;” but 1 in 4 Republicans (23%) agreed with this insane proposition. 85% of Americans disagree with the statement: “Because things have gotten so far off track, true American patriots may have to resort to violence in order to save our country.” However, among Republicans, almost 3 in 10 (28%) support the premise of using political violence to subvert democracy.

The threat of political violence, and the intentional attacks on the democratic process, are an existential threat to the America we have always known.

And it is not just the congressional GOP’s refusal to condemn, or even investigate, the Jan. 6 attack on our democracy. It is also the efforts by Republicans in several states to not just make it more difficult for Americans to vote, but to make it possible for state legislatures to overturn legitimate election results. Georgia’s voter suppression law gives the Republican-controlled Assembly effective control over the State Board of Elections; so the state board can take over local county boards, to allow Republicans to handpick the people in charge of disqualifying ballots in Democratic-leaning places like Atlanta.

The threat of political violence, and the intentional attacks of the democratic process, are an existential threat to the America we have always known. So alarming

are these developments, that more than 100 scholars of democracy have signed a new public statement of principles that seeks to make the stakes unambiguously, jarringly clear: On the line is nothing less than the future of our democracy itself. “Our entire democracy is now at risk,” the scholars write in the statement, “History will judge what we do at this moment.”

They write, “In future elections, these laws politicizing the administration and certification of elections could enable some state legislatures or partisan election officials to do what they failed to do in 2020: reverse the outcome of a free and fair election. Further, these laws could entrench extended minority rule, violating the basic and longstanding democratic principle that parties that get the most votes should win elections.”

After noting that all these Republican efforts are threatening those fundamental principles, the scholars warn: “These actions call into question whether the United States will remain a democracy.”

Republicans, at the national and state level, emboldened by sizeable minorities of their electorate, have abandoned the norms of mutual toleration and forbearance, which are the glue that has kept our democracy together. The GOP has concluded that the right to free and fair elections, a right for which countless Americans have given their lives, is less valuable than maintaining minority rule of the government.

American democracy, in other words, is in deep trouble.

Please join us via Zoom at 7 p.m. on July 7 for the next meeting of the La Mesa Foothills Democratic Club. We will be joined by Seth Green of the Electronic Frontier Alliance. Green will examine a number of issues, to include digital privacy, free speech and cybersecurity. Find the link to join the meeting on our website lame-safoothillsdemocraticclub.com.

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

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News briefs

CONTINUED FROM Page 1

Benefits of licensing:

- Licensed pets are more likely to be reunited with their owners if they become lost.
- A license provides proof of a pet's rabies vaccination and of ownership.
- Licensed dogs receive a Pet Hub (<https://www.pethub.com/SanDiego/about>) tag, which comes with a QR-code that can store phone numbers, medical information and a secondary emergency contact, like a veterinarian.
- Dog's with a valid license receive a free ride home by San Diego Humane Society's Humane Officers if found stray — skipping a trip to the shelter and reducing reclaim fees.

The owner of every dog over the age of four months is required by law to ensure the pet is properly licensed and currently vaccinated against rabies. A license must be purchased within 30 days after reaching the age of four months, within 30 days of acquiring the dog, or within 30 days after entering the jurisdiction.

