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## INSIDE THIS ISSUE

### FEATURE

Local lit



Celebrate Literacy Month with books by local authors. **Page 4**

### FOOD & DRINK

Fit for a king



Del Cerro restaurant gives royal treatment to Mexican dishes. **Page 16**

### MISSION TRAILS

Breathe deep



Learn how to improve air quality on California Clean Air Day. **Page 19**

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A sign made by young Helping El Cajon Refugees volunteers welcomes an Afghan family in an apartment furnished by donations. (Courtesy Helping El Cajon Refugees)

## Offering up a helping hand

By JEFF CLEMETSON

When Alvarado Estates resident Peggy Han joined Helping El Cajon Refugees in 2019, the group was busy helping resettle

around two or three Afghan families a month. That pace of resettlement dramatically increased once the U.S. began its final withdrawal of combat operations in the country.

For Han, the sudden whirlwind of work to help the Afghans was immediate. When the refugees began arriving around the middle

SEE REFUGEE AID, Page 3

## ‘Farther than Mission Trails has ever gone’

By PAUL LEVIKOW

A team of all-star golfers from Mission Trails Golf Course in San Carlos won fourth place at the Region 12 championship Labor Day weekend at Indian Wells Golf Resort in the Coachella Valley. The team competed against all-star teams from Northern California, Hawaii and Nevada in a two-day tournament. The team from Sonoma County won the event.

The Mission Trails team won the National PGA Junior League All-Stars Southern California Sectional Championship Aug. 16 to advance to the regional tournament. Six players made up a



(l to r) Casey Hermanson, Taylor Tweet, Team Captain Pat Diaz, Zach Downs, Andrew Levikow, Assistant Coach Thomas Hedges, Charlie Carlson and Ethan Roe show off their score sheet from the Sectional Championship at La Costa. (Courtesy photo)

SEE GOLF, Page 14

## Groups voice opposition to ADU rules

By DAVE SCHWAB

The contention that Accessory Dwelling Units (ADUs) will alleviate the housing affordability crisis is disputed by opponents who argue pending legislation to make them easier to build will lead instead to unwanted densification and degradation in single-family neighborhoods.

State Sen. Pro Tem Toni Atkins and San Diego Council members Joe LaCava from District 1 and Sean Elo-Rivera from District 9 claimed at a July 29 Zoom Webinar that ADUs are one viable way to accommodate growth.

Otherwise known as granny flats, companion units, cottages, or casitas, ADUs are defined as a second rentable unit that a homeowner can build on their lot.


Two pending state bills, SB 9 by Senate Leader Toni Atkins (D-San Diego), and SB 10 by Sen. Scott Wiener (D-San Francisco), seek to streamline the statewide approval process for ADUs.

SB 9, the California Housing Opportunity and More Efficiency (HOME) Act, would allow no more than four units on what is currently a single-family parcel. Because of the concern that institutional investors would be motivated to buy up parcels with single-family homes and turn them into more lucrative four-unit condos or apartments, recent amendments to SB 9 make that more difficult by requiring restrictions such as owner-occupancy rules. Other

SEE ADU RULES, Page 22

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# Refugee aid

CONTINUED FROM Page 1

of August, one of the admins on the group's Facebook page — the main communication hub for the group — was sick and another was out of country, so Han stepped up to help the remaining admin Jill Galante in organizing the refugee relief effort.

To handle the extraordinary workload, Helping El Cajon Refugees was divided into teams: a grocery shopping team; a truck and transport team; an Afghan-American local resident team to aid refugees who cannot speak English; a team that sets up apartments; a fundraising team; a team to sort donations; and an outreach team.

"Our membership increased from 604, I still remember it was 604, I took a picture, to now 2,100 and we actually put a stop on the membership. We're currently not accepting anyone because we simply do not have the manpower to manage the site," Han said.

In addition to the sudden rush of people wanting to become members of the group and help the incoming Afghan families, donations were also flooding in — which was a both a benefit and a problem. The influx of donations made supplying the families easier, but because there were people donating who were unfamiliar with the group, a lot of donations were items in need of repair and not of a ready-to-use quality that Helping El Cajon Refugees provides.

"Yes, we want donations but these people are not homeless, a lot of them are highly-educated people — they were doctors, lawyers, people with high degrees so they speak English, they helped U.S. military. The ones who don't speak English, they were the cook or something; they all have a special immigration visa because they used to help U.S. military," Han said. "We told people, 'If you won't give this item to your best friend, don't give it to us.'"

Thankfully, Han said, the group does have many of the basic items a family needs such as clothes, toiletries, furniture, etc. Han shared one recent example of how the group's efforts help arriving refugees. A family of three, including a baby, wound up on the wrong plane and arrived in San Diego instead of Virginia "They don't have anything. They don't even have their little luggage. So we bring clothes to them right away," Han



(l to r) Peggy Han and Jill Galante (Courtesy Helping El Cajon Refugees)

said. "They already go through so much traumatic events, we don't want to be there, asking through translators, 'What do you need?' We know what they need. They need basics."

Han added that a motto that fellow admin Galante tells volunteers that basics for a refugee are a place for a "warm shower, a nice sleep, and wake up to have a nice breakfast."

"That's what we're trying to do for them," Han said.

What Helping El Cajon Refugees does not do is the work of resettlement agencies — processing visas, providing food stamps, helping them acquire access to healthcare. "When they come to United States, every family member gets \$1,150. It's called resettlement money, so it depends on the size of your family. And they set up an empty apartment," Han said. "If the resettlement agency has to buy things for them, they unfortunately have to use the family's resettlement money."

Alleviating that financial burden on the refugees is the primary goal and reason Helping El Cajon Refugees founder Katie Cavallo Rholl started the group. The focus of the work has been and mostly remain gathering enough donated items to furnish apartments for incoming refugee families.

With the latest surge of refugees, that mission has broadened a bit and also become more focused. Monetary donations, partnering with like-minded groups such as Second Families, seeking out sponsors, negotiating for discounts on large purchase orders have now become part of the plan to adequately supply the refugee families. The group also has an Amazon wish list for its

most direly needed items, the top items being beds and mattresses.

"We have to make a lot of bunk beds," Han said, and described one home the group was setting up — a 700 square-foot, two-bedroom house in Lakeside. "It's for a family of seven — mom and dad and five kids, four girls and one boy."

The sleeping arrangement will require five beds — the four girls in two bunk beds in one bedroom, parents in the other on queen-size bed, and a twin bed for the boy in an area off to the side of the living room.

Han pointed out that, the five beds and six mattresses needed by the family going to Lakeside is just a drop in the bucket for what's to come.

"We think we're going to get about 10 families a week. The wave is coming and right now we're doing three to four hours per family. Last week we set up four," she said. "One agency told [us] 'we are expecting 800 families coming by the end of the year' — and that's just one agency. We're working with four agencies."

To provide for the incoming refugees, Han said the community should help in any way they can, especially in helping find reasonable housing and employment.

"I went to buy a fridge and I was talking to the [shop owner] on Adams Avenue and he gave me his business card and said, 'I will hire one person to help me.' So it really is those local people helping each other, helping their neighbors."

Other ways neighbors have stepped up, Han said, include a woman who paid for three months rent at a storage facility; a resident of Alvarado Estates storing items in a spot that once stored a boat; and even children creating welcoming cards and signs for the refugees.

"A girl one time — they couldn't find a picture — she drew 'home' on a piece of rock and put it outside of their apartment and that [refugee] dad said he felt like this was their home," she said. "So everybody can help if they want to."

For more information about Helping El Cajon Refugees, visit [facebook.com/groups/HelpingElCajonRefugees](https://facebook.com/groups/HelpingElCajonRefugees).

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



Helping El Cajon Refugees volunteers assembling furniture (Courtesy photo)

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## COMMUNITY BRIEFS

## VOICE OF DEL CERRO

The Voice of Del Cerro is a new community council conceived by neighborhood residents after the dissolution of the Del Cerro Action Committee. The interim founding board now seeks people who have an interest in the Del Cerro community to serve as members of the governing board.

"We set out to launch a council that would better serve all the voices of Del Cerro," said Ellis Clay, interim board president. "We started with a focus on transparency, inclusiveness and accountability. Now we're ready to hold elections for the people who will become the governing board."

While the board's precise mission will be determined by its elected members, the goal from the outset was to create a council that would strive to represent the community of Del Cerro in helping to create a stronger, more unified community, as well as to help improve the area and quality of life for those who live and work in Del Cerro. This would include interfacing with elected representatives, community services, residents, business owners and managers, non-profits, and religious organizations.

Anyone who has an interest in the community of Del Cerro is invited to join. Residents, owners or representatives of local businesses and non-profits, and religious organizations are all invited. The deadline for those interested in running for a board position to declare their candidacy is October 15, 2021.

"The work now," Clay said, "is to elect a governing board, to provide that board the by-laws and process for choosing its officers, and an agenda to begin work in 2022."

Get involved: Those interested in learning more or who seek to run for a position on the governing board can get official election guidelines by joining The Voice of Del Cerro email list at: [voiceofdelcerro@gmail.com](mailto:voiceofdelcerro@gmail.com). More information can also be found on our Instagram page [@voiceofdelcerro](https://www.instagram.com/voiceofdelcerro).

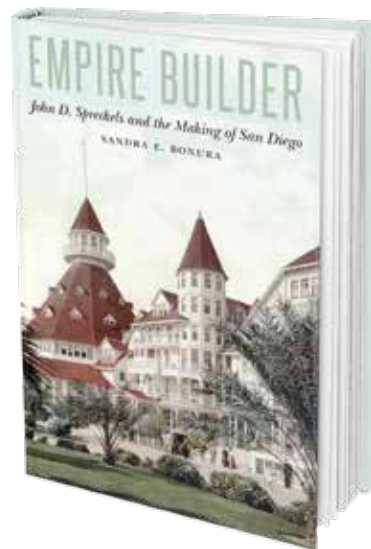
SEE COMMUNITY BRIEFS, Page 7

# Celebrating local authors for Literacy Month

By CYNTHIA G. ROBERTSON

The glut of time that the pandemic afforded us gave many writers the hours they needed to finally write and publish their books. Writers took advantage of the long absence from people to pen everything from biographies to novels.

With the beginning of the fall semester for both school children and college students, September is a natural for being National Literacy Month. It is a good time to introduce the recent works of authors who live in our own communities and neighborhoods.

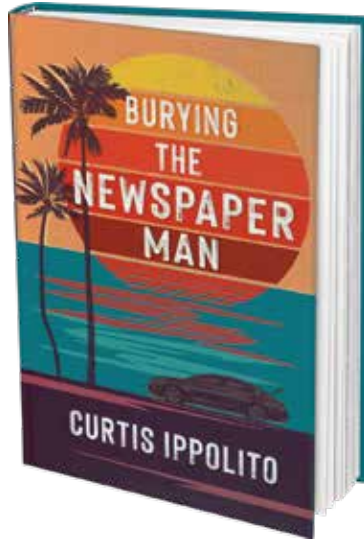


## SANDEE BONURA

San Carlos resident and semi-retired professor, Sandee Bonura wrote a non-fiction book, "Empire Builder: John D. Spreckels and the Making of San Diego." Published last year, the biography is deeply researched and includes newly discovered family documents and photos. The story paints a realistic portrait of cultural, economic, and political aspects of late nineteenth-and early twentieth-century California.

"I am a native San Diegan who loves this city and thrives on research. The sight of the name of our city's 'foster father,' John D. Spreckels, in any historical document captures my attention. It's a familiar name to most baby boomers who grew up here," Bonura said.

