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San Diego Community Newspaper Group



A rebel and a cause

An historic photo of former head librarian Clara Breed (Photo courtesy San Diego Public Library)

Librarian honored for advocacy on behalf of Japanese Americans

By KENDRA SITTON

In September, San Diego Public Library unveiled a series of programs honoring former head librarian Clara E. Breed who is known for advocating for Japanese Americans incarcerated during

World War II. “The Rebellious Miss Breed: San Diego Public Library & the Japanese American Incarceration” includes exhibits, films, performances, book discussions and author talks.

As a children’s librarian during the war, Breed exchanged

postcards with Japanese American youth, sent library books to them and urged other librarians in trade publications to do whatever they could to help Japanese Americans.

SEE MISS BREED, Page 4

NEWS BRIEFS

FREE ESTATE PLANNING FOR FIRST RESPONDERS, HEALTHCARE WORKERS

The San Diego County Bar Association (SDCBA), in partnership with Wills For Heroes Foundation, announced Oct. 4 that it will once again offer free wills and estate planning services to eligible first responders and licensed frontline healthcare workers in both San Diego and Imperial Counties at a virtual legal event spanning Oct. 4–29, 2021.

During the 2020 virtual event, nearly 100 local estate planning attorneys provided these pro bono services, and 223 heroes were assisted with their estate plans. For the first time, this year’s virtual event will serve both San Diego and Imperial Counties. It is expected to attract a similar number of volunteer attorneys with the capacity to serve hundreds of heroes in both regions.

The SDCBA has provided free wills, durable powers of attorney, and advance health care directives to first responders and their spouses

SEE NEWS BRIEFS, Page 8

Grossmont College opens new facility for the arts

By CYNTHIA G. ROBERTSON

The brand-new Performing and Visual Arts Center (PVAC) at Grossmont College has been lying in wait for the bustle of live concerts, dances, plays and other events. That time has finally arrived, 18 months into the COVID-19 pandemic.

The \$44 million PVAC building broke ground in 2017 and held its ribbon-cutting on May 20, 2021. The 39,000-square-foot facility will serve as an instructional and performance venue for the theater, dance and music programs, and also is the new home for the Hyde Art

Gallery. The 53-foot-tall structure is the tallest instructional facility on campus with a 390-seat multipurpose theater replete with one of the largest stages in the county, an orchestra pit and balcony. With dressing rooms, a green room, a costume area and a makeup classroom, it will serve as a learning laboratory for student performers, technicians and designers in the Theatre Arts program.

Grossmont College’s Stagehouse Theatre, housed within the center, kicked off its 2021-22 season on Sept. 30 with a staging of

SEE GROSSMONT ARTS, Page 18



The Performing and Visual Arts Center at Grossmont College (Courtesy Grossmont-Cuyamaca Community College District)

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COMMUNITY BRIEFS

**ALLIED GARDENS/
GRANTVILLE COMMUNITY
COUNCIL**

The Sept. 28, Allied Gardens/Grantville Community Council (AGGCC) town hall meeting featured a presentation by Jeanne Patton, Recycling Specialist with the San Diego Environmental Services Department, relative to the new requirements for disposition of organic, compostable waste. In support of the closely related goals of the reducing landfills and eliminating release of methane into the environment, the city will collect organic waste such as food scraps from your kitchen, that oil-soaked bottom of the pizza box, and the left overs of that last take out dinner to convert to mulch and captured methane. The organic refuse that used to go out with the trash or into our garbage disposals will be collected with garden cuttings in designated containers alongside the rubbish and recycle bins.

The specifics are a work in progress and we will host a further presentation as soon as the city is ready to do so. In the mean time, we hope to post on our website the recording of the relevant portion of the meeting.

On Sept. 18 The Friends of Navajo Canyon and San Diego Canyonlands joined forces with I Love a Clean San Diego for the 37th annual Coastal Cleanup Day as part of our restoration efforts and stewardship in Navajo Canyon. A team of community volunteers, San Diego Canyonland Restoration Experts, and our City Open Space Park Rangers worked to remove invasive plants, clean debris from our habitat restoration areas, and pick up trash around Adobe Falls Road and the Jacaranda Bowl. Thanks to the hard work and dedication of these volunteers, over 1,000lbs of trash was removed from Navajo Canyon!