\$200 MILLION IN TAX CREDITS AVAILABLE TO CA FAMILIES

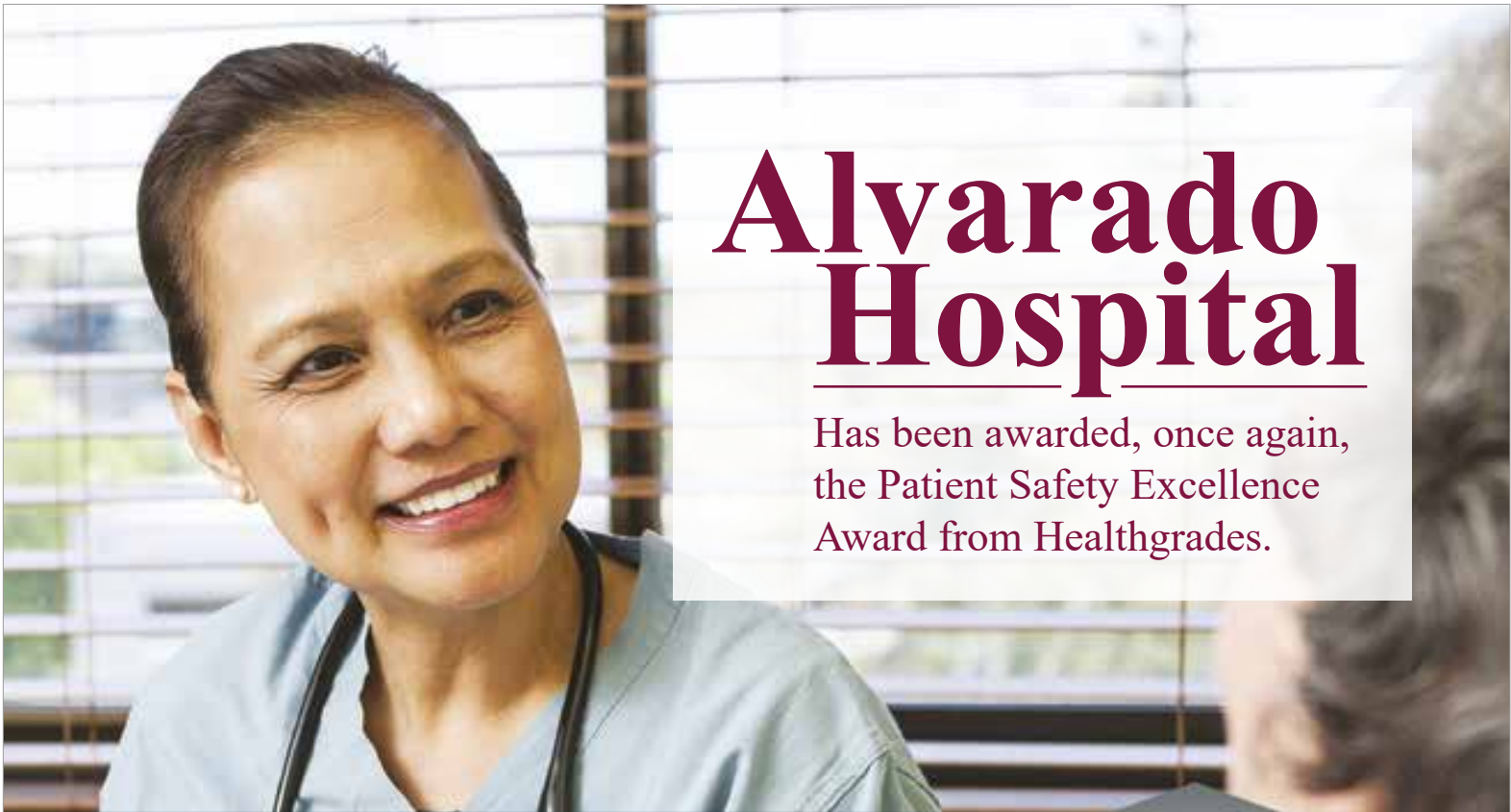
While the tax filing deadline has passed, an estimated 500,000 working families in California are still eligible to apply for the \$220 million in tax credits available to them from the State of California through the California Earned Income Tax Credit (CalEITC) and Golden State Stimulus (GSS).

United Ways of California and local partners are helping to make sure families who are eligible receive as much as \$4,200 from the two programs.

GSS is a one-time payment of \$600 or \$1,200 per tax return that is available to families who have an individual taxpayer identification number (ITIN) filer earning up to \$75,000, while the CalEITC ranges from \$243 to just over \$3,000 and is available to families with incomes up to \$30,000. Eligible families can apply for GSS by Oct. 15 while those eligible for CalEITC can apply and receive funds from up to four years later.


While the California Franchise Tax Board estimates more than 4 million taxpayers are eligible to receive CalEITC for the 2020 tax year, 3.5 million have applied through May 15 and received tax refunds totaling nearly \$590 million. Meanwhile, there are about nearly one million people in California who earn less than \$30,000 per year and are eligible for the Golden State Stimulus this year, who can still apply for the two programs to put more money into their pockets.

Californians who had an income of less than \$66,000 in 2020 are eligible for free filing



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Protecting victims from domestic violence homicide

By MARA W. ELLIOTT

Helping victims of domestic violence escape the cycle of abuse is one of the most difficult and important things I do as City Attorney.

The catalyst for a program that saves lives every year was the brutal murder of 19-year-old Diana, who did everything she could to break free from an abusive relationship, but was ultimately killed by her husband.

Diana was trying to end a violent marriage. She knew she was in grave danger, so her family accompanied her wherever she went, even to school. They were waiting along with her 10-month-old daughter for her to finish a class at City College on the day in 2010 when her husband, waiting in a tree to spot her leaving class, brutally murdered her in a campus restroom.

Tragedies like Diana's are not uncommon. Victims of domestic violence are at their greatest risk when they're attempting to leave an abuser. A week before Diana was killed, her husband kidnapped and raped her. She was able to escape and notify police, but the District Attorney's Office later told the media there

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had not been enough evidence to charge him with a crime. Diana obtained a temporary restraining order, but that didn't deter her husband.

Diana's death gave rise to a special task force that fast-tracks critical services and rallies around individuals who are at extreme risk of being murdered by their partner. A coalition of law enforcement, government agencies, and non-profit organizations make up the San Diego County Domestic Violence High Risk Case Response Team, also known as the "High Risk Team."

My office's Victim Services Coordinators support High Risk Team victims through the worst times in their lives with the goal of preventing another case like Diana's from occurring. If warning signs indicate a victim is at risk of being murdered — they've been strangled or

threatened with a firearm, for example — the High Risk Team steps in, regardless of whether criminal charges have been filed.