More information about Bonura and her books are found at [sandrabonura.com](http://sandrabonura.com).

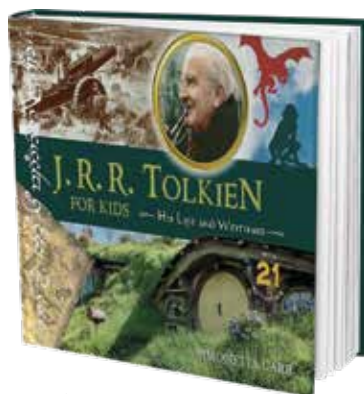


## CURTIS IPPILITO

Curtis Ippilto, another San Carlos resident and a development writer at Salk Institute, has authored his first novel — a whodunit with touches of mystery and psychological angst. "Burying the Newspaper Man," a story of a beat cop in Ocean Beach, takes the reader on twists and turns, eventually forcing the protagonist to make a difficult decision when his journey leads him to the killer.

"For this novel, I was intrigued by the question of how a person would resolve a trauma from their past if they found their abuser had already been brought to the most final form of justice," Ippilto said.

To find out more about Ippilto and his book and other works, go to [curtisippilto.com](http://curtisippilto.com).



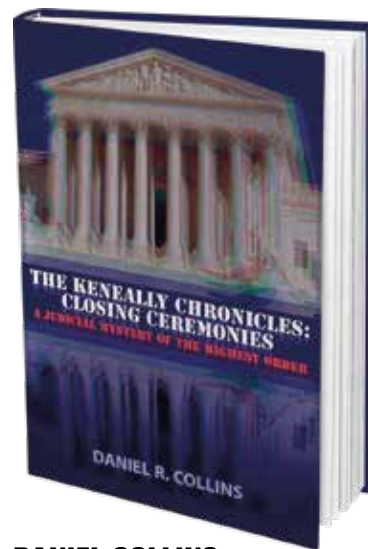
## SIMONETTA CARR

A resident of Santee, Simonetta Carr has written many books for children, the latest being "J.R.R. Tolkien for Kids: His Life and Writings, with 21 Activities." The book is kid-friendly with interesting story of how the famous fantasy author created new worlds.

"I am not sure if children today are encouraged to learn about Tolkien," Carr said. "Some might watch the movies, but reading the books is quite different. With this book, I am hoping to kindle a spark of love for Tolkien and his books in a new generation."

In the book, children will learn that Tolkien was not only an author, but also a soldier, researcher, teacher, friend, husband and father. The personal experiences and subjects that inspired Tolkien's stories are brought to life through hands-on activities, such as painting an enchanted forest or drawing a map for a story, or even how to make mushroom toast.

Find out more about Carr and her books at [cbfyr.com](http://cbfyr.com).



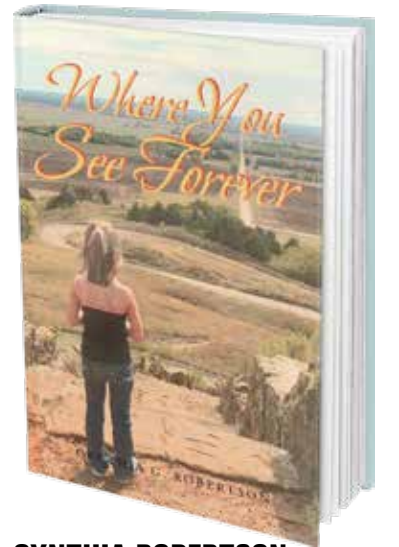
## DANIEL COLLINS

A retired physician and a resident of Del Cerro, Daniel Collins penned a novella, "The Keneally Chronicles," about a Supreme Court Justice, Anthony Keneally and his family. Keneally is the prototypical swing vote on the Court, but before his retirement in the middle of a controversial case, he disappears. After his retirement he is called back to the Court to help with a huge backlog of cases precipitated by Covid and the lockdowns. He has been called back because there was an attempted murder of another Justice.

"I would describe 'The Keneally Chronicles' as contemporary fiction. It combines the potential and real threats to Supreme Court Justices with the main focus of life in today's world ...

COVID," Collins said, adding that he learned how difficult it was to write and publish a book, but it was "well worth it."

Collins' book can be purchased at Amazon, Barnes and Noble and DiscoverBooks.



## CYNTHIA ROBERTSON

As an author myself, my novel "Where You See Forever," a story about a woman's journey toward hope and redemption, had been published just six months before the lockdown on March 17, 2020. Though the book is available on my website at [cynthiarobertson.com](http://cynthiarobertson.com) and Barnes and Noble online, during the lockdown I did not have opportunities to promote it at in-person author talks, which I enjoy doing. But the book has continued to sell, and I felt motivated to keep on writing.

From the beginning of the lockdown to two weeks after my second vaccination shot in May, I wrote a daily blog; it will be published later this year. I've also had the opportunity to participate in two anthology publications. My essay "Shelter for My Soul among the Trees" is published in the San Diego Library's Decameron Project anthology. More recently, my essay "Finding Gold in the Fallout" will be published in Acorn Publishing's "Six Feet Apart" anthology.

During Literacy Month, adults and children alike will find that these books by local authors will open new worlds. They will discover anew or for the first time realize that reading is always an adventure.



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## Letters

### SB 9 & 10 IS FOR INVESTORS, DEVELOPERS

Re: "State and city leaders support more ADUs" [Volume 21, Issue 8 or [bit.ly/3DxKfbG](http://bit.ly/3DxKfbG)]

Wow. Is this a press release for elected officials? It is not a report examining the issues from all sides. If you had done any research on these issues, you would know recent polls in California show nearly 75% of people oppose SB 9 & 10.

Locally, the ADU rules are facing pushback from residents who don't wish to surrender their neighborhoods to developers and investors. After all, who can afford to subdivide land and build these expensive units which require high rent to cashflow? Where is the affordable housing in either of these proposals? Not required.

Wake up residents! Articles like this assist our over reaching politicians in getting more campaign donations not more affordable housing.  
—Michael Livingston, Del Cerro

In response to the article about ADU's: The statement by Atkins — "This really is a bill designed for homeowners, people who want to own a home but don't have the ability to pay the mortgage. It's about their ability to rent out an accessory unit to help pay the mortgage to build on the dream of homeownership" — is ridiculous!

You first have to own property which most of the time has a home on it, to build an ADU. You have already "afforded" a home and on top of that, if you do not have the cash, you need to obtain another loan to build the ADU. Also, the rent received is not a net number as it has other costs.

This just shows the ignorance and ineptitude of our so-called leaders and why we are in such a troubled state. The problem is, these people are not confronted on these statements either by media or individuals because of their own ignorance or by association.

## Republican Women prep for fashion event, recall efforts



By LAURA CRIVELLO

The members of Republican Women of California – Navajo Canyon have been very busy of late. We have some exciting stuff coming up that you won't want to miss.

As mentioned in my last article, Oct. 12 is our annual biggest fundraiser of the year. We are excited for this year's "Roaring thru the 20s" themed fashion show, which will take place at the Bali Hai. Please go to our website, [rwnavajocanyon.org](http://rwnavajocanyon.org) for

information and to purchase tickets.

We have chosen Saved in America as this year's recipient of our proceeds from our fundraiser. Saved in America is a nonprofit organization. Volunteers include law-enforcement, military, and private investigators. Since it's inception, over 250 children have been recovered nationwide. We are proud of the work that they do and are happy to be able to help this worthy cause.

We are looking for new members! Join in the month of September and receive a discounted membership for the remainder of 2021 and all of

2022 is free. Refer a new member who joins and you will receive lunch on us in November as a thank you. Contact Laura Landegent at [membership-rwnc@gmail.com](mailto:membership-rwnc@gmail.com).

We are a few days away from the bipartisan effort to recall Gov. Gavin Newsom. Our members have been burning up the phone lines, campaigning for "yes" voted. Please help us save California by voting "yes" on Sept. 14. Let's make California the Golden State again.

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

## Given CA's success, Newsom deserves reelection, not recall



By SEAN QUINTAL

Since Republicans haven't won a statewide election in California for 15 years, it's unsurprising to watch their opportunistic antics to justify a recall of a popular (53% approval) Democratic governor. In tortured attempts to substantiate the case for why Gavin Newsom warrants being recalled, the Trump-supporting zealots who pushed the signature gathering typically resort to various acts of dishonesty, from simple lies to outlandish fabrications. So in the interest of clarity and

simplicity, its useful to consider some basic facts about how California is thriving under Newsom's gubernatorial leadership. To wit:

### Under Newsom, California is a roaring economic success.

Newsom is the governor of a state that is the envy not just of the US, but of the globe. As Matthew Winkler wrote for Bloomberg this summer, "California has no peers among developed economies for expanding GDP, creating jobs, raising household income, manufacturing growth, investment in innovation, producing clean energy and (generating) unprecedented wealth through stocks and bonds."

Moreover, consider the following facts:

- California is the world's 5th largest economy. Under Newsom's governance, over the last five years, California's economic growth has outperformed the economies of the United States, Japan and Germany, surpassed only by China
- Gavin Newsom this year disbursed to Californians the biggest state tax rebate in *American* history
- The budget surplus under Newsom stands at a record \$80 billion
- 1.3 million Californians were added to payrolls this year, far surpassing the jobs

SEE LMFDC, Page 7

## Gun buyback program and responsive city departments

### District 7 Dispatch

By RAUL A. CAMPILLO



As you know, gun violence is an epidemic that continues to plague our country, and the Navajo community sadly has not been spared. The fact is this: We have too many firearms in circulation, and this leads to needless gun injuries and deaths.

In an effort to combat the over-proliferation of firearms in our communities, I am teaming up with a few of my Council colleagues and the San Diego Police Department (SDPD) to host a voluntary "Guns for Gift Cards" exchange. On Sept. 25, Al residents are encouraged to bring any unwanted firearms to 4020 Murphy Canyon Road between 7 a.m. and 1 p.m. to surrender

them in exchange for compensation in the form of a \$100 or \$200 gift card. The reward is \$100 for a functional hand gun and \$200 for a functional long gun (rifle or shotgun). This is a no-questions-asked event, meaning those surrendering firearms will not be asked to identify themselves or face any scrutiny for the firearms they surrender; they will simply be compensated and thanked. Additional information including day-of arrival instructions will be forthcoming.

I am very appreciative of two Del Cerro residents who recently let my Del Cerro representative, Jared Miller-Sclar, know of a particularly egregious pothole on a residential street in the Del Cerro community. Jared was able to promptly report this pothole with the photographs

provided by the residents to the city's Streets Division, and he remained in contact with them as they scheduled and completed the repair. I was pleased to see that this repair happened ahead of the city's anticipated schedule for such a project and the matter has been fully resolved.

While I am never happy to see potholes, my team and I are always happy to spring into action to try to get them fixed. I appreciate the residents who serve as our eyes and ears out in the communities to provide us with the information we need to generate a report and then diligently follow up on those reports with City Staff.

This month, my office had another important interaction with a resident and a city department, the Public Utilities Department (PUD). A resident

correctly noted that his water bill was higher than normal despite maintaining a similar level of use. Upon letting my office know and us requesting a PUD investigation, PUD expeditiously determined that the meter had been misread, and issued the resident a new bill for the correct, lower amount.

If you believe you are getting an inaccurately high water bill despite not changing your consumption habits, please contact my office so we can get to the bottom of it.