If you would like to get involved, Friends of Navajo Canyon hosts cleanup and restoration events every third Saturday of the month 9–11:30 a.m. Ample parking is available in the lot of the office building across Waring Road from the Jacaranda Bowl.

All volunteers are welcome and students can earn community service hours for their participation. Let's all do our part to keep our neighborhood clean and beautiful!

By the time this edition of the paper hits the street an AGGCC team working with Kelly Woods of the Parks Recreation Department will have completed beautification work on the playground equipment at the Allied Gardens Recreation Center. Give it a look, get an idea of what concerned citizens can do for their neighborhood, and let us know how you would like to participate.

The managers of the food pantry at Ascension Lutheran Church asked AGGCC to let our community know about their food pantry, recently rebranded A Loving Community Pantry, and its regular activities.

The pantry operates every Tuesday, Saturday and first Friday of the month 8:30–10:30 a.m. in the parking lot of Ascension Lutheran Church, 5106 Zion Avenue. They partner with the Jacobs & Cushman San Diego Food Bank and participate in the federally funded Emergency Food Assistance Program. The San Diego Food Bank delivers food to the pantry twice a month at no cost. This is a drive-through food distribution for those facing food insecurity. They need your help with their food distribution. You can sign up for a volunteer at bit.ly/3B75uzm

In addition to this food distribution/pantry, Pastor Rick Fry started a curbside/micro pantry. You may have noticed a "bird house" on 51st Street near the entrance to the church parking lot. This pantry is open 24/7. People may take food from this pantry with no questions asked. This pantry is run by the generosity of our community who provided financial donations and food donations.

Use the "Contact Us" page at aggccouncil.org to get on our email contact list. We will send you information about community activities and the agendas for the Community Council and the Navajo Community Planners, Inc. (NCPI). Our next Board meeting

will be on Monday, Nov. 8 at 6:30 p.m. by Zoom.

—By Shain Haug, AGGCC president

FRIENDS OF DEL CERRO

On Sept. 15, the Friends of Del Cerro (FODC) held an in-person meeting for our members. Our guest speaker was district 7 Councilmember Raul Campillo. He provided a very thorough update on a number of matters concerning Del Cerro and our surrounding communities.

He announced approval of a \$1,500 grant that will be used to create and present three different designs to the Del Cerro community for their input for updating the 60-year-old median entrance to Del Cerro from I-8 to Del Cerro Blvd and to receive community input on its design.

Several months ago, a hiker died while attempting to cross the San Diego River at the Jackson Drive Crossing during a storm when the river was running higher than normal. Since that time there has been a concerted effort to secure funding for a bridge. Councilmember Campillo was instrumental in working with Toni Atkins, president pro Tempore of the California State Senate, which resulted in a state grant for \$1.5 million that will fund the bridge.

Councilmember Campillo also emphasized his effort to secure funding for the San Carlos Library. It is our understanding the San Diego Regional Water Quality Control Board will be issuing a letter by the end of the year confirming the property at the northwest corner of Jackson Drive and Golfcrest Drive is now environmentally safe, and the City of San Diego may now purchase the property. The funding to purchase the property for the long-awaited new library has been on hold at the city since 1995.

He then presented a certificate to John Allegra, an FODC board member, for his effort in working with SDSU to have the university install a more secure fence at the end of Mill Peak Road. The new

SEE COMMUNITY BRIEFS, Page 9

**Empty Nesters: FREE Special Report
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When Selling Your Home**

SAN DIEGO - Are you an "Empty Nester" who needs a home for the future? Is it time to downsize or to move into another home more suitable for your glorious retirement years?

Like thousands of residents in our area, you may be discovering that after years of non-stop child traffic in and out of your doors, toys on the floor, music floating throughout, suddenly you can hear a pin drop over the quiet hum of the refrigerator. Your rooms are filled with pictures and memories of this wonderful time of your life, but there are many empty rooms gathering dust now that your children have moved on. The freer years ahead are exciting ones to look forward to, and it's time for you to move on as well.