High Risk Team victims are often financially dependent on their abuser, have young children, and need medical care. When a victim is identified as a High Risk Team candidate, we first respond to their immediate safety needs by connecting them to emergency housing and support services. We collaborate with other agencies to supply essentials, help them access public benefits and childcare, and work to secure them a safe home. Once we ensure that we have met their basic needs, we help them regain their independence by achieving personal and professional goals.

In one situation, an abuser habitually stalked his partner in violation of a restraining order. Our Victim Services Coordinators helped her and her son safely relocate to an area unknown to her abuser and establish a confidential mailing address. Upon her relocation, the survivor said she "finally felt safe."

With the help of the High Risk Team, one survivor

became a specialized medical assistant, and another is attending a trade school.

Children who have been traumatized by abuse in the home are also supported throughout their healing process. Our Victim Services Coordinators work with our partners to place child survivors in programs that specialize in helping young people recover from abuse and trauma.

A committed partner of the High Risk Team, the City Attorney's Office works to protect vulnerable San Diegans from the most devastating consequences of domestic violence. Since its inception in 2011, the High Risk Team has served more than 400 individuals, with no known fatalities.

If you believe you are in danger, please contact the San Diego Family Justice Center, a division of the City Attorney's Office, which provides comprehensive services to survivors of domestic violence, sexual assault, and sex trafficking. You are not alone. We are here to help. You are safe at the San Diego Family Justice Center.

—Mara W. Elliott is the San Diego City Attorney.

News briefs

CONTINUED FROM Page 8

through myfreetaxes.org, where they can find a free tax filing site near them. Individuals and families who are applying with a federally issued Individual Tax Identification Number (ITIN) can find support through the ITIN guide, should their ITINs have expired and they need assistance renewing or getting one.

COMMUNITY POWER PROGRAM GOES ONLINE FOR BUSINESSES

San Diego Community Power (SDCP), the not-for-profit community choice energy program, launched renewable energy services for commercial and industrial energy customers in the cities of San Diego, Chula Vista, Imperial Beach, La Mesa, and Encinitas. Commercial and industrial account holders will be enrolled over the month of June as customers of a public energy company committed to providing clean energy, competitive rates, and innovative programs. The move offers businesses a choice in energy providers for the first time in the region's history.

"Businesses no longer have to decide between affordable rates and meeting their climate action goals," said SDCP Board Chair and Encinitas Councilmember Joe Mosca, SDCP Board Vice Chair. "SDCP provides the rare win-win-win scenario of affordable rates, cleaner energy, and community reinvestment supporting economic and environmental sustainability."

Starting June 1, SDCP flipped the switch for approximately 72,000 commercial and industrial accounts representing nearly 60% of its forecast energy load. The not-for-profit community choice energy program launched renewable energy procurement services for municipal customers in March and will launch residential service beginning in February of next year.

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Thank You Chancellor Carroll!

Please join the San Diego Community College District in celebrating "The People's Chancellor," Dr. Constance M. Carroll, on her 28 years of service to the District including 17 years as its longest-serving Chancellor.

Best wishes on your upcoming retirement!

Chancellor Carroll will be honored during a gala fundraising event on Sept. 18. For more information, visit: sdccd.edu/promise-gala



Childcare, libraries, infrastructure focus of first months in office

District 7 Dispatch

By RAUL A. CAMPILLO



The month of May can be described in four words: Advocating for Child Care.

Early in May, I called on Mayor Gloria to include the Office of Child and Youth Success in his final budget.

I am calling for the creation of this office because we have a severe shortage of childcare facilities in San Diego, as well as a lack of a coordinated strategy relating to all child-focused programs. To begin addressing this, I passed an action through my Economic Development committee to conduct a city facilities assessment to determine where more high-quality, affordable childcare facilities could be placed. I have asked the city's Real Estate Assets Department to report the results of the assessment back to the Committee within six months.

Another priority related to children in our community is the San Carlos Library. Libraries are a

terrific resource for programming for both children and adults, for educational attainment, for building a sense of community in our neighborhoods, and much more. I have spoken with the Director of the Library Foundation and the Friends of the San Carlos Library to strategize and deliver on this important priority.

Throughout my first months in office, I have been strongly advocating for two of the priorities I hear most about in the communities I represent: utility undergrounding and road repairs.

My staff and I are in constant communication with city staff to advocate for the much-needed repairs to our roads. I am happy to report that the staff in the city's Streets Division confirmed that there are numerous street improvements scheduled to start in summer and fall 2021 in the Navajo area.

Lastly, the City Council recently approved a new and better gas and electric franchise agreement with SDG&E. I spent considerable time advocating on behalf of District 7 residents for franchise agreements

that provided ratepayers the high-quality gas and electric service at affordable rates. My top priority in the franchise process was accelerating getting utility line underground in District 7. The three things I was most vocal about during this process were accelerating utility undergrounding; subsidizing solar panel installations for District 7 homeowners; and reducing fire risk.

I am pleased that all of these were included in the new and better gas and electric franchise agreements the council has approved, especially the \$10 million solar panel program for homeowners that I brought forward, and the \$110 million franchise fee from SDG&E. This franchise fee will be paid by shareholders, not ratepayers, and is the highest in the nation.