If you have any questions, please do not hesitate to contact my office at [RaulCampillo@SanDiego.gov](mailto:RaulCampillo@SanDiego.gov) or by calling 619-236-6677.

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

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# Making better use of roads and public spaces

## College Area Happenings

By ELLEN BEVIER

Now that Montezuma Road has been red-curbed from 55th Street to Campanile Drive, maybe we should work on getting the same treatment for College Avenue in front of SDSU's South Campus Plaza.

Traffic moving up College from Interstate 8 bottlenecks at the top of the hill and is made worse when a driver stops in the bike lane to make a drop-off or pick-up. It may seem to the driver like a brief interval, but it gums up the traffic flow for everyone else. With buses and vehicles from campus entering College Avenue close by, the hazard is obvious. Some red paint — cheap at the price — might really help.

A logical place to make those drop-offs and pick-ups is in the cul-de-sac at the east end of Hardy Avenue. There's even a pocket park to make it scenic. Right turn from College onto Lindo Paseo, right turn onto Campanile Drive and a third right onto Hardy.

We may see some future construction on the Hardy cul-de-sac. The Agape House at 5863 Hardy is a Lutheran-Episcopal campus ministry established in 1962. The ministry hopes to "construct a five-story mixed-use project on the site" over a single level of underground parking, according to a city summary. As proposed, it would include resident common areas, commercial lease space,

facility office space, and dormitory living for 48 students.

Pre-pandemic, the ministry and its architect described their vision to the College Area Community Planning Board's project review committee and received some general feedback. I wondered if it would go ahead, and then on Aug. 23 the San Diego Development Services Department announced it was ready "to approve, conditionally approve, modify or deny" the construction application. That's the thing about life during the pandemic — we've had disruptions of every kind, but things keep chugging.

Sometimes, though, it feels like notions of what the city should become hum along too quietly.

That was the general sentiment Aug. 24 at the Community Planners Committee (CPC), a forum of representatives from all of San Diego's volunteer community planning boards.

On the agenda was a presentation called "Spaces as Places" from the city's Planning Department. It is a menu of options for transitioning temporary outdoor public spaces — allowed because of COVID-19's indoor limitations — into permanent uses "for dining, walking, biking, public artwork, and other enjoyable public interaction for the post-pandemic world."

Another city document explained: "Outdoor dining proliferated for over the past year, often in ways that have resulted in more active and enjoyable use of public spaces not previously experienced prior to the pandemic. In response to this, the Planning

Department has been developing the 'Spaces as Places' initiative to provide permanent options for outdoor dining that simultaneously provide flexibility for business owners to use the public right-of-way while contributing to the enjoyment of the public space, and increasing opportunities for more enjoyable pedestrian travel.

"This package includes regulations and design standards to allow for the activation of the public right of way in a manner that ensures public health and safety, and improves upon the existing conditions we see today."

The premise was generally well received by the CPC, but the timeline for feedback was deemed too short. Most at the meeting were hearing about it for the first time. Public outreach, they were told, was done in June. (But not apparently to the city's neighborhood planning boards.)

A public hearing process was conducted in July and August, Planning Department representatives said, and the City Council would be asked to approve the program in fall. In fact, the city Planning Commission was to be presented with the program as soon as Sept. 9.

Community Planners Committee members voted unanimously to ask the Planning Department to slow its gallop to a trot, suspecting they would be ignored.

—Ellen Bevier is a member of the College Area Community Planning Board and the College Area Community Council.

## Community briefs

CONTINUED FROM Page 4

### SAN CARLOS AREA COUNCIL

Welcome to the autumn season of pumpkin spice lattes, a World Series to look forward to, and Halloween is coming. So are Thanksgiving and Christmas, but first things first.

Some of the best news I've ever heard in our town is that Council member Raul Campillo has just secured an additional \$450K on top of the \$250K seed money already allocated for our new San Carlos Library.

At our last San Carlos Area Council meeting Aug. 18, our San Diego Police Department liaison, CRO John Steffen mentioned that the crime stats for the past 30 days included three violent crimes, 23 property crimes, 11 proactive arrests and 12 moving violations. The most vehicle break-ins occur at the trailheads of Cowles Mountain and Mission Trails Regional Park, so if you park there, hide your valuables and lock your vehicle. There were robberies at both Cheers Deli and San Carlos Hardware. The suspect

who robbed the hardware store is in custody while the Cheers Deli thief is still at large.

Our San Diego Fire-Rescue Department liaison, Michael Liversedge said there's a layer of smoke reaching from the Canadian border to Los Angeles due to the raging wildfires up north. He urged anyone planning to hike in our present humid conditions to tell a buddy where you are going; bring your cell phone and lots of water; wear a good pair of broken-in hiking shoes; and be prepared.

Liversedge said that COVID is ramping up due to the Delta variant. He encouraged folks to get vaccinated, wash your hands and keep a safe distance. So far, San Diego has been "lucky" regarding wildfires, and we must maintain our vigilance.

We had two special guest speakers. Jeanne Patton, Environmental Specialist, spoke about the new changes to the City's Recycling Ordinance. We'll all be required to place our food waste in green bins to be provided by the City, unless you are already composting your food waste.

Jennifer Nelson talked

SEE COMMUNITY BRIEFS, Page 15

## LMFDC

CONTINUED FROM Page 6

created in the next two states, Texas and New York

- Household income in California increased \$164 billion, as much as the increases in Texas, Florida and Pennsylvania combined

- California's GDP the last five years increased 21%; compare that to the #2 state New York (14%), and the #3 state Texas (12%)

### Newsom and the Democratic legislature have made enormous progress to improve the lives of Californians.

- Newsom and the legislature have doubled the size of both California's Earned Income Tax Credit, and the Young Child Tax Credit.

- The Governor has accomplished expanding paid family leave from 6 weeks to 12 weeks. Further, Newsom and the Democrats have added 200,000 childcare slots, and have spent \$250 million to retrofit and improve childcare centers.

- Newsom successfully reduced childhood hunger, because now all public school students in the state may receive two free meals a day. Additionally, Newsom and the Democrats have funded summer and after-school for 2 million kids. And, by 2025, the State will have

in place a full year of transitional kindergarten for all four-year-olds.

- Newsom has invested \$12 billion over two years in permanent residences and mental health care for the unhoused in California

### With Newsom as Gov., California has managed the pandemic more successfully than any large state.

- As of Sept. 1, 2021, California reports a total of 167 deaths per 100,000 residents. Compare that figure to those of the next two largest states, which both have Republican governors: 207 deaths per 100K in Florida, and 196 per every 100K people in Texas. While those differences might not appear significant, they prove that 10,000 more Californians would be dead if the state had the same rate as Texas.

- The sharp contrasts in California's favor are attributable, in large part, to Newsom's leadership. California has urged all residents, even those fully vaccinated, to wear masks in indoor public spaces. In California, masks are required in all K-12 schools.

- Florida and Texas, on the other hand, are suffering under Republican governors who have largely banned schools and municipal governments from establishing mask mandates. Consequently, Florida is in the grips of its deadliest wave of the pandemic yet, while its governor threatens to withhold funding from school who require

masks. Texas' governor vows to punish local governments and school districts who defy his mask ban, even as he begs other states for medical personnel, because Texas' hospital emergency rooms are having to turn away patients due to over-capacity

Obviously, it's easy to refute the falsehoods parroted by the Trump true-believers who fomented the recall, and by the cynical establishment Republicans who are trying to exploit a rare opportunity to avoid being humiliated again in a statewide defeat. But the facts also show the enormous risk to Californians if they abandon the responsible stewardship of Newsom, who has overseen such demonstrable, quantifiable success during his tenure.

Californians want to keep moving forward with optimism, and not backslide into bitter anger and recrimination. That's why it appears California's voters will reject this desperate attempt by the GOP to hijack the electoral process. Please join them in protecting our state's future.

Due to the persistent peril posed by the Delta variant, our October meeting will be conducted over Zoom on Wednesday Oct. 6 at 7 p.m. Please find the link to join the meeting on our website [lamesafoothillsdemocraticclub.com](https://lamesafoothillsdemocraticclub.com).

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



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# City Council approves new Parks Master Plan

By DAVE SCHWAB

For the first time in 65 years, San Diego has an updated Parks Master Plan aiming to modernize and equalize its park system, making it more equitable and accessible to everyone.

The new Parks For All Of Us plan aligns parks planning with the City of San Diego's vision to achieve the shared citywide goals of sustainability and resilience, equity, livability, and connectivity.

The development of the Parks Master Plan is also designed to help implement the City's Climate Action Plan enacted in 2015, which calls for cutting half of all greenhouse gas emissions by 2035.

Under the new Parks Master Plan, to address current park inequities, a minimum 80% of citywide park development impact fees will be prioritized to park-deficient communities, with at least 50% of that amount to be prioritized solely within Communities of Concern for at least five years.

Public officials reacted to the passage of the new Parks Master Plan.

"I'm committed to ensuring that all San Diegans have access to high-quality parks," said Mayor Todd Gloria. "The Parks Master Plan update will help prioritize park investments where they're needed most – in park-deficient

and historically underserved communities – and ensure that these parks can be safely accessed and enjoyed by all."

"The Parks Master Plan was improved significantly since it was returned to staff last year," said District 2 Councilmember Jennifer Campbell. "This new plan, the first update of our parks since 1956, utilized the feedback my colleagues, residents and I provided to create something we can all be proud of. Moving forward, San Diego will have more parks in all neighborhoods, but especially in communities in desperate need of new recreational opportunities."

"As our City continues to grow and expand, we are proud to have a plan that will give everyone, regardless of their background, identity, ability, and location, access to high-quality parks," said the City's Planning Director Mike Hansen. "The last Parks Master Plan was created when San Diego's population was less than half of what it is today and so this was long overdue."

"It's time to make up for the shortfall of parks in our under-resourced communities while getting rid of the old idea that parks were not important in our neighborhoods," said District 1 Councilmember Joe LaCava. "The key though is the implementation of the plan. How do you take the aspirational nature of this park

master plan, and actually turn it into reality with a new financing mechanism?"

Added LaCava, "The other thing we've done as part of the parks master plan is to try to create more incentive for developers to create these smaller parks, and these public spaces, as part of their development plans."

Another change with the Parks Master Plan is that it prioritizes parks funding via a new points system assessing a park's overall recreational value. The value of parks under this new points system is based on features related to park size, recreation opportunities, access, amenities, activations, and overall value delivered.

But there are some shortcomings with the new plan, contend two local community park planners.

"Time will tell, but on paper, it's a reduction in park standards and pretty much disconnects the development impact fees from the planned infrastructure," said Carolyn Chase, a member of Pacific Beach Planning Group, speaking on her own behalf. "Hopefully, it will redirect significant funds to communities that are the most park deficient. But without a new source of funding, it's a plan for fewer parks for more people."