If you find yourself in this situation, you're in vast and good company. And what that means is that there are many wonderful opportunities for you to create this new chapter in your life...if you know what it takes to get the most out of the equity you've built up in your current home.

To help you understand the issues involved in making such a move, and how to avoid the 9 most common and costly mistakes most Empty Nesters make, a new report called "Empty Nester: How to Sell the Place You Call Home" has been prepared which identifies these issues, and shows you how to steer clear of the mistakes that could cost you literally thousands of dollars.

To hear a brief recorded message about how to order your FREE copy of this report call toll-free 1-800-270-1494 and enter 1013. You can call any time, 24 hours a day, 7 days a week.

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CENTURY 21 Award

Miss Breed

CONTINUED FROM Page 1

After the war, she advocated against the San Diego City Council's and Chamber of Commerce's efforts to prevent Japanese Americans from returning to San Diego and owning land, according to San Diego City College history professor Susan Hasegawa who gave a lecture

MORE FUN ACTIVITIES AT THE LIBRARY

Design a Jack O' Lantern – Oct. 1–30, San Carlos Library
Help us celebrate Halloween by creating your own Jack O' Lantern! Pick up a pumpkin coloring sheet from the library and design your jack o' lantern face. Return it to the library before Oct. 30 and receive a free prize. You might even see your pumpkin displayed on our bulletin board on your next visit.

Children's Outdoor Book Discussion — Oct. 15, 5 p.m., Allied Gardens/Benjamin Library
Ms. Ann will be reading "Ghosts" by Raina Telgemeier. Sign up online today and pick up a copy at the branch.

Friends of the Library Book Sale — Oct. 23, 10:30 a.m.-1:30 p.m., Allied Gardens/Benjamin Library
Start early on your holiday shopping! Stop by and find a treasure – great books, puzzles and more at great prices!

Halloween Outdoor Storytime — Oct. 30, 10:30 a.m., Allied Gardens/Benjamin Library

on Japanese Americans in San Diego as part of the "Rebellious Miss Breed" programming. During the traumatic re-entry process, Breed also maintained relationships with many of the children she had communicated with while they were incarcerated.



Clara Breed (Photos courtesy San Diego Public Library)

When she later became head librarian for 25 years, Breed expanded the library systems, promoted youth services and encouraged librarians to acquire multi-cultural collections.

"Clara Breed was dedicated to the library and the San Diego community during her lifetime," said San Diego Public Library Director Misty Jones. "'The Rebellious Miss Breed' brings Clara's devotion of public service to life and reflects on how her advocacy for an equitable and inclusionary future still informs the mission of the San Diego Public Library today."

Librarian March Chery, the co-director of the Clara Breed programming, finds Breed's story to be inspiring because she demonstrated the same passion for the community that librarians have to this day.

"In the library world, we continue to make people's lives better in the community, to open



The exhibit about Breed will be up until January.

doors for people," Chery said. "Whether it's helping somebody find the right book but also uncovering issues that are a part of the nation."

Chery said Breed refused to compromise on the humanity of other people.

From Sept. 18, 2021 to Jan. 30, 2022, the San Diego Central Library Gallery will host the exhibit "Call to Serve: Clara Breed & the Japanese American Incarceration." It is a collection of photos and artifacts that examine Breed's advocacy and the experiences of Japanese Americans



Letters and postcards are an important part of the exhibit.

during World War II. The exhibit includes a replica of a World War II barrack to show living conditions at detention sites.

The program was meant to be held last year but was delayed due to COVID-19's library closures. The delay did allow for the program to be much bigger than what was originally planned. Instead of just a month, the exhibit and events lasts from September to January 2022. Despite the ongoing pandemic, the librarians running the programs have been blown away by the response from the community. At recent lectures

and events, double the audience they have expected attended. While many of the attendees have been elderly Japanese Americans, people of all ages and ethnicities attended as well, according to Chery.

Chery has been at the library for 20 years and at first did not know about Breed's advocacy.

"I found out and felt that something should be done in the library," Chery said.