It is an honor to serve District 7 families. As a reminder, you can always reach our office by calling us at 619-236-6677 or emailing us at RaulCampillo@SanDiego.Gov.

—Raul Campillo represents District 7 on the San Diego City Council.

COMMUNITY BRIEFS

ALLIED GARDENS/ GRANTVILLE COMMUNITY COUNCIL

At our May 25 town hall meeting we introduced our neighbors to San Diego Canyonlands and to the work they do in restoring and preserving the canyons that are the topology of San Diego.

Our landscape is dominated by large canyons such as Navajo Canyon, the southern hillside of Mission Valley and other canyon remnants, and the innumerable finger canyons that intersect and entwine our neighborhoods. Many have been disturbed by housing and retail development with significant modification of soils and ecological conditions. Even those left alone have been infiltrated by foreign plant life, exotics that steal essential water and nutrients. These conditions threaten the vital role our canyons play in the health and prosperity of our native flora and fauna and in the wellbeing of our communities.

A quick visit to the San Diego Canyonlands website (sdcanyonlands.org) will give you a

better idea of the mission, goals and objectives of this important organization, and will give some ideas of what we can do in our own canyon.

This town hall meeting was designed to be the next step in the progress of The Friends of Navajo Canyon, the organization by which we can bring this important work to our own back yard. That work will include education by way of interpretive hikes through the canyon, expeditions to remove exotics, restoration of native plants, and clearing the canyon of trash. San Diego Canyonlands and The Friends will schedule these activities and will keep you informed by way of this article and emails to our contact lists. Check our website for up to date information at aggccouncil.org/friendsofnavajocanyon.

That is the long slow curve, and now the fast break. We need you. It cannot be done without you. Begin this journey with us by signing on to our mailing list as indicated

SEE **COMMUNITY BRIEFS**, Page 11

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Community briefs

CONTINUED FROM Page 10

below. We are pretty sure that once you make that first trip into the canyon with us you will be back for the next one.

Our July 27 town hall meeting will focus on the 500 Trees in Allied Gardens East Project. These trees, part of the SDG&E tree planting program, will bring great value to our community, shading our streets, cooling the air, providing oxygen, and enhancing the character of Allied Gardens.

In mid or late summer, representatives from Davey Resource Group will go door to door, obtaining permission from property owners, and signing people up with planting to begin in the fall. We will have more on this important project in the July 2021 Mission Times Courier.

Our Sept. 28 town hall meeting will be directed to the new compostable materials recycling program that will be initiated in

the near future. We are working on the presentation at this time and will have more information for you soon.

Use the “Contact Us” page at aggccouncil.org to get on our email contact list, to receive notices of the activities of our community council and the Navajo Community Planning Group, Inc., and to let us know how we can help you support our neighborhood. Our next board meeting will be on Monday, July 5 at 6:30 p.m. by Zoom. The public is encouraged to attend.

—Shain Haug, Allied Gardens-Grantville Community Council president

SAN CARLOS AREA COUNCIL

All San Carlos residents are welcome to join us at the next Zoom meeting of the San Carlos Area Council (SCAC) on Wednesday, June 16, 6:30–8 pm. We will post that link at our Facebook page (facebook.com/SanCarlosAreaCouncil). We are fortunate to have elected official



San Carlos Area Council vice president Patty Mooney and president Mark Schulze with Council member Raul Campillo at Mission Trails press conference for the Max LeNail Memorial Pedestrian & Bicycle Bridge. (Courtesy photo)

office representatives provide updates at every meeting.

Our San Carlos community is invited to come and take advantage of these short meetings where you can share your concerns and questions with people like our local police liaison, Community Relations Officer John Steffen, and our San Diego Fire Department Battalion Chief. All of our representatives provide critical information regarding issues such as fire safety, homelessness, notices about infrastructure and so much more.

Truly, it behooves any San Carlosian who cares about our

beautiful community to get involved. This is your town council, folks. And considering there are no dues, what are you waiting for?

In news from our City Council member Raul Campillo, as chair of the Mission Trails Regional Park Task Force, he held a press conference behind the Interpretive Center to announce that he would vote to move forward with the LeNail family’s proposal to build a bridge across the San Diego River to honor their son’s memory.

Max LeNail died when he tried to cross the existing uneven cement structure that becomes slippery with algae during the rainy months. That particular spot has been challenging for anyone attempting to cross as the river flows year long, but it’s especially terrifying when the river is swollen.

There is now an effort to raise money towards the construction of this bridge. Take a look at the video about Max and the need for the bridge bridgeformax.com.

Thank you, Council member Campillo, for your dedication to serving our community and keeping us safe. Thanks also for championing our long-awaited San Carlos Library. The mitigation on the adjoining property (formerly a gas station) where the library will expand has now been completed. We will soon come to the point when the land can be purchased by the City of San Diego, and then money can be raised for our new library. Join us at our June Zoom meeting to stay tuned on this issue and all the other issues of concern to our community.