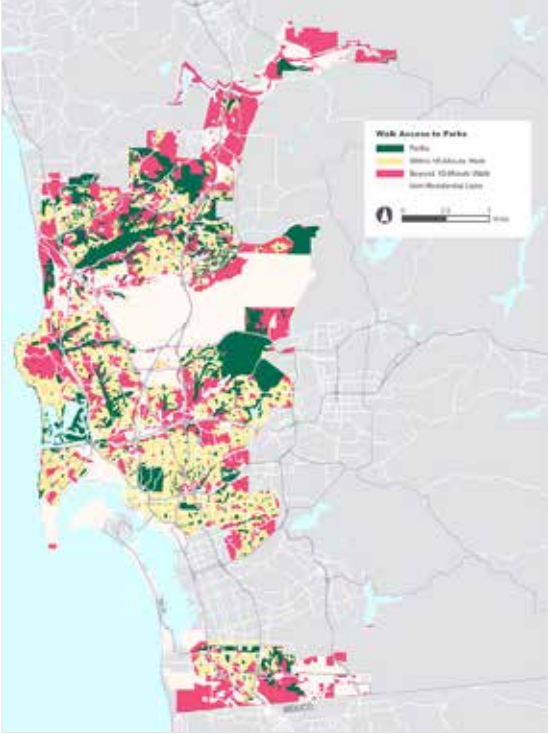
"Approval of a new master park plan could endanger a pocket park ready to build in Point

Loma," said Don Sevens, a community volunteer and member of the Peninsula Community Planning Board. "The new master plan awards rating points for potential park sites. The larger the site, the more supervised recreational activities, the more proximity to public transit, and so on, the more points. Pocket parks, even in underserved and older communities where large parcels are not available, are unlikely to get many points under the new system."

The solution, Sevens believes, is that the City Park and Recreation Department needs to shorten its development schedule.

"Parks in progress need to be grandfathered and not subjected to the new master plan point system," he said. "The City should consider supplementing with general fund money or other funds what should have been finished long ago."

The current Parks Master Plan was created in 1956. At that



A map of park accessibility in the region (Courtesy City of San Diego)

time, the City-owned 5,700 acres of parkland and 13 recreation centers across 38 communities. Today, the City owns and maintains more than 42,000 acres of park assets across 54 communities. This includes 58 recreation centers, 13 aquatic complexes, three municipal golf courses, four visitor and nature centers, 10 skate parks, and 17 off-leash dog areas.

—Reach contributing editor Dave Schwab at reporter@sdnews.com.

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## NEW CITYWIDE PARKS MASTER PLAN

- Forms an interconnected citywide park system.
- Provides thriving recreational spaces accessed by walking, biking or transit.
- Facilitates innovative recreational opportunities.
- Expands citywide park system by acquiring new parkland in areas where it's needed most.
- Creates opportunities for everyone to safely and enjoyably play outside.
- Designs a healthy sustainable park system that preserves critical habitat and open space and protects bio-diversity.

### Surveys reveal:

- 67% of residents are satisfied or very satisfied with the City's parks.
- Residents support the acquisition of new parkland and new public parks.
- Residents also favored upgrades to existing parks.
- There are opportunities to add recreational value within existing public spaces.
- Priorities include small neighborhood parks, open space and trails, beaches and shoreline parks, fitness and wellness programs, senior programs, and nature programming.

Master plan objectives seek to reduce times to get to parks to a 10-minute walk and roll, a 20-minute bike ride, or micro-mobility ride, or 30-minute transit access.



# Henry welcomes back students, new staff



## Patrick Henry High School News

By MICHELLE IRWIN

On Aug. 30, we were able to finally open our doors to our Patriots! It was such a great day to see all our new freshmen and returning students arrive on campus and fill our classrooms with joy and excitement. We currently have 2,585 students enrolled at Patrick Henry High School. Our goal is to continue to develop our students to be thoughtful productive citizens with a sense of purpose, integrity and a curiosity about the world in which they live. At Henry, we challenge each of our students to reach their full potential with our quality instructional program.

This year, we welcomed several new staff members to Henry, they are:

- Joe Ferro – English
- Natalie Boyd – English
- Monty Hutchinson – Spanish
- Aurelia Viard – French
- John Renna – Educational Specialist
- Veronica Butka – Educational Specialist
- Chris Sandeen – PE/Math T
- Lizbeth Huerta-Camacho – Math
- Erin Oleary – Science
- Erin Roberts – Theater

We are very happy to welcome our new staff.

## FIREFIGHTERS FUND AQUATICS

There are many organizations in our community that help our students thrive in the classroom and in extracurricular activities. I want to acknowledge and also thank the San Diego City Firefighters, Local 145, Community Responsibility Fund for their generous contribution to the school's aquatic's programs. Because of this organization's generosity, student-athletes participating in aquatic's sports will continue to have access to needed equipment to help them remain competitive in the classroom and in the pool. Thanks Local 145!

## ALUMNI GOLF TOURNAMENT

The Patrick Henry High School Alumni Association, Inc., a 501 (c) (3) non-profit organization established in 2012, is excited to announce its eighth Patrick Henry High School Alumni Association Golf Tournament and Reunion BBQ for its 45,000 alumni that will take place on Thursday, Oct. 14 on the two 18-hole courses of Admiral Baker Golf Course & Clubhouse near the campus.

The event — anticipated to be a sell-out — will include:

- An exceptional golf experience and complimentary gifts for the first 248 registered participants
- A wonderful BBQ dinner (anticipating 330+ attendees)
- PHHS band and cheerleader performances
- A scholarship and awards banquet
- Entertaining raffle, silent and live auctions

We hope that you and/or your organization will consider supporting this year's tournament through your participation, underwriting sponsorship or by providing a tee prize, a raffle or a live or silent auction items.

Our goal is to raise \$60,000 to benefit these programs and facilities:

- Senior Night Scholarship Awards
- Patriot Athletics
- The recently completed Patrick Henry Arts, Media and Entertainment complex (phame.us)
- Engineering & Design Academy, and
- Other projects at the school

All donations are tax deductible to the extent provided by law. This is a 100% volunteer effort. All net proceeds, overseen by

SEE PHHS, Page 10

# Wildcats return to classrooms

Wiley Wildcat and Principal Leah Saunders welcomed 400 students to Foster Elementary on Aug. 30.

Foster will continue the STEM/STEAM program focus. They will have lots of plants and herbs in the garden spaces along with the wonderful murals from last year.

The PTA meets every month on the second Tuesday. They welcome community involvement and encourage everyone to join to be a part of the amazing things that happen at this neighborhood school. The next meeting will be Sept. 14 at 6 p.m. by Zoom. Send an email to Foster.PTA.SD@gmail.com and they will give you the log on information.

The PTA will have their first DineOut Fundraiser at Rockets on Sept. 23, 4–9 p.m.



A damaged sign

## HELP REPORT VANDALS

Foster Elementary is in need of assistance. The school sign located on the corner of 51st & Zion continues to be vandalized. We have replaced the lettering multiple times & they keep getting pulled/broken off. Please if you see anything suspicious in the future call the school at 619-510-4100. If there are any homes with security cameras in that area, please check to see



Wiley and Principal Saunders  
(Courtesy photos)

if there may be footage of the vandalism.

Thank you.

—Submitted by Shain Haug.

# STEMM Foundation's summer projects

By JAY WILSON

Students are finally back in school, and the Henry Cluster STEMM Foundation has been working throughout the summer on two projects.

## ATTEND COLLEGE FOR FREE

On Tuesday, Oct. 12, the Henry Cluster STEMM Foundation will hold a workshop for students to learn how to attend college

for free. Check hcstemm.org, Instagram, and Facebook for final details.

Join HCSTEMM and representatives from our local community college districts to learn what degree paths and resources are available locally to high school graduates pursuing higher education. Attendees will hear short presentations and have an opportunity to ask questions about what programs and coursework

are available our local community colleges, what extracurricular opportunities exist, how to enroll to get free tuition, and how to transfer credits to four-year degree programs at universities.

This event will be held outdoors in the San Carlos Library's upper parking lot beginning at 5:30 p.m. A special thanks to

SEE STEMM, Page 10

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## STEMM

CONTINUED FROM Page 9

David Ege, the branch manager of the San Carlos Library for hosting this event.

### FALL 2021 ROBOT SEASON

Our neighborhood is home to several FIRST LEGO League and FIRST Tech Challenge competitive robotics teams. The FLL teams are already hard at work on the "Cargo Connect" challenge, and the FTC "Freight Frenzy" season kick off is Sept. 18. Good luck to all participants as they design and build

robots to meet this year's challenges.

If you are interested in starting an FLL Jr, FLL, or FTC team at your school or in your neighborhood, visit the FIRST website at firstinspires.org. The HCSTEMM Foundation can connect new coaches to established teams for information and advice.

Email info@hcastemm.org; visit online at hcastemm.org; or visit social media at facebook.com/hcastemm, instagram.com/hcastemm.

—Jay Wilson writes on behalf of the HCSTEMM Foundation.

## LIBRARY BRIEFS

### COLLEGE-ROLANDO LIBRARY

College-Rolando Library is open to browsing once more! We ask members of the public to wear a mask when visiting. Hours are Monday-Tuesday 11:30 a.m. to 8 p.m., Wednesday to Saturday 9:30 a.m. to 6 p.m.

Check out our September programs:

- Storytimes with Mr. B are held Wednesdays at 10 a.m.
- SDSU Film Nights are held Tuesdays at 6 p.m. (Online, call for details.)
- Homework Help returns Mondays through Thursday 3 to 6 p.m.

College-Rolando Library is located at 6600 Montezuma Road. Call 619-533-3902. Visit collegerolandolibrary.org for more programs and events.

—By Trevor Jones, branch manager

### ALLIED GARDENS/BENJAMIN BRANCH LIBRARY

We hope everyone is enjoying a relaxing and fun summer. Our branch opened to in-person service July 6 and that made this a terrific summer for all Benjamin staff. It has been a wonderful thing to see all of you in the library again.

New library hours effective July 31, 2021: Monday and Tuesday 11:30 a.m.-8 p.m. and Wednesday through Saturday 9:30 a.m.-6 p.m. Closed Sundays. All bookdrops are open 24 hours.

September is Library Card Sign Up Month. You can sign up online and then visit the branch to receive your very own library card along with

SEE LIBRARY BRIEFS, Page 11

## PHHS

CONTINUED FROM Page 9

the PHHS Alumni Association, Inc. Board of Directors, will directly benefit programs and facilities at the school. Through the support of alumni, other individuals and businesses we are proud to announce that we have raised in excess of \$725,000, both directly and indirectly, as a result of our previous seven events.

Please visit the Alumni website at PatriotAlumni.org or contact Kevin Carlson at 858-566-6700 ext. 214 or kcarlson@missionjanitorial.com for additional information.

We are looking forward to the new school year and all the opportunities it holds for our students. Go Patriots!

—Michelle Irwin is principal of Patrick Henry High School.

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# National forum to explore comics in education

**SDSU NewsCenter**  
YOUR OFFICIAL SOURCE FOR SAN DIEGO STATE NEWS

By LESLIE L.J. REILLY

San Diego State University's pioneering exploration of comics as a learning tool on social justice will expand to a national stage under a grant from an agency that supports innovation at the nation's libraries and museums.

Comics@SDSU, a grass-roots faculty-led collaborative for comic studies, will forge partnerships with research libraries to develop opportunities for the inclusion of comics in education, particularly toward the teaching of diversity, equity and inclusion and other matters of social justice.

The \$149,305 grant comes from the Institute of Museum and Library Services, an independent agency of the federal government, and is the first ever received by Comics@SDSU (formerly the Comics Working Group), composed of about 25 faculty members who are working to boost the comics curriculum and create a certificate in comics studies.

Pamela Jackson, popular culture librarian/comic arts curator, and Beth Pollard, professor of history, lead the group. In 2019, they utilized the library's archival collection of 100,000+ comics to develop an innovative Comics and History course with an emphasis on social justice.

"Comics have found an increasingly significant role in K-12 and higher education and have also proven to be a locus for students organizing around intellectual freedom," the group said in its grant proposal. "Yet, there is an unmet need to coordinate and promote the use of comics in teaching at all levels, and to support development and use of research collections in libraries."