Alongside another librarian who made a similar discovery, it

SEE MISS BREED, Page 19



US Army Corps of Engineers

Los Angeles District
For Release: Final Release
September 2021

News Release

Contact: David Palmer
(602) 230-6990
James.D.Palmer@usace.army.mil

FOR IMMEDIATE RELEASE

The U.S. Army Corps of Engineers Conducts the Fourth Five-Year Review of the Former Camp Elliott Tierrasanta and Mission Trails Formerly Used Defense Sites

LOS ANGELES - The U.S. Army Corps of Engineers, Los Angeles District has conducted the fourth Five-Year Review for two former military training areas known Tierrasanta and Mission Trails. These two sites are Formerly Used Defense Sites that were once part of the former Camp Elliott.

Military use of the former Camp Elliott began in 1917 and continued to 1960. It included training by the U.S. Marine Corps for artillery, anti-aircraft, and machine gun training. After Camp Elliott closed in 1960, the Navy and the Marine Corps each conducted ordnance clearance activities in portions of the former camp. Even after the multiple surface clearances, two Tierrasanta boys were killed by accidental detonation of a 37mm high-explosive projectile in 1983. This accident prompted the U.S. Navy Explosive Ordnance Disposal Mobil Unit to perform two searches for unexploded ordnance in the area, one in 1984 and the other in 1985. These searches indicated the need to conduct extensive munitions removal activities. The Corps of Engineers performed additional clearance activities from 1990 to 1994. The Corps of Engineers located and removed unexploded ordnance, munitions debris and trash from the project area.

The Tierrasanta and Mission Trails FUDS projects are currently under Long-Term Management. The Corps of Engineers conducts five-year reviews to evaluate if previous removal and remediation activities and current educational awareness activities are still protective of human health and the environment. The Final Fourth Five-Year Review is available for review at the public repositories located at the Tierrasanta Branch Library in San Diego and the Mission Trails Regional Park Visitor Center, and at <https://www.spl.usace.army.mil/Missions/Formerly-Used-Defense-Sites/Camp-Elliott/>. You can also scan the QR code to access the website:



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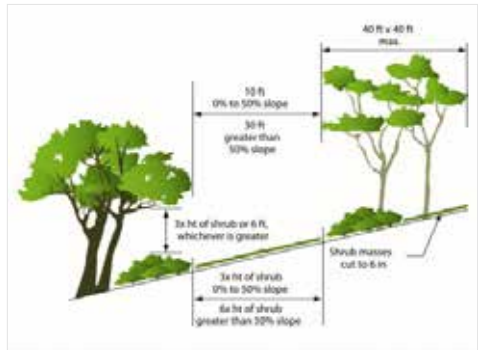
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Letters

HELPFUL SAFETY INFO

Re: "Wildfire safety for homeowners" [Volume 27, Issue or bit.ly/3AWiYJ9]

I currently live in San Carlos and our property abuts Mission Trails Regional Park. Now that we are not locked down, the park service is scheduled to help remove brush from their portion of the park near our home. This is great and comforting news.



(Courtesy City of San Diego)

We also have a parcel of open land that belongs to us, and is in need of maintenance. Luckily, our park ranger supplied us with The City of San Diego's Brush Management Regulations, Bulletin #1, Brush Management Guide. The guide describes requirements of the San Diego Municipal Code (SDMC) 142.0412. [Editor's note: View PDF at bit.ly/3om69cN]

The guide provides details and pictures to help owners understand what to do to manage brush, and how to do it. It would be great if your publication could reference this in the next issue, so that people reading articles like "Wildfire safety for homeowners," by Sarah Ward could have a more detailed reference to use to make their homes safer.

—Jill Kibler, San Carlos

Guest editorial

Homes for all of us

By TODD GLORIA

Homeownership is the essence of the American Dream for many. It is the reward for years of hard work and responsible financial decisions. It means that you have made it. But what happens when you have worked hard, done everything right and yet still cannot afford to buy a home? The enormous demand for an extraordinarily scarce supply of homes, unfortunately, means that this is the reality for too many San Diegans.

The lack of homes built for middle- and working-class San Diegans is particularly acute. In the last decade our city has produced just 37 new homes for families earning between 80% and 150% of the area median income. This is why so many find that they do not earn enough to afford the market rate homes and earn too much to qualify for existing housing assistance programs.