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

—Patricia Mooney, San Carlos Area Council vice president

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Henry celebrates its seniors of distinction



Patrick Henry High School News

By MICHELLE IRWIN

What an incredible year it has been! As we near the end of our 2020-2021 school year, I would like to honor several of our seniors who have demonstrated excellence in academics and/or athletics as they complete their K-12 educational experience. Congratulations to the following Seniors of Class of 2021.

There are two Patriot of the Year! Students who receive this award have demonstrated a high degree of achievement in several areas during their entire time at PHHS. Areas of accomplishment are academics, citizenship, extra-curricular organizations memberships, athletics, community service, and outside employment. Our Patriots of the Year are **Alyson Arkin** and **Zachary Lenett**.

The Maria Theodore Memorial scholarship is given to students who have overcome obstacles in their life or school career and are focused on completing a post secondary education. This year we have chosen **Ainslie Mellinger**.

Ainslie has been a part of the Engineering and Design Academy,

where she excelled in both academics and citizenship. She is an outgoing, confident, and tenacious leader who has been on the honor roll for all eight semesters she has attended Patrick Henry. She has demonstrated her leadership skills as an avid participant in Model United Nations for the past five years, competing at the local and regional levels and winning awards for her speaking and research skills. She has excelled in Architectural Design and Civil and Structural Engineering.

The Donald W. Giddings Leadership Award is given to one senior who is chosen for his or her outstanding leadership qualities and dedication to the school and our community. **David Rogers** has participated in Academic



Patrick Henry's CIF championship men's lacrosse team (Courtesy PHHS)

League, the Community Service Club, and the Environmental Studies Club and has even been an officer in the Aquaponics Club.

In these ways, David has shown himself to be an involved member of the Patrick Henry Community.

He is often willing to put others before himself, and sincerely works to help all of his peers feel included in school and valued in our community. He truly gets

SEE PHHS, Page 16

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A busy summer for Crusaders Soccer

By JAY WILSON

Summer is days away and hundreds of Crusaders Soccer players are playing their game.

“Registration for the fall recreational season is underway and our competitive teams are playing with great enthusiasm and success in a number of tournaments throughout Southern California, including the State Cup,” said Rene Miramontes, director of coaching. “A number of our teams in the Knots Forrest Cup Memorial Day Tournament did very well, including our Girls 2008 team coached by our assistant director of coaching Victor Melendez. The team won second place and is pictured adjacent to this article wearing their well-earned medals.”

During the summer, Crusaders competitive teams will be participating in an extensive series of specialty training sessions. Each session will be for specific age groups and concentrate on one skill. In addition, Crusaders is including a summer camp for its recreational players which will also be conducted by professional competitive team coaches.

The camp for recreational players born between 2006 and 2012 is July 13–15. Crusaders is also planning a summer camp for recreational players born in 2013 and 2014. Visit crusaderssoccer.org for more information and to register.



Crusaders Soccer Club 2008 Girls team (Courtesy photo)

In addition to coaching the Girls 2008 team, Victor Melendez has been selected as the head coach for the Mexican Woman’s National Team for the “Mini Football Federation.” This is a world-wide association. In 2017, Victor was the assistant coach for the Mexican Men’s National Team which won second place in the world championship in Tunisia and won the world championship in 2019 in Australia. This year, the 2021 world championship will be played in Ukraine over eight days in August.

KICKIN’ IT CHALLENGE TOURNAMENT

Terry Cords, president of the Crusaders Soccer Club announced: “We are very pleased to have entered into a partnership with the Kickin’ It Challenge Tournament. This organization raises awareness and funds in the fight against breast cancer. They have been in existence for

over a decade and all proceeds go directly to the cause. We are very proud to become a part of this effort. This tournament will take place June 19 and 20 in Escondido and all of our competitive teams are expected to support this noble cause.

PLAY IT AGAIN SPORTS

The Crusaders Soccer Club is partnering with Play It Again Sports in La Mesa. If you have new and/or used sports equipment, you can trade them in at Play It Again Sports. You will receive cash or credit for your items or use that credit to purchase any of their new or quality pre-owned merchandise.

The Crusaders Soccer Club Board of Directors also thanks Mary and Dan Buxton, owners of Play It Again Sports in La Mesa for their donation of two sets of large, portable soccer goals. And a thank you to Sean Abbs, a partner with Custom Logos, for their donation towards the practice t-shirts for our recreational and competitive players.

—Jay Wilson writes on behalf of Crusaders Soccer Club.

Patrick Henry rugby champs



(l to r) The Patrick Henry Boys Rugby 7s team, top row: Head Coach Greg Chronopolos, Aidan Bradley, Ethan Venegas, Walid Ellassaad, Kevin Coffey, Alexis Vasquez, Cole Rugh, Marco Morante, and Assistant Coach Doug McDonald; bottom row: Assistant Coach Jon Hickey, Tyler “Stinky” Dempsey (Captain), Levi Pritchard-Hickey and OMBAC Rugby Legend Jim Dierker (not pictured: Ernesto Macias)

Guided by the legendary rugby coach, Greg Chronopolos, the Patrick Henry Patriot Boys Rugby 7s team finished the 2021 rugby season with a 12-4 record and ranked fourth in the highly competitive Southern California region.