With the grant, Jackson and Pollard plan to develop and convene a national forum, four separate meetings over a period of 14 months, beginning March 2022. The forum will pull together public librarians, academic librarians,



The Comics Corner in the University Library (SDSU News Center)

and comics scholars nationwide to form a network of research librarians and libraries to support work in comics and social justice. The first meeting will gather librarians from school districts, colleges, universities and public libraries across San Diego County.

"We will find out what is happening with libraries across the country to learn how they are using comics in teaching and research," Pollard said. "We will find out what they dream of doing."

The interest Pollard and Jackson noticed earlier this year when they invited scholars from other California State University campuses to a working group meeting that gauged the use of comics in curriculum confirmed the usefulness of expanding beyond SDSU.

The response was overwhelmingly positive. Professors from 11 CSUs joined the conversation and shared how their colleges incorporate comics into academics. "It provided a proof of concept that this could work nationally," Pollard said.

## LEADING THE CONVERSATION

"The success of the SDSU proposal demonstrates the strong foundation for national impact put in place by our colleagues across the university over the past few years as well as the potential this program has to grow and to make a difference in the CSU and beyond," said Scott Walter, University Library dean.

Monica J. Casper, dean of the College of Arts and Letters, said the grant "demonstrates the

benefits of deep collaboration. Comics@SDSU is highly interdisciplinary, and this project illustrates the robust, successful partnership between the College of Arts and Letters and the Library."

The scholarly study of comics takes in subjects as varied as climate and social justice, sexuality, and wealth and equality.

"In addition to speaking with librarians nationwide, we will engage with comics scholars to discover how they use comics for learning, scholarship, and engagement with an additional focus on the use of comics in Diversity, Equity and Inclusion (DEI) initiatives and social justice education," Jackson said.

Pollard added, "With the connections we make, we can share even more online content from libraries and resources from across the nation."

Jenny Robb, head curator at Billy Ireland Cartoon Library & Museum at The Ohio State University Libraries, and Maryanne Rhett, professor of Middle Eastern and world history at Monmouth University in New Jersey are external grant advisors in the partnership, who will provide additional guidance.

"This funding will enable us to take our comics work to the next level, with enhanced opportunities for pedagogy and research," Casper said. "The national forum showcases SDSU's resources, while also sharing them widely."

"It begins to put us on the map as a center for comics studies," Pollard said, "not just in California, but nationwide."

## SDSU ARTS EVENTS

### SDSU Galleries

Aug. 25–Sep 16, 2021

#### 'The Face of America'

Everett Gee Jackson Gallery School of Art + Design, Art South

Tuesday – Thursday from noon–4 p.m. and by appointment

Description: The Face of America is a journey through the first two years of Alexander Zimmerman's MFA career at San Diego State University. Zim, as he prefers to be called, shows us where his work started and what he is currently researching.

### SDSU Theatre

Sept. 24–Oct. 3, 2021

#### 'Idris Goodwin's Free Play Project'

Written by: Idris Goodwin, Directed by: Dani Bedau

Location: Don Powell Stage with Full Design - Livestreamed/Zoom

Tickets: [tft.sdsu.edu/events/idris-goodwins-free-play-project](http://tft.sdsu.edu/events/idris-goodwins-free-play-project)

Description: Five short plays for young audiences by Idris Goodwin



- "The Water Gun Song" finds a parent trying to find the words to explain to a child why a water gun isn't simply a toy.
- "Act Free" finds three kids wrestling with the definition of freedom.
- "Nothing Rhymes With Juneteenth" is about a child and a parent trying to complete a rap for a school presentation.
- "#Matter" is a two hander about former high school friends debating matters of life and race.
- "Black Flag" finds two new dorm-mates excited to start their freshman year together, until one decides to decorate their room with a little piece of 'Southern pride'.

### Arts Alive SDSU Interdisciplinary Panel

Wednesday, Sept. 22, 11:30 a.m.–1 p.m.

Register for the Zoom webinar at [bit.ly/2VooObE](http://bit.ly/2VooObE).

### Arts Alive SDSU

Sept. 28, 2021, 4–5 p.m.

'Native American Arts and Advocacy: An Artist Talk with Dr. Vincent Whipple' Zoom Webinar  
Visit [bit.ly/38TcdXs](http://bit.ly/38TcdXs) to register in advance for this talk.

Description: Arts Alive SDSU is honored to invite the 2021-2022 Artist in Residence, Dr. Vincent Whipple, to present an Artist Talk to share his professional work as a performer and educator of Native American music and dance. Whipple will also discuss the influences that shaped his work and the culture of intergenerational passage of Native American artistic traditions.

## Library Briefs

CONTINUED FROM Page 10

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Allied Gardens Benjamin Branch has a limited number of hot spots. Need wifi? If you have a SDPL library card in good standing you can borrow a hotspot for 90 days. Get them while they're hot.

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Michelle's Preschool Storytime is back. Join us Thursdays at 10:30 a.m. outdoors on the grass under the shady trees. Bring your blanket and enjoy stories, singing and rhyming.

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Questions? Call 619-533-3970. Visit us at [sandiegolibrary.org](http://sandiegolibrary.org) and [facebook.com/alliedgardenslibrary](http://facebook.com/alliedgardenslibrary).

We wish everyone all the best in the new school year! The library has terrific resources to help with your school assignments. Happy reading!

—By Ann Gomez, branch manager

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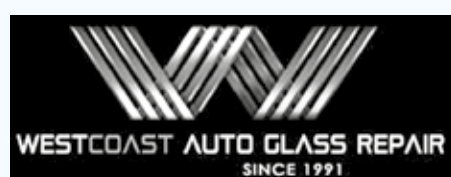
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# Help Allied Gardens Little League

The Allied Gardens Little League has begun a crowd-sourced fund-raising drive to repair its ball field.

Unlike other little leagues that rely on city-owned park space for games and practices, AGLL owns its own field, donated to the league in 1957 by “a generous San Diegan,” according to the classy.org page set up for the donations.

When little league baseball was put on hold during the pandemic, the fields, which rely on volunteers for maintenance, became unkempt. In addition, vandals damaged the ball field’s snack shack, “making it unusable.” The



Damaged snack shack (Courtesy photo)

vandalism also included hate speech and profanity.

The Larry Himmel Neighborhood Foundation created the classy.org page and kicked in a donation of \$2,000. The goal is to raise \$12,500 to build a new snack shack and bring the ball field back to pristine condition.

To make a donation, visit bit.ly/3kNejHG. For more information about Allied Gardens Little League, visit aglilleague.org.

# Crusaders Soccer Club readies for fall season

The fall season for the Crusaders Soccer Club is here. Over 100 recreational and competitive teams are now practicing on fields in Allied Gardens, Del Cerro and San Carlos. Our competitive division begins interleague play throughout San Diego County on Sept. 11, and our recreational division begins intraleague play on Saturday, Sept. 18.

We would like to thank our two new team sponsors: Meiji Hello Panda and Prospect Home Finance. Meiji manufactures and distributes a variety of unique confectionery and snack products throughout the United States, and Prospect Home Finance is one of the leading mortgage and refinance companies in San Diego. Each of these firms is sponsoring two of our recreational division teams.

You often hear it takes a team to accomplish a task. The Crusaders Soccer Club, which is celebrating its 50th year of serving the youth throughout San Diego and into East County. In addition to our professional coaches for our competitive teams, we have over 150 volunteers. This includes the managers for our competitive teams, division coordinators and coaches for our recreational division and the board of directors for the Crusaders Soccer Club. These volunteers donate countless hours each season to ensure our players have a fun, safe and successful season.

As we approach opening day for our competitive and



recreational teams, Rene Miramontes, the Director of Coaching for the Crusaders Soccer Club, stated, “A special thank you to the professional coaches for our competitive teams and our volunteer coaches for our

recreational program who continually adapted their training to the ever-changing COVID-19 protocols. We look forward to seeing everyone on the soccer field this fall. I invite everyone to join us on a soccer field during our fall season. Every Saturday there will be games on nearly every grass and artificial turf field in Allied Gardens, Del Cerro and San Carlos.”

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# Golf

CONTINUED FROM Page 1

team of all-stars in the 17-Under division of the league run by Pat Diaz Golf over the summer. The team made it through a qualifying match at Alhambra Golf Course in Los Angeles County in early August to advance to the sectional championship at the Champions Course at Omni La Costa Resort & Spa on Aug. 15. They won that tournament by six strokes.

The Mission Trails team consists of Charlie Carlson, Zach Downs, Casey Hermanson, Andrew Levikow, Ethan Roe and Taylor Tweet. Two of the boys are rising freshmen who



(l to r) Casey Hermanson, Taylor Tweet, Andrew Levikow, Team Captain Pat Diaz, Assistant Coach Thomas Hedges, Ethan Roe, Charlie Carlson and Zach Downs, showing their fourth place pennant at Indian Wells. (Courtesy photo)

plan to play for the Patrick Henry High School golf team, while two others are already on the Henry

team. The other two competitors play for the Helix and Grossmont High teams.

Taylor Tweet was “ecstatic” when he was selected and “really excited” to compete for the

first time in the 17U Division after taking two years off following his involvement in the 13U tournament.

“We ended up going farther than Mission Trails has ever gone,” the Patrick Henry High freshman said. “Even though we didn’t get the outcome we wanted, it was a really good experience to get out there and play.”

Tweet plans to play for the Henry boys golf team and stay involved with the PGA Junior League at Mission Trails. “The whole team had a bunch of fun and I will always remember how much fun that was,” Tweet said. “We’ll be back next year better than ever.”

Team Captain Pat Diaz had the difficult task of selecting the players to compete in two divisions, including a 13U team.

“We started with almost 55 players in our PGA Junior league at Mission Trails. Through a series of in-house competition, the players earned their way onto the All-Star team,” Diaz said. “The six young men who were chosen for our All-Star team not only worked hard on their games, but have all become great friends and have learned to play well together.”

Out of all the private golf clubs and upscale golf courses around Southern California, it was Mission Trails Golf Course and Pat Diaz Golf that represented the Southern California PGA Section.

The regional competition consisted of a team from a private country club in Henderson, Nevada, a team from a golf academy in Honolulu, Hawaii and an all-star team whose members represented several PGA Junior Leagues from throughout Sonoma County, California.

“These players prove that a small neighborhood golf course can produce championship quality golfers because of their passion and dedication to the sport,” Diaz said. “They stepped up when their partner made an error and kept each other level-headed when things got tough. I am so proud of the players they have become and I’m beyond ecstatic that they got to represent all of Southern California at the Regional Championship.”

Diaz teaches golfers of all ages and skill levels, but he is most known for his passion for junior golf.

“I grew up right here at Mission Trails and had my first lessons here,” he said. “I am so proud to not only be able to teach here where I started, but to continue to give back to my very own community and build something great for kids and their families.”

The tournament at Indian Wells was the final stage of competition for the 17U teams. A 13U team from San Diego won the regional tournament and advanced to the national championship event in Arizona in October that will be televised on ESPN.

—Paul Levikow writes on behalf of the Mission Trails PGA Junior League.



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# Difference Maker: Erin Liddell

By JEFF CLEMETSON

Rolando resident Erin Liddell comes from “pioneer stock” as a fifth generation Oregonian. She grew up in Portland and most of her family still lives there.

Growing up, she developed a love for theater that led her to undergraduate and graduate degrees in Theater, as well as to more important life events.