A clean and safe place to live is foundational. Studies have shown that stable housing is helpful to students' academic success. It boosts physical and mental

health. When reasonably priced, it allows families to save for emergencies and for the future. A home is often an individual's most valuable asset and the basis for generational wealth. In short, housing is everything. This is why we must take every reasonable step to build more homes for all of us. I have launched three initiatives to do just that.

My "Homes for All of Us" (bit.ly/2Y6egiD) housing package seeks to place a roof over every head at a price you can afford. The ten proposals (bit.ly/3meaz2F) in this package include various incentives to build more entry-level housing, housing for families, seniors, and people with disabilities. It concentrates new homes in transit priority areas, on underutilized commercial sites, and on City-owned lands. It prioritizes equity, limits displacement, and expects all neighborhoods to provide affordable housing solutions.

I have also proposed Blueprint San Diego (sandiego.gov/blueprint-sd) to help tackle our housing crisis. This planning tool is intended to marry our housing efforts with our climate

action and sustainability efforts. It would speed up community planning efforts and include the public spaces and infrastructure needed to ensure new homes integrate well into existing neighborhoods.

Finally, I have created the Middle-Income Housing Working Group (bit.ly/3A16zHx) to tackle the extreme lack of housing that is affordable and available to our local middle and working class. This group of 23 San Diegans from a variety of backgrounds and professions will work for the next two months to prepare policy and financing recommendations for the City's consideration and swift action.

I hope you will visit the City of San Diego's website to learn more about these initiatives. I welcome your feedback and my team is hosting multiple public workshops to collect public input. Together I believe we can make space for everyone who wants to work hard and contribute to building a vibrant future for San Diego.

—Todd Gloria is mayor of San Diego.

Keeping Navajo residents safe from gun violence

District 7 Dispatch

By RAUL A. CAMPILLO



I am proud to report with this update that Navajo residents are a little bit safer in their neighborhoods as a result of an action our city took this past weekend.

I worked closely with the San Diego Police Department (SDPD), San Diegans for Gun Violence Prevention, and several other agencies to put on the first anonymous SDPD "Guns for Gift Cards Exchange" (GGCE) North of the I-8 freeway. A GGCE is an opportunity for residents to voluntarily bring unwanted firearms to a given place on a given day to turn them in to be destroyed. Residents were given a \$100-200 gift card per firearm surrendered, depending on the type of gun. Through this event, we were able to recover 418 guns, including 13 highly dangerous assault weapons. Statistics show that we are safer as a community with these guns off of our streets and out of our homes, especially as we know many guns are lost and end up in dangerous hands every year as a result of home burglaries.

We as a city need to face the facts: We have not been spared from our nation's current gun violence epidemic. This epidemic is largely caused by the fact that we have too many guns in too many hands. As a former member of City Attorney Mara Elliot's flagship Gun Violence Response Unit, I have seen first-hand the life-saving effects that common-sense gun measures like these can have. Voluntary gun exchanges are one tool in our toolkit for curbing this epidemic.

It is important for readers to note that this type of anonymous firearm surrender is always an option to residents, but it is only occasionally that a gift card exchange takes place. Residents can always bring unwanted firearms to any SDPD sub-station to surrender it with no questions asked, but there is no compensation for a sub-station surrender.

Have an unwanted firearm but were not able to take place in the GGCE on Sept. 25? Don't worry, there is another exchange happening soon, hosted by the San Diego County Sheriff's Department. To participate, bring your unwanted guns to the South Bay Courthouse at 300 Third Avenue in Chula Vista between 9 a.m. and 2 p.m.



Councilmember Campillo looking at some of the firearms that were surrendered at the September 25 "Guns for Gift Cards Exchange."

Lastly, I am proud to report that Nadia and I completed the 5 Peaks Challenge in Mission Trails Park on Sept. 5. My best advice to anyone considering this challenge is not to go in early September when it is so hot, and to always remember your water. Despite the heat, though, we had a great time!

As always, please do not hesitate to reach out if there is anything my Office can assist you with. You can always reach us by phone at 619-236-6677 or by email at RaulCampillo@SanDiego.gov.

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

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SUBMISSIONS/NEWS TIPS: Send press releases, tips, photos or story ideas to jeff@sdnews.com.

For breaking news and investigative story ideas contact the editor by phone or email.