Rugby 7s is an abbreviated version of the traditional rugby 15s game, featuring seven players on a side. It is a much faster contest with a wide-open attacking style of play on a full 100-yard football field. It

features full contact tackling, mauling, and rucking, no pads or helmets, and two exhausting 7-minute halves.

Rugby 7s will be part of the 2021 Olympic Summer Games in Tokyo, including the USA Eagles.

Patrick Henry offers the club sport to both boys and girls. Hopefully, it will become a fully recognized varsity sport in the near future.

—Submitted by James Dierker



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Longhorn Bar & Grill owners celebrate 10 years

By ROBIN DOHRN-SIMPSON

Although the Longhorn Bar & Grill has been in Allied Gardens for 50 years, the current owners, Paul and Bettyann Bernhardt, have had the pleasure of owning it for 10.

This local neighborhood restaurant and bar is known for its burgers — And that's exactly what the Bernhardt's want.

"We want to be a comfortable neighborhood burger joint. We want people to feel welcome here," Paul said. "We have our regulars and our local sports teams who like to end their evening here to celebrate wins and losses."

Bettyann grew up in Allied Gardens and she and Paul still live there.

"We met when we were both bartenders in the area. I got my



The Longhorn Bar & Grill patio (Photo by Robin Dohrn-Simpson)



Longhorn chili burger (Facebook)

college degree and proceeded to keep bartending," she said. "I've always been interested in this business."

So when the opportunity to purchase this icon came up they grabbed it. The Bernhardt's have raised their kids here and love living in the area.

"We've remodeled a lot of the restaurant since we bought it; newly upholstered red pleather chairs, burnt pinewood tables, inviting red lights and multiple televisions. We removed the pool table in favor of more seating," Paul, a self-confessed sports nut, said.

Join the Bernhardt's on June 19 for their 10th anniversary celebration. There will be live music from 2-10 p.m., and plenty of food and drink.

This past year they've been able to serve food outdoors, but that will change in a couple of weeks when the state makes its final push for opening up and allowing everyone to return indoors.

The Longhorn Bar & Grill is famous for its burgers like the Double Duke, made with two half-pound patties with cheese and bacon, served with onion rings and topped with barbaque

sauce. The also serve a bison burger and a chicken burger. The California Burger is a favorite with pepper jack cheese and guacamole.

If you're not in the mood for a burger, you can enjoy a wedge salad or a Longhorn California Salad created with mixed greens, walnuts, dried cranberries and chicken breast sprinkled with blue cheese crumbles.

If you're looking for a breakfast spot on weekends, the Longhorn has got you covered.

SEE LONGHORN, Page 15

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Wings (Facebook)



Corned beef hash and eggs (Facebook)

Longhorn

CONTINUED FROM Page 14

The Wrangler Breakfast has two eggs, and home fries topped with sausage gravy. They serve

a variety of omelets including a vegetarian one loaded with mushrooms, onion and green peppers. You can even have a breakfast burger.

Longhorn Bar & Grill is located at 6519 Mission Gorge Road in the

Vons shopping center, find more information at: longhornbng.com.

—Robin Dohrn-Simpson is a local food and travel writer. Reach her at dohrnsimpson@hotmail.com or robindohrnsimpson.com.



Longhorn Bar & Grill tribute to “The Duke,” John Wayne (Photo by Robin Dohrn-Simpson)

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Observation of the Month: Baja California Treefrog

By PATRICIA SIMPSON

Did you enjoy the small late spring showers? You might not be the only one. One of our cutest Mission Trails Regional Park residents, the Baja California Treefrog (*Pseudacris hypochondriaca*) — such as the one observed by trobinson41 shown at inaturalist.org/observations/72723797 — most likely did too.

This little amphibian, adorned with toe pads on each digit, lives near water and chosers from a variety of water bodies (rivers, ponds, ditches, lakes, canals) to lay eggs in the winter and spring. It can

be recognized by a dark stripe on either side of its face, starting at the snout and extending through the eyes to the shoulder. Its coloring can be very different from one individual to the next. The color of a specific frog, ranging from tan to brown or green, will most often match the microhabitat it lives in. Dorsal spots or stripes may appear and disappear depending on the environment.

Even though *Pseudacris hypochondriaca* is a treefrog, it doesn't climb trees and much prefers hanging near the ground or on low vegetation. Treefrogs are also called chorus frogs. The Latin

name *Pseudacris* comes from the Greek *pseudes* (false) and *akris* (locust), in reference to their vocal prowess.

And speaking of vocal prowess, ask anyone in the English-speaking world what sound a frog makes and the answer will almost always be “ribbit” and that’s exactly how the song of the Baja California Treefrog is described. More surprising however is the fact that this is a fairly unique frog call from a tiny amphibian that lives only in parts of Southern California, parts of Nevada, the northwestern Arizona border and northern Baja California, Mexico.