“I met my husband doing a Shakespeare festival in Boise, Idaho then we decided to move to New York City where we worked as actors for seven years,” she said. “After 9/11, we both wanted a change and the gallery I was working at in New York as a survival job was hiring in San Diego. My husband received his MFA in Theatre from USD and we visited beautiful San Diego for a friend’s wedding and decided let’s do this, let’s move there.”

The Liddells moved to San Diego in 2003 and Erin started employment as an Art Consultant at the Chuck Jones Gallery, owned by Academy Award winning director and animator Chuck Jones.

“Then after 12 years, I decided to move more towards marketing, and fundraising and worked as marketing and communications manager at the Gaslamp Quarter Association,” she said. “COVID unfortunately got me laid off from that position, but I realized that I loved working with non-profits, small businesses, and helping a community of people who are passionate about their neighborhood and the people that support them.”

Liddell has now started a new company, FAME STUDIO — FAME, an acronym for Fundraising, Advertising, Marketing, Events. Her expertise in those areas led her to becoming event promoter for the local Soroptimist International fall fundraiser. The College Times Courier recently caught up with Liddell to learn more about her life as a Difference Maker.

### What inspires you to volunteer, to become a difference maker? What kinds of community service roles have you done?

Living in New York City really got me interested in volunteering. As I traveled on the train into the city from Queens every day, mixing with people from all over the world I realized that I am not the only one on this earth. That I can be inspired, educated, and loved by others. And that it is very important to find out about people you run into every day. There are so many good people in this world (bad too) but mostly talented, interesting people. I love seeing what makes people light up, and I enjoy surrounding myself with that kind of energy. I also notice that there are a lot of people out there like me who also like to help others. I’m inspired by them and their passion which in turn inspires others.



Erin Liddell (Courtesy photo)

### How did you get involved with Soroptimist International? What is that organization about?

One of my best friends told me about Soroptimist International and their wonderful mission which is to help fund women and girls in their education so that they can achieve economic empowerment. I went to a few meetings and was overcome by its membership of women, some who have been members for over 30 years, organizing, networking, and having fun too! This year is Soroptimist International’s 100th anniversary.

### What is your role there?

I am a brand-new member of the organization, serving on the board and volunteering as Fundraising Chair. Our first fundraiser is coming up soon and I would love to invite your readers to attend!

On Friday, Sept. 24, there will be the “Catch A Rising Star” event at the Bankers Hill Club from 6–9:30 p.m. Guests will enjoy great food from Pacific Pizza Catering, sips of elegant wines and beer, live jazz, and an outdoor patio with a beautiful view of the bay, as well as the starry night sky! This event is geared to raising funds for the education of women and girls locally.

Tickets are \$60 and \$65 at the door and more information can be found at sisandiego.org.

### For other women interested in giving back as a difference maker, what kind of advice do you have for balancing time, judging what organizations are a fit, etc.?

I think there are so many people who have the same drive and passion as I do to help others. It’s funny, the more I volunteer the more I learn about people around me, about the things I can and cannot do, the challenges that I can

manage, and the opportunities that get me to another level. Each experience good and bad becomes very rewarding in the end. My advice is really put yourself out there, explore the opportunities in your community, find out about what makes you and the people around you light up!

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

## Community briefs

CONTINUED FROM Page 7

about hate crimes. If you witness or are involved in a crime that appears to be based on racism or intolerance, it should be reported so that the City can deploy resources to help the victim.

Both speakers were excellent, and when we return to in-person meetings, we would like to host each of them for longer presentations that you can all enjoy.

We will not be meeting in September due to the Yom Kippur holiday. Our next Zoom meeting will be held Oct. 20, 6:30–8 p.m. The Zoom link and videos of past meetings are available online at [facebook.com/sancarlosareacouncil](https://facebook.com/sancarlosareacouncil).

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](mailto:patty@crystalpyramid.com).

—Patty Mooney, SCAC vice president

### ALLIED GARDENS/GRANTVILLE COMMUNITY COUNCIL


August 2021 has been a slow month. The Allied Gardens-Grantville Community Council (AGGCC) did not hold a board meeting or a town hall meeting. The Navajo Community

Planners, Inc. did not meet and they have not produced an agenda for the Sept. 8, 2021 meeting. We did not host a Navajo Canyon nature hike or community cleanup venture. With the pandemic closures, there was nothing much going on at the library or the recreation center. About the only thing that was going on was the public debate over Senate Bills 9 and 10. For more information about the laws that threaten our residential neighborhoods contact United Neighbors at [unitedneighbors.net](https://unitedneighbors.net).



But we do have a lot coming up this fall. Council member Raul Campillo is working for support from the Parks and Recreation Department for improvements on the playground equipment at the Allied Gardens Recreation Center. No plans yet, but we are putting together a team of our neighbors, a dozen so far, to do the work. Join us. Reach us through the website to get on the list.

Allied Community Gardens is an organic garden with 22 raised beds, an orchard, herb garden, succulent garden, composting area, and a pumpkin patch for the preschoolers. They are holding a Backyard Fruit and Vegetable Swap at the garden parking lot Friday, Sept. 10, at 5:30–7 p.m. The garden is behind Ascension Lutheran Church at 5106 Zion Ave.

SEE COMMUNITY BRIEFS, Page 18



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# MOVE





Mariko Nakawatase, representative of Supervisor Joel Anderson, presents a Certificate of Recognition to The Cravory Cookies College Area team. (Photo courtesy of Visual Candy)

# Cravory Cookies opens in College Area

By BRANDON STILES

On Aug. 26, Cravory Cookies celebrated the grand opening of their new College Area location with local families, lots of laughs, and gourmet cookies. A representative of County Supervisor Joel Anderson, Mariko Nakawatase, presented the Cravory Cookies team with an official Certificate of Recognition congratulating them on their new business venture.

Collin Smith, vice president of sales, recounted how excited he was to receive the honor on behalf of The Cravory. "I think it really instills the importance of community in San Diego and how through 2020 and 2021, with the pandemic, we can still open up businesses and find ways to grow as a community," Smith stated.

Smith, who also holds the title of "Cookie Monster," explained that the company began selling their cookies in 2009 at farmer's markets around San Diego. With the growing popularity

of their remarkable cookies, they opened up online sales nationwide. In 2014, Cravory Cookies opened their first shop in Point Loma. They quickly grew to other parts of San Diego, including the third base line at Petco Park. Opening in the College Area was a natural next step for the company. "It is great to see Cravory Cookies, a local business with strong San Diego roots, thrive and grow," Supervisor Anderson commended. "I am honored to have Cravory Cookies open their newest location in my district and look forward to their contributions to this community."

With over 5,000 cookie flavors invented, Smith attributes The Cravory's unique flavors to their executive chefs, the cookie visionaries of the company. Eddie and Ta, both born and raised in Brazil, studied culinary arts at Grossmont College and are ahead of the curve when coming up with new flavors. September's selection includes pumpkin

SEE CRAVORY, Page 17

# Mexican food royalty

By ROBIN DOHRN-SIMPSON

"We didn't invent Mexican food.... we just made it better." That is the tag line of Taco Kings — a new restaurant at with a very creative menu located a few doors down from Windmill Farms at 6358 Del Cerro Blvd.

Taco Kings is an offshoot of Birria Kings, two successful food trucks located in South Bay. Look for Birria Kings to open their first on-site location in National City, next time you are in that area.

Let's talk about Birria. Traditionally it was lamb, but today it is more common to be beef. Those in the know will go out of their way for a good Birria. The meat is marinated in a combination of peppers such as ancho, guajillo and chipotle. Add cumin, thyme, oregano, marjoram and cloves. Cook until tender. This can be done relatively quickly in an Instant Pot. This popular dish is enjoyed in many ways typically as a consomé, stew, tacos or Taco Kings' Birria Ramen. Sprinkle your dish with diced onions, cilantro, salsa and lime juice.

Taco Kings offers Birria Tacos. They also feature Quesadillas, Tortas and Ramen.

Another unique menu item is their mulitas, sometimes referred to as a Mexican version of a grilled cheese with meat or smaller double-decker



Taco Kings mulitas (Courtesy photos)

quesadillas with two tortillas. Taco Kings serve three different types: Carne Asada, Adobada and Pollo Asado. Mexican comfort food at its finest.

Along with our old favorites of Wet Chimichangas and Burritos, try the Fries and Chips. They have a few varieties of fries: Carne Asada, Adobada, Pollo Asado and a couple of chips: Carne Asada, Adobada and Pollo Asado. They just sound so fun and worthy of a try.

Two Taco Kings specialties that merit a shout-out are Aguachiles, a type of ceviche coming from Sinaloa that features spicy peppers, red onion, cucumbers and

lime juice and a more traditional Ceviche.

If you enjoy Mexican food for breakfast, you will not be disappointed with their selections. They offer the standard Huevos Rancheros and Chorizo with Eggs, or Red or Green Chilaquiles. Feeling like something different? Try the Machaca, shredded beef and scrambled eggs.

Check their website for daily specials [tacokingsmexicanfood.com](http://tacokingsmexicanfood.com). They typically offer a few every week.

—Robin Dohrn-Simpson is a local food and travel writer. Reach her at [dohrnsimpson@hotmail.com](mailto:dohrnsimpson@hotmail.com).



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# Cravory

CONTINUED FROM Page 16

custard, oatmeal M&M, or blueberry pancake. “Just think of anything you eat for breakfast, lunch, or dinner and we can make a cookie out of it,” Smith commented.

When asked what makes The Cravory different from traditional cookies, Smith replied, “It all starts from the beginning. Every cookie has a unique dough and is baked at different temperatures.” The texture also sets Cravory Cookies apart from their competitors. “Soft in the center and crispy on the edge,” Smith explains.

Customers can join The Cravory’s Cookie of the Month club to have new flavors shipped directly to their home or to a relative’s. Sending cookies to a relative, Smith describes, is like sending a piece of San Diego to your loved ones.

The new College Area location at 6526 El Cajon Blvd. has partnered with Niederfrank’s Ice Cream and Cafe Moto to offer ice cream and coffee that will perfectly pair with your Cravory Cookie.

—Brandon Stiles writes on behalf of County Supervisor Joel Anderson. Do you know of an individual or business that is giving back to their community in exceptional ways that deserves to be recognized? Visit Supervisor Anderson’s website to learn more about his certificate of recognition program: [supervisorjoelanderson.com/certificate](http://supervisorjoelanderson.com/certificate).

# Restaurants raise funds for foster youth

In celebration of Promises2Kids’ 40th anniversary of providing hope, support and opportunities for San Diego foster children, 23 local restaurants partnered up to help support the 3,000 children in foster care. Foodies 4 Foster Kids ran throughout the month of May, in celebration of National Foster Care Month, and raised over \$35,000 for Promises2Kids.

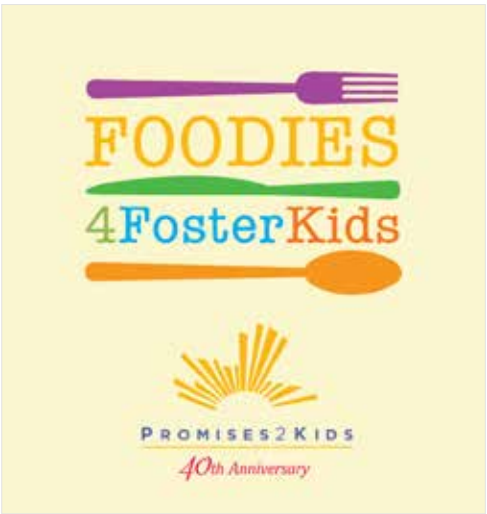
Each restaurant designated select menu items which supported the Foodies 4 Foster Kids campaign. Funds raised benefit foster children by reuniting siblings living apart in foster care, supporting students in reaching their career and educational goals, providing birthday gifts, school clothes and opportunities to participate in extracurricular activities, and providing an emergency shelter where children feel safe and cared for.