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Americans indifferent as we slouch toward ‘second coming’



By SEAN QUINTAL

In 1919, one of the English language’s greatest poets, William Butler Yeats, took notice of the calamity that had befallen the globe during World War I; he also felt a gathering energy of dread and foreboding, sensing (correctly) that even greater horrors were to come. This inspired him to pen one of his master works, “The Second Coming.” Yeats uses biblical imagery, much drawn from the New Testament’s Book of Revelations, to intimate that a “second coming” is at hand, one that promises not redemption, but chaos and destruction.

The poem begins:
“Turning and turning in the widening gyre
The falcon cannot hear the falconer;
Things fall apart; the centre cannot hold;”
The first stanza ends with:
“The best lack all conviction,
while the worst are full of passionate intensity.”
The poem concludes:
“And what rough beast, its hour come round at last,
Slouches toward Bethlehem.”

When considering the many assaults on democracy occurring today throughout the world, Yeats’ words resonate now with an ominous intensity. China under Xi has transformed what was a nascent, partially democratic economy into a fully authoritarian, repressive, state-controlled economic system, which is brutally intolerant of any dissent or contrary thought. Moreover, China is investing massively in infrastructure and other sectors in many developing countries. Its aim is to offer the world a different sort of superpower for the 21st Century, an authoritarian quasi-capitalism alternative to the liberal democracy order, which has predominated since World War II. Consider also the many putatively democratic nations, ruled by populist right-wing demagogues, that are devolving into functional autocracies. Andrzej Duda in Poland is transforming the first democracy of the former Soviet Union into a clenched political system where a journalist is currently on trial for insulting Duda. Viktor Orban in Hungary is systematically dismantling all democratic institutions in that country, replacing them with organs that function as a rubber stamp for himself. In Brazil, Jair Bolsonaro is threatening the Supreme Court which is overseeing investigations into

his conduct, and is using baseless claims of fraud as a basis to cancel of contest next year’s election. Sound familiar? It should, because the Republican Party in the U.S. is using the same playbook to undermine American democracy. The other examples, aside from Xi, are all elected officials. They are men who exploited populist sentiment to be elected the first time, then once in office, misused constitutional means to intentionally subvert their respective nation’s democratic institutions. The conservative, American historian Robert Kagan wrote recently, “Trump and his Republican allies are actively preparing to ensure his victory (in 2024) by whatever means necessary ... establishing a predicate to challenge ... results that do not go his way.” Kagan continues, “(In 2024) Trump and his supporters will have the control over state and local election officials that they lacked in 2020.” In Yeats’ beautiful language, “the widening gyre” may be understood as the ricocheting chaos in which democracy the world over now finds itself. And things do “fall apart;” witness the failure of the American people to unite in solidarity with one another against a deadly pestilence that

SEE LMFDC, Page 8

DA Stephan to speak at Republican Women meeting



By LAUARA CRIVELLO

We are so excited to announce our guest speaker for our November luncheon will be our fabulous District Attorney Summer Stephan. Please go to our website, rwcnavajocanyon.org, for information and to purchase tickets. Reserve your spot early, as it will surely be a sell out. Now that Californians have rejected ousting the worst governor in California history, I would like to ask liberals in this state what they think about his policies and ask why you want this for our state. How does the planned release of 63,000 convicted felons into society make our street safer? Nearly 20,000 of them are serving life sentences! At the same time, California cities are defunding police. Why is it okay to give people entering our country illegally stimulus checks? \$600 paid for by California taxpayers, not to mention “free” healthcare, while the citizens pay through the nose? Doesn’t this make you angry?

Why is it okay to tax by the miles you travel. This has not yet been passed, but we all know it’s coming. We are already paying huge gas taxes for “road maintenance” that for some reason gets appropriated to everything but our roads. Do you know who doesn’t pay gas tax? Drivers of electric cars. Why not tax them for miles driven and leave the rest of us alone? Let’s discuss COVID-related mandates. Shouldn’t parents be allowed to make those decisions for their children? At this point, we don’t know what the long term effects will be for these young people. We should not be experimenting on our children. How about workers in all walks of life losing their jobs because they choose not to be part of an experiment? Is that okay? Not in my opinion. If you are vaccinated, why worry about anyone else’s choice? What happened to “my body, my choice?” That only applies when you want to commit murder. Yes, abortion is murder. I’ll have more burning questions for you next month, to be continued... —Laura Crivello writes on behalf of the Republican Women of California – Navajo Canyon.