So why would everyone in the world use that particular sound to describe all frogs in the universe? The answer: Hollywood!

For years and to this day, the studios use the California Baja Treefrog calls in cartoons, movies, and television series. After all, it’s easy for the sound engineers to step out in their own backyards and push the “record” button. That same sound (sometimes at a



Baja California Treefrog (Photo by Timothy Eric Robinson)

different pitch) is also often used for toys and novelty items.

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

PHHS

CONTINUED FROM Page 12

along well with and is liked by everyone he knows, including his peers, teachers, and administrators. This student is a dedicated and compassionate student.

The top 10 students of our senior class are awarded with the President's Academic Excellence Award. This year we had 11 students who were ranked 1-10 of their graduating class: **Dillon Broderick, Cindy Vo, Paul Meram, Colin McDonald, Katherine McGraw, Nicholas Petrone, Zachary Royal, Andrew Gordon, Benjamin Gonzalez-Maldonado, Shayan Alavi, Sean Fritz and Eric Ho.**

This year's Valedictorian is **Dillon Broderick**. Dillon has earned a 4.88 GPA



Patriot softball seniors (Courtesy PHHS)

and plans on attending UCLA in the Fall. He plans to major in Computer Science.

This year's Salutatorian is **Cindy Vo**. Cindy has earned a 4.81 GPA and will

SEE PHHS, Page 18

Trail sightings: Redhead Duck

By JEEANNE RAIMOND

The Redhead (*Athya americana*) is a medium-sized, long-billed, and short-bodied duck. Although the Redhead is a diving duck, it prefers shallow water and frequents marshes, ponds, lakes, and bays. Its flight is fast and strong, and it runs over water to get airborne.

Mainly a winter visitor here at Mission trails Regional Park, the Redhead can be seen on Lake Murray and sometimes on Kumeyaay Lake. San Diego



Redhead duck in Mission Trails (Photo by Jeanne Raimond)

is the furthest south for its breeding range. In summer, Redheads may range all the way to Alaska.

Redheads may crossbreed with Wood Ducks, Northern Pintails, Canvasbacks (which they closely resemble),

Greater and Lesser Scaups, and Ring-necked Ducks. Now that could really confuse any serious birder!

—Jeanne Raimond is a trail guide at Mission Trails Regional Park.

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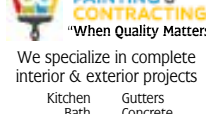
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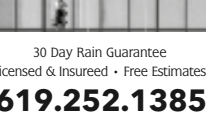
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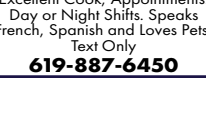
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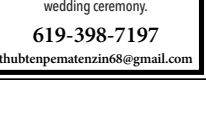


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PHHS

CONTINUED FROM Page 16

attend UCLA in the fall. She plans to major in Biochemistry.

Our senior Student-Athletes of the Year are **Abby Hayes** and **Zach Stull**.

This year, our sports had a strong season despite the limited season. Here is a list of our sports and their accomplishments:

- Softball are league champions
- Baseball are league champions
- Women's Water Polo are league champions
- Badminton are CIF champions
- Men's Lacrosse are CIF champions

We are looking forward to honoring all our seniors at Petco Park on Sunday, June 13 as we congratulate them on their completion of their K-12 education. We will be honoring 604 graduates this year. Congratulations Class of 2021!

Please remember to visit the Patrick Henry website for up to date information about our school and district at patrickhenryhs.net.

On behalf of the Patrick Henry High School faculty, we want to thank you for being our partner in education so we can ensure all students graduate with integrity, purpose, and options.

—Michelle Irwin is principal of Patrick Henry High School.

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UWEAST

CONTINUED FROM Page 1

East Africa (UWEAST) provide a way for them to interact with each other and the surrounding larger community.

Miriam Adams is the program coordinator of UWEAST and manages Baraka and Bilal Catering. "The women we serve have been living in San Diego for a while. They are from different countries in Africa, such as Somalia, Ethiopia, Eritrea, Sudan, Morocco, Kenya, Uganda and Tanzania," she said.

UWEAST launched its first catering service, Bilal and Baraka — which translates to "beginning and blessing" — in 2013 to give refugee women a chance to make their own money while connecting with the larger San Diego community.

This group of women make traditional food to keep their culture alive and to showcase it to their children, Adams explained, adding that the catering service helps the women both economically and socially.

However, as to be expected, the pandemic affected these services. Since the pandemic started up until the end of last year, all of the Baraka and Bilal catering services were paused, which mean that these women weren't working and had to apply for unemployment.

Starting midway through the pandemic to keep connectivity in the community, UWEAST started a virtual cooking class named The Thursday Taste, featuring different authentic East African meals such as okra stew and rice, which will be featured at the next 'Taste' event on June 17. UWEAST also hosting a 'Meal Pickup' event where the community preorders African meals featuring such items as injera — a fermented flatbread typical of Ethiopia and other East African countries — as well as lentils and vegetables along with meat cooked in the traditional ways. Sambusas are also a popular item. The most recent meal pickup was held June 10.