For more information, visit [promises2kids.org](http://promises2kids.org).

Participating restaurants included:

- 264 Fresco
- Artesano Taco

- Batch & Box
- Broad Street Dough Co.
- Canteen Coffee Roasters
- Dixie Pops
- Encontro North Park
- Extraordinary Desserts
- Firenze Trattoria
- GOODONYA
- JoJo’s Creamery
- La Cajita
- Long Island Mike’s Pizza
- Mermaids & Cowboys
- Monarch Ocean Pub
- Mustangs & Burros
- Park & Rec
- RoVino The Foodery
- Sisters Pizza
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- The Crack Shack
- Urban Plates
- Waverly



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Our Own <b>Pollo Asada</b> <b>\$4.99<sup>lb.</sup></b>	Midwestern, Bone-In <b>Thick Pork Chops</b> <b>\$5.99<sup>lb.</sup></b>	Duroc <b>Baby Back Ribs</b> <b>\$9.99<sup>lb.</sup></b>
Boneless, Breast <b>Rosemary Chicken</b> <b>\$4.99<sup>lb.</sup></b>	Marinated, Boneless <b>Bourbon Chicken Breast</b> <b>\$4.99<sup>lb.</sup></b>	Hoffy <b>All Beef Hot Dogs</b> <b>\$5.99<sup>lb.</sup></b>
Peeled & Deveined 16/20 <b>Mexican White Shrimp</b> <b>\$19.99<sup>lb.</sup></b>	Fresh <b>Italian Sausage</b> Mild or Hot <b>\$5.99<sup>lb.</sup></b>	Fresh <b>Scottish Salmon</b> <b>\$19.99<sup>lb.</sup></b>

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# iNaturalist observation: Diabolical Ironclad Beetle

By PATRICIA SIMPSON

Imagine yourself lying down in the middle of the road (don't do it) and a car comes by and rolls right over you. If you don't die, you will at the very least sustain considerable injuries. Fast forward a few months, you are suing the driver, but the defense attorney brings in an unusual expert witness: a Diabolical Ironclad Beetle such as the one in our observation of the month: [inaturalist.org/observations/80242969](https://inaturalist.org/observations/80242969) by racheleaf.



A Diabolical Ironclad Beetle at Mission Trails Regional Park (Photo by Rachel Leaf)

This witness, if he could speak, would proceed to explain that the unfortunate outcome was no fault of the driver and instead the injuries were simply the result of a faulty biological design on the part of the victim.

"I can get stepped on or run over by a car and be just fine," he would boast. This expert witness, a 2-centimeter-long beetle in the Zopheridae family, looks like he is sporting a medieval-like exoskeleton with a slitted walnut-shell-looking surface.

Experts have recently cracked open the mystery of the beetle's secret armor and it's all in the design. After much analysis, 3-D printed models, and computer simulations, they found that the exoskeleton's incredible resistance to impact is a direct result of an

interlocking puzzle-like structure paired with impact-absorbing proteins. Considering the amount of pressure the beetle can withstand (about 39,000 times its own body weight), it is no wonder that engineers are looking to imitate and recreate the Diabolical Ironclad Beetle's blueprint.

Biomimicry, or the art of applying nature's ingenious designs into manufacturing concepts, is an up-and-coming science, but it is nothing new. Dung Beetles would argue they invented the wheel long before humans did. Airplanes, trains, automobiles and any other air or water-splitting objects all have mimicked the aerodynamics of birds and fish alike. Submarine's sonars are

designed after dolphin and bat's echolocation aptitudes. Plant burs such as the ones found on Rough Cocklebur (a plant found in Mission Trails Regional Park) inspired Velcro! And scientists are still trying to reveal the secrets of feathers: if the structure that makes them water resistant while offering unmatched warmth can be mimicked, it would revolutionize the winter clothing industry.

The moral of this story is that until we can manufacture a Diabolical Ironclad Beetle suit to fit you, don't lie on the road.

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

## Community briefs

CONTINUED FROM Page 15

Everyone is welcome, whether you bring something or not. The Pumpkin Patch is ready to be given to the Ascension Lutheran Preschool. The Gardens Board has openings and if you have a few hours to volunteer with a terrific group of gardeners contact Christine Stoneberg at [ACG5106@gmail.com](mailto:ACG5106@gmail.com). Their Facebook page is "Allied Community Gardens."

Join San Diego Canyonlands for I Love a Clean San Diego's 37th annual Coastal Cleanup Day in Navajo Canyon on Saturday, Sept. 18 from 9 a.m. to noon. Visit [cleansd.sameritan.com](https://cleansd.sameritan.com).

The next AGGCC town hall meeting will be on Sept. 28. It will be directed to the new compostable materials recycling program that will be required beginning January 2022. We will send more information and the Zoom contact link to you by way of emails to our mailing list.

Use the "Contact Us" page at [aggccouncil.org](https://aggccouncil.org) to get on our email contact list and to receive information about community activities and the agendas for the Community Council and the Navajo Community Planners, Inc. (NCPI). Let us know how we can help you support our neighborhood. Our next board meeting will be on

Monday, Oct. 4 at 6:30 p.m. by Zoom.  
—By Shain Haug, AGGCC president

### FRIENDS OF DEL CERRO

In 2015, several Del Cero residents formed a neighborhood nonprofit which became the Friends of Del Cerro (FODC), a 501 (c)(3) non-profit, community organization of local residents and businesses committed to increasing the cohesiveness of Del Cerro and the surrounding communities by promoting and providing for safety, beautification and economic development.

Jackie O'Connor is the president and one of the founding members of FODC. "I sincerely hope you will spend some time learning about FODC and the mission and goals we are working towards."

The FODC has undertaken several major projects for Del Cerro. Following the fire in Adobe Falls Canyon three years ago, FODC learned the city's Fire and Rescue department needed more special tools to fight the increasing number of canyon fires in the city. FODC contacted the San Diego Padres and they agreed to match up to \$5,000. The equipment cost \$10,000. SDSU donated \$2,500. FODC matched the SDSU donation and \$10,000 was presented to the San Diego Fire-Rescue Foundation. The tools

SEE COMMUNITY BRIEFS, Page 19



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# California Clean Air Day at Mission Trails

**Mission Trails Regional Park Foundation**  
By JENNIFER MORRISSEY

For the second consecutive year, the Mission Trails Regional Park (MTRP) Foundation will participate in California Clean Air Day, a statewide initiative that calls on California residents and institutions to help improve air quality and protect public health.

Many come to Mission Trails Regional Park to enjoy the fresh air and beautiful views, but San Diego is, in fact, one of the most ozone-polluted cities in the state. To help clean our air and breathe fresh air, we invite you to join us in taking the Clean Air Pledge. The initiative outlines ways we that we can help improve air quality in our everyday life, from changing air filters and idling our cars less to switching to electric yard tools and planting trees.

For Clean Air Day 2020, the MTRP Foundation created a short video about the types of trees at Mission Trails to both educate about native plants but also encourage residents to bring more trees and large shrubs into their yards. A second video is a tutorial on how to best plant trees. The videos' host is MTRP Ranger Heidi Gutknecht, who shares characteristics about the trees, which trees can be grown at home, and demonstrates how

trees should be planted. And, of course, Heidi shares information about how crucially important trees are to air quality. Links to the films and the Clean Air Pledge are on the homepage of the MTRP website: [mtrp.org](http://mtrp.org). We are grateful to the Coalition for Clean Air and SDG&E for grant funding to create the videos.

After watching the videos, our hope is that YOU will be inspired to plant trees, whether native, ornamental, or fruit trees. Also on our website, we have links to a host of resources about trees and air quality, planting and maintaining trees, and local nurseries that carry California native plants. However, our friends at SDG&E are currently offering FREE trees to San Diego County households, and a link to their tree program is included in the Clean Air Day content on our website.

**CAMP HOSTS FOR KUMEYAAY LAKE CAMPGROUND NEEDED**

Volunteer campground hosts at Mission Trails' Kumeyaay Lake Campground (KLC) play an active role in the care and maintenance of KLC as well as provide visitors with park information, assist park staff with opening and closing procedures, and help create a welcoming environment for campers. Camp host duties include litter pickup, routine



restroom upkeep and general campground cleaning. Even off duty or at inconvenient times, hosts are expected to log unusual activity, assess situations, and provide assistance when needed. In exchange for an RV site with full hookups, each camp host provides 20 hours of volunteer service each week, primarily on weekends (Friday through Sunday and certain Monday holidays) when the campground is open. For more information about this opportunity, see the homepage of the MTRP website. Applications are due Oct. 1.

**TARGET CIRCLE VOTES TO BENEFIT MISSION TRAILS**

We are honored and excited to announce that the Mission Trails Regional Park Foundation has been chosen to participate in a special charitable giving

campaign, sponsored and funded by Target. Through the retailer's Target Circle Program, you can help direct a portion of Target's local support to benefit Mission Trails.

Now through Sept. 30, use your Target Circle credits to vote for the Mission Trails Regional Park Foundation. The more votes we receive, the larger the donation to support MTRP.

The voting began in July, and we have so far received votes from more than 14,500 Target Circle members! That's a lot of MTRP love, but we have strong competition so need your votes before Sept. 30. You can find out more about Target Circle at [target.com/circle](http://target.com/circle).

—Jennifer Morrissey is executive director of the Mission trails regional Park Foundation.

## Community briefs

CONTINUED FROM Page 18

were purchased and are now on the fire trucks.

Expanding Neighborhood Watch is an on-going effort. Working with the police department's Community Relations Officer for the Navajo Community area. The FODC spearheaded a successful effort to increase the number of Neighborhood Watch areas in Del Cerro. There are now 46 block captains in Del Cerro.

Currently FODC is working in cooperation with the City of San Diego Park and Recreation Department on upgrading a number of areas at the Princess Del Cerro Park. Mark Allan is the vice president of FODC and chairs the Princess Del Cerro Park Committee.

For the past two years Mark has been working with Kelly Wood, the Area Manager for the city's Park and Recreation Department. Mark has some great news. "I have been informed the city is funding the resurfacing of the basketball court. This funding will repair the cracked cement and put a new surface over the entire court. Now that the city is funding the resurfacing, the FODC will be purchasing new backboards for the courts. We will also be working on refurbishing some of the playground equipment and repairing the sponsored brick area in front of the playground."

SEE COMMUNITY BRIEFS, Page 20

## Quick tips to improve your home internet experience



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

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

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

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

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

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

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

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

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

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

For more tips, visit [www.cox.com](http://www.cox.com).





# Community briefs

CONTINUED FROM Page 19

FODC is working closely with SDSU on several Capstone Projects. These have been year-long group projects for Masters degree students. The most recent Capstone Projects were evaluating crime and safety in Del Cerro, and what residents would like to see developed for Adobe Falls. We are also currently working with SDSU professors

and the SDSU administration on refining the scope of Adobe Falls for SDSU as an environmental research area.

Visit the FODC website at [friendsofthedelcerro.org](http://friendsofthedelcerro.org) for more information and to become a member.

—By Jay Wilson

## ALVARADO ESTATES ASSOCIATION

Next month our neighborhood will hold the Alvarado Showcase. It is an opportunity for residents,

their family members and some local businesses to showcase what they do or love. Participants might be artisans, crafters, local business owners, professionals, service providers and others would like to meet to share their work and passions.