TIPS TO STAY CONNECTED DURING NATURAL DISASTERS, WILDFIRE SEASON



It’s always important to prepare your loved ones, home and business in the event of a natural disaster, which can strike without warning. For San Diego residents, that also means preparing and protecting your home or business in the event of a wildfire. A top priority for Cox during a wildfire or other natural disaster is to keep customers connected so they can stay informed, check in with family and friends, and even access their shows and movies if they’re evacuated. Cox also works hard to keep business customers, including hospitals and offices of Emergency Services, connected so they can continue to serve their customers and the public. Wildfire season typically occurs from May through October. However, wildfires can occur at any time. Some of the most destructive and deadliest wildfires in California have occurred in November

(Camp Fire in Northern California in 2018) and December (Thomas Fire in Santa Barbara in 2017). Cox prepares all year long for natural disasters, including wildfires, by reviewing its business continuity plan and running through simulated events such as a wildfire or earthquake so that employees in all facets of its operations will be prepared and know their role and responsibilities during a natural disaster. When weather conditions increase the risk for wildfires, the local power company may notify you and Cox that they’re implementing a PSPS. If you’re in a neighborhood where power is shut off, your Cox services may be interrupted. You need power to run your devices and we need commercial power for our network. We’ll work closely with the power company and public safety agencies to monitor the situation and ensure the safety of our network and facilities to continue to serve our customers. Here are some tips to help better prepare for an unexpected event or Public Safety Power Shutoff. **Have a charged backup battery for your landline phone** Cox Voice customers should keep corded landline phones and a fully charged backup battery for phone modems in case of an emergency. Purchase a backup battery by calling 855-324-7700 or visiting your local Cox store. **Follow Cox on Twitter for updates and info** During a Public Safety Power Shutoff or natural disaster, Cox posts service outage updates and

other important information on Twitter. Follow Cox at @coxcalifornia. **Download Cox apps before a wildfire or PSPS occurs**

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- Cox Contour app – Cox TV customers can access the latest news and weather, and stream favorites to their mobile devices.

Generators may help keep you connected If your power goes out, a generator may prolong your services if your Cox service location still has power. Check your generator owner’s manual for details on power capacity and safe operation. **Homelife Security Functionality** Cox Homelife Security will continue to work with limited function. Go to cox.com/residential/support/cellular-backup-capabilities for more information. **Consumer Disaster Protections** Customers whose residential telephone service is impacted during a state of emergency declared by the California Governor’s Office or the President of the United States may be eligible to receive disaster relief protections Visit cox.com. For more helpful information and tips, visit cox.com/CaliforniaAssist.



LMFDC
CONTINUED FROM Page 7

threatens each and every one of us. “(T)he centre cannot hold,” when some Americans willfully risk their own lives, and the lives of others, by defying basic public health sense, all to declare allegiance to an ideology or its ideology.

At some point, these right-wing populist movements become more than their individual progenitor. “The falcon cannot hear the falconer.” Neither can true believers listen to reason, or even the words of their beloved demagogue; rational thought gives way to a religious-like zeal, when even basic political choices seem redolent of societal collapse.

Yet most Americans seem blithely indifferent to the rapacious pests gnawing at the very frame of our

country’s democracy. Most of us can manage but a desultory shrug when confronted with the clear and present danger to our right to free and fair elections; a danger that menaces more with the passing of each day. And if “the best of (us) lack all conviction,” it is horrifyingly obvious that these would-be usurpers of democracy “are full of passionate intensity.”

And we have seen our “rough beast.” His clown-colored make-up, his crayon-hued hair, his sagging belly, all suggest a caricature, a figure of fun. But our Beast’s “hour (will) come round” again. As he “slouches” back toward Washington, will we feel shudders of Yeats’ early-20th Century alarm, or will we be passive and resigned, as that second coming threatens to destroy what America means?