"We thought about new ways we could engage with the community

but still remain safe as the pandemic progressed. We had to wait for county guidelines in order to resume taking orders and hosting order pick-ups.

"Our hope is to have order pick-ups more often, perhaps twice a month or so. As more places open

up, we hope to get more catering opportunities and spread the word about our business," Adams said.

In addition, UWEAST provides workshops — with interpretation — to better understand topics such as mental health, substance abuse and healthful eating.

Funds raised from the cuisine events help raise the awareness and appreciation of the East African culture. By ordering food through UWEAST's Baraka and Bilal Catering kitchen, the San Diego community will be helping to support an intentional mission.

Kafisa Mohamed has found great help and service in UWEAST. "This organization has helped me and the people I surround myself with because whatever I learn, I share with others. The women and I have a similar experience of leaving our home land and coming to a new place and we are able to help each other and bond over similar experiences. It gives us a place to cook and has services for the family," she said.

UWEAST first began in 2008 and received a three-year project grant in 2010 from the California Wellness Foundation, with the objective of building bridges between the community and service providers.

Successful in their objectives ever since then, UWEAST continues as a San Diego nonprofit providing health services, education and advocacy for the well-being of the East African community, women and families. Serving approximately 100 East African women, it operates the East African Cultural and Community Center in Rolando, 6523 University Ave., and offer



UWEAST Love Your Heart event from 2017 (Facebook)

programs and services with the goal of responding to the overlooked health needs of East African women and their families.

In very practical ways, UWEAST connects the East African women with the larger community. Not only does the nonprofit provide health services, education and advocacy for the well-being of the women and their families, the people have opportunities to participate in groups traditional to Americans, such as Girl Scouts. Tutoring is also offered, as well as Young East African Scholars for young boys; and Urban Beats, an arts program; Safety through Connection and Making Connection for young men; Dialogue with Doctor for women; Mental Health and Substance Abuse Training, and Baking Connection for women.

In the very near future, as the pandemic subsides, more opportunities for the larger San Diego community to interact with the East African community will form.

"We are hoping to do programming in person later this year," said Adams.

For more information about the cooking events and other programs of UWEAST, go to uweast.org.

—A journalist and photographer for more than 30 years, Cynthia G. Robertson is the author of "Where You See Forever," a novel set in San Diego about finding a home for the heart. She also authors a blog at [Shutterbug Angel](http://ShutterbugAngel.com), a unique visual devotional attesting to the everyday miracles and beauty in nature. She is currently working on other books. See more of Cynthia's work and order her book at cynthiarobertson.com.

Accessory dwelling unit ideas

By SARAH WARD

I currently have one of my buyers in escrow on a smaller East County home on a quiet street. While the 3-bed, 2-bath home is a bit on the smaller side, it has a large backyard. My buyers asked what they should do with the large plot in the back and I said, "Maybe an ADU!" And I then had my idea for this month's real estate article!

Prior to 2017, it was fairly difficult to have a second unit built on an R1 zoned lot. It was a slow process with high fees and some difficulty in the approval. But several years ago, legislators in Sacramento were debating the strategies of increasing available housing in the state. While little buildable land remains in San Diego County, hiding in plain site was part of the solution: increase density in existing neighborhoods.

So in 2017, Sacramento passed a number of bills allowing and encouraging more accessory dwelling units (ADUs, granny flats) to be built in existing neighborhoods. Some local jurisdictions in the state (such as Santa Barbara, Walnut Creek, and Brentwood) continued to create barriers. So in 2018 and 2019, Sacramento (which has ultimate authority over local governments) passed additional mandates such as AB68 which further loosened ADU requirements so that some ADUs can be built as close as within four feet of a property line; more than one ADU may now be built on a lot; parking requirements were reduced; and permit fees limited.

Obviously, the details are intricate, so check with an expert prior to relying on this information. But generally you will get blueprints made (by a

local draftsman is typically acceptable) and a soil report completed to obtain a permit from the city. A cement foundation will be laid with plumbing and electrical lines inlaid. Then a structure can be built or a pre-built unit dropped in by crane. Also, garage conversions are now sometimes allowed.

Additionally, Sacramento is moving towards allowing tall buildings and higher density near high volume transit stations (such as the SDSU station). This is already happening in UTC and Mission Valley. So over the coming decade, the College Area density could greatly increase.

MARKET REPORT

While prices are still rapidly rising, more inventory is finally hitting the market. Results for month over month changes (May vs. April) in single family property.

92115 (College Area): New listings increased 8%, inventory of homes increased 40% to 26 homes and the median home price increased 1% to \$717,500.

92119 (San Carlos): New listings increased 36%, the median home price increased 7% from April to \$970,750 and inventory increased 18% to 13 homes available.

92120 (Allied Gardens, Del Cerro): New Listings from April increased 19%, Median price increased 9% to \$906,050 and inventory of homes dropped 14% to just 11 homes available for sale.

If you are interested in buying or selling San Diego property give me a call to schedule a *no-obligation* meeting to discuss your various options. 858-431-6043.

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

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