Angela Adu-Badu is the organizer of this first-ever event. She and her family have owned property in the neighborhood since the 1970s. She thinks a showcase will be an excellent way to highlight some of the diverse interests, skills

and products we have to share right here, in and near Alvarado Estates.

It's her experience this past year and a half that has inspired her to bring the community together in this way. Adu-Badu reminisces that "during COVID, Alvarado Estates has proven to be more than a group of neighbors, we are extended family. Now we have the opportunity to share our passions with each other; giving us the opportunity to bond even closer."

This event will be held outside in our community park, which will provide a safer space to gather. Participants will be asked to follow any current COVID-related health and safety practices. Those who showcase will have their own space to connect with others and can bring a table, chair and shade canopy as desired.

The Alvarado Showcase is planned for Oct. 9. Contact Anglela Adu-Badu at [aadubadu@gmail.com](mailto:aadubadu@gmail.com) for more information.

—By Karen Austin



# Safety tips for seniors during fall prevention week

By SIMONA VALANCIUTE

Many things can cause a fall – tripping over a rug, slipping on water, vertigo, muscle weakness, and certain medications to name a few. One in four older adults fall annually according to the National Council on Aging, and falls can result in hip fractures, broken bones, and even head injuries. Additionally, CDC data shows three million seniors annually are treated in emergency departments for a fall injury – making the avoidance of

falls a significant priority year round.

From taking care of personal health to seeking physical therapy or conducting a simple home safety check – there are several proven ways to avoid a serious slip or tumble. This Fall Prevention Awareness Week, September 20 to 24, consider the following tips that can help keep seniors steady as they go about daily routines.

**Create a Safe Living Space:** Removing clutter in hallways, near doors and essential living areas is the start of a safe home.

Conducting a home safety check and addressing additional trip hazards like visible extension cords or floorboards that stick up can also help seniors navigate without fear of falling. Consider resources such as this Safety Checklist from the CDC to find and fix hazards in the home.

**Nonslip Products Make All the Difference:** How many times has someone gone down because of a slippery rug or sleek porcelain tub? What about on wet floors or because of an icy outdoor step? Regardless of age, these hazards have been the cause of many falls. Nonslip mats, skid-proof rug backings, nonslip treads for outdoor steps, and even nonslip socks can help provide stability.

**Shine Bright:** Adequate lighting, particularly in hallways, stairwells and bedrooms can help those with weaker or strained eyesight find their way. Consider adding reflective tape to stair

steps or calling an electrician to move light switches within reach for extra ease.

**Physical Activity for Added Stability:** Continued movement helps reduce the risk of falling. Exercises like walking, swimming, tai chi, and more can give seniors added flexibility, strength, and balance. For those unsure of where or how to start, a physical therapist can assist with custom programs and monitor progress.

**Chat with Doctors and Caregivers:** Address concerns or fears with trusted advisers. Seek the council of doctors to discuss changing medications that may cause dizziness, get properly assessed for custom footwear or report health care issues that may affect your balance. Caregivers may be able to assess the need for handrails in bathrooms or share the benefits of assistive devices such as walkers or personal emergency response systems.

Falls are not a normal part of aging. For the older adult interested in staying strong and independent, there may be senior-related organizations in the local area that can help provide resources or guidance essential to fall prevention. The National Council on Aging offers resources like the Falls Free CheckUp Tool, which are chockfull of additional tips and insight. San Diego Oasis, for instance, also offers low-cost fall prevention classes such as *Bone Building Fitness*, *Tai Chi for Beginners* and *Progressive Strength, Balance and Flexible Training* to help seniors imagine and realize a safer tomorrow. As we recognize Fall Prevention Week, please share these tips with the older adults in your life the help keep them safe.

—Simona Valanciute is the President and CEO of San Diego Oasis. Learn more at [www.sandiegoasis.org](http://www.sandiegoasis.org).



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### Make the Right Choice Senior Living

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For more info call (619) 246-2003 or go to the [www.rightchoiceseniorliving.org](http://www.rightchoiceseniorliving.org).  
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## Wildfire safety for homeowners

By SARAH WARD

You probably saw the wildfire images over the last few weeks from Northern California. It's heart-breaking for both homeowners and displaced animals. I have a close Realtor friend in South Lake Tahoe and quite a few structures there burned.

Last month I represented a buyer on a gorgeous home purchase in El Cajon. The property was in an established neighborhood south of Granite Hills near the Singing Hills Golf community yet my buyer, after calling many insurance companies, couldn't place fire insurance on the property and had to use the California State FAIR Plan (last resort fire insurance) to get coverage and at a very high policy rate.

These events got me thinking about our own local communities here in the College Area, Del Cerro, San Carlos and Allied Gardens. Obviously, when you look around, there is quite a bit of brush and canyons nearby. What I am suggesting in this month's article is to take a good look at your property from a fireman's perspective.

Take a walk around your property from all four sides considering fire safety. Do you have trees and heavy brush touching the side of your home? What is the condition of your roof? Sometimes trees become overgrown and push up against the side of a property. One issue with this is that rats and other critters can then easily get up to your roof and into your attic. But even more pressing is that heavy brush and trees create an increased fire hazard to your property and probably need to be safely cut and cleared back.

There are still quite a few wood shingle roofs around San Diego that I see on open houses and when showing property to buyers. These roofs are incredibly dangerous. A fire over a mile away can have burning embers travel through the air and land on a roof. Maybe it's the time to upgrade your roof or start thinking of a plan.

Another thing to think about is changing your landscaping to desert scape. I grew up with grassy lawns, and ordinarily prefer that look, but experiencing a drought currently and with wildfire danger increased, maybe it's time to think about a gravel front lawn with decorative boulders and desert plants.

California now requires when a property transfers ownership that a seller provide documentation that a property is in compliance with local laws pertaining to defensible spaces. I discuss these issues with my buyers and sellers regularly. Vegetation and vulnerability disclosure is now an active issue that sellers must manage when selling a property.

So, in summary, I was hoping to get everyone thinking about improving protection to your structures this month. Start just by doing an assessment from all sides and by clearing some branches and brush back from against the house. Also, look online for some easy tips and suggestions for improving fire safety at your property. CalFire and other agencies have excellent information for your review.

### MARKET REPORT

• **92115 College Area:** Median home price for August hit \$800,000 with a slight increase in new listings to 51 and 39 closed sales.

• **92119 San Carlos:** Median price for August was \$905,000 with 23 new listings and 30 closed sales.

• **92120 Allied Gardens and Del Cerro:** Median price was \$918,000 (up 20% from last August) with 23 new listing and 20 closed sales.

So prices are holding steady and even slightly moving higher. Inventory is still unusually low with properties selling quickly. Call me for a no-obligation meet-up to discuss your options! 858-431-6043.

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

## The personable owner of Penelope's Mexican Food



By AUSTIN SMITH

Luis Zamora lives by a simple creed: treat others as you want to be treated. You feel that not long after meeting him. Even as a stranger, you quickly feel like you're a friend or family member. There's nothing artificial or phony about him.

Lucky for the College Area, his down-to-earth authenticity permeates throughout his taco shop, Penelope's Mexican Food, in the same way.

When Zamora moved into the property at 7102 El Cajon Blvd. two years ago, he knew he was coming to a different College Area than the one he had visited as a teenager. It had improved, become more family oriented and a bit gentler, just as he had become as an adult. But it had surprised him how embracing the community and neighbors would be towards him and his business.

The same changes Luis saw along El Cajon Boulevard in the College Area are the same changes he saw in himself which matured him from the 15-year old dishwasher running the streets of Imperial Beach to the family-oriented business owner he is today.

His dream was to bring the authentic Mexican comfort food his mother made for him as a child to a community that would appreciate it. Luis assures his customers that "nothing comes from a can".

The labor of love isn't only seen in the food. At any given time, you can find Zamora behind the grill, working the register, or completing one of the many construction projects on



Penelope's Mexican Food owner Luis Zamora (Photo by Austin Smith)

the property. He even built the outside dining area in the parking lot to accommodate his customers through the pandemic with his own hands.

Yet, Zamora knows he hasn't come to be successful on his own. Besides having had his mother help him curate the menu from the very beginning, Zamora credits his College Area neighbors and fellow business owners for supporting his efforts.

Speaking about when he first arrived to the business corridor not knowing what to expect, Zamora says that the College Area Business District and its Executive Director (Jim Schneider) welcomed him with open arms.

"Jim came by, I started doing some research and I was like 'without knowing, I came to the right place,'" he recalled.

Customers come from all over San Diego county including San Ysidro, Chula Vista, Mission Gorge, La Mesa and Rancho San Diego but Luis believes his

College Area customers are special.

"If I had to do it all over again, I wouldn't go anywhere else. I would be right here," Zamora said, adding that there have been five Penelopes to come into the restaurant simply because they shared its name. Each time a smile came to his face as he remembered why he got into the restaurant business.

The shop had been named after his niece who passed away months before her first birthday. He knew his restaurant, like her, would make an impression on people.

"I want people to know they're going to come and they're going to first of all have amazing food," he said. "They're going to feel like they're at home. You come here and you feel like you are part of the family. That's how I treat my customers."

—Austin Smith writes on behalf of the College Area Business District.

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ADU rules

CONTINUED FROM Page 1

amendments allow local jurisdictions to veto projects that endanger public health and safety.

SB 10 creates a voluntary, streamlined process for cities to upzone to provide missing middle multi-unit housing. It allows cities to choose to zone for up to 10 units per parcel, making it possible for cities to build significantly more housing.

"This (housing) crisis is the result of a century of poor urban planning, a century of giving our communities over to the construction industry, and a century of growth for the sake of growth," contended Shain Haug, president of the Allied Gardens-Grantville Community Council. "Is it fair that those of us who have chosen single-family residential communities must now bear the burden of the correction of those errors? There are better ways than encouragement of ADUs in our neighborhoods and the proposals of Senate Bills 9 and 10."

Kurt Katona, a contractor, concurred with Haug's view that ADUs are not single-family friendly.

"We as homeowners purchased homes to live in an area that had tolerable space between properties, sufficient parking and an infrastructure that was designed to properly handle the needs — sewer, water, electricity, roads, etc. — of that population," Katona said. "Our neighborhoods are already losing their aesthetic value with unsightly solar panels on roofs, trailers in front yards, etc., let alone the tasteless design that most of these buildings will have."

There are at least two groups actively opposing state legislation seeking to make it easier to build ADUs in single-family neighborhoods.

Livable California is a nonprofit advocating for empowerment of local governments to foster equitable, livable communities and truly affordable housing. The group endorses the "Californians for Community Planning Initiative, communities-forchoice.org.

That initiative seeks to: Support housing as a basic right; fight for truly affordable housing; assure self-determination of local government; preserve quality of life in communities; achieve smart and balanced growth; and protect home ownership.

Another group, Neighbors For a Better San Diego (NFABSD), recently released a white paper analysis of San Diego's ADU affordability incentives, which concluded that "ADUs won't provide affordable housing. San Diego's ADU affordability incentives miss the mark on affordable housing, primarily because so-called 'affordable' rent levels are comparable to market rates. Further, returns on investment to developers are particularly biased against building the two-plus bedroom units that are needed by low- and middle-income families, contrary to the city's inclusionary housing goals." The full report is at bit.ly/3zTzZbw.

Speaking for the El Cerrito Community Council (ECCC), Laura Riebau noted the council



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