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

News briefs
CONTINUED FROM Page 1

or partners throughout San Diego County for the past decade through the Wills For Heroes program. Historically, the program has focused on serving first responders — firefighters, paramedics, EMT/EMS professionals, police officers, and correctional and probation officers. It was expanded last year to also serve licensed healthcare professionals, including local doctors, RNs, LPNs, PAs, CNAs, technicians, respiratory therapists, pharmacists, residents, interns, and medical students.

Through the Wills For Heroes program, these heroes

can receive vitally important estate planning services from a licensed California attorney at no cost. Volunteer attorneys will spend up to one hour with each hero in virtual meetings via conference call or video platform.

Participants qualify if they have an estate and net worth valued at less than \$500,000. Net worth consists of cash, personal property, stock and bonds, real estate (equity only), savings, cash value of life insurance policy, and retirement assets like a 401(k) or an IRA. Heroes whose net worth exceeds \$500,000 can be matched to an estate planning lawyer through the SDCBA’s Lawyer Referral and Information Service to pay for this service.

For guidelines and application, visit hbit.ly/3FmFIPJ.

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CAR CLUB FOOD AND TOY DRIVE

On Nov. 13, the San Diego chapter of the Antique Automobile Club of America (AACA) will host a food and toy donation event at The Church of Jesus Christ of Latter Day Saints, 6767 51st St.

The AACA is inviting all car enthusiasts to participate, and welcome all hot rods, rat rods, customs, muscle cars, classics, pickups and antiques to participate. Organizers are asking participants to respect the church property and refrain from smoking, revving engines,

SEE NEWS BRIEFS, Page 9

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Community Briefs

CONTINUED FROM Page 3

fence has greatly reduced illegal entry to Adobe Falls.

Mark Allan, vice president of FODC and chair of the Princess Del Cerro Park Committee provided an update on the Princess Del Cerro Park. Mark stated, “Kelly Wood, our Park and Recreation Department Area Manager informed me funding has been secured to resurface the basketball court at the Princess Del Cerro Park in December. The FODC will then donate two new backboards to complete restoration of the basketball court.”

Take a minute and drive by the newly painted, and themed, SDG&E Utility Boxes adjacent to Einstein Bagels on Del Cerro Boulevard. This was a project by Girl Scout Troop 4438 that is based in Del Cerro and the Troop Leader is Deeanna Steffen. The FODC is paying for the paint used by the troop for painting the utility boxes.

Jackie O'Connor, president of the FODC, announced another community project is collecting information and interviews on the history of Del Cerro. Jane Kloforn, also a member of FODC, is heading up this project. If you would like to contribute, please contact Jane through the FODC website.

For more information, and to join the Friends of Del Cerro go to friendsofdelcerro.org.

—By Jay Wilson, FODC board member



SCAC Vice President Patricia Mooney and President Mark Schulze in “San Carlos Gothic” (Courtesy image)

SAN CARLOS AREA COUNCIL

A “booooo!” to you! We hope you are enjoying this cooler beginning of autumn, gateway to all the big holidays.

The San Carlos Area Council did not meet in September due to the Yom Kippur holiday, but SCAC President Mark Schulze and I recently checked out a few very nice restaurants in surrounding neighborhoods.

At Tsuki Sushi on Lake Murray Boulevard we had some of the freshest and most amazing sashimi we have ever eaten, and we have eaten in Nagasaki, Japan. In the same mall, there is Pearl & Oyster (formerly Vine Cottage) where we have enjoyed a couple of their happy hours. The mus-sels in Thai coconut milk were outstanding.

Down the street, Signature Thai Cuisine has some of the best Thai food in San Diego. Mark loves the soft shell crab Pad Thai and I’m partial to the Tom Yum coconut milk soup. I was also energized by a Thai iced tea served in such a large container that I took the rest “to go.”

In Grantville, there’s a new seafood restaurant called Fish Grub where the Schechuan Mandarin used to be. They have Taco Tuesdays with some of the best fish tacos I’ve eaten. Also, if you are a sports fan, that’s going to be a fun zone for you, as they stream the games on big monitors at the bar.

We learned on Nextdoor that our friendly neighborhood post office clerk, Mike Davis has passed away. Neighbor, Dee Sade, wrote:

“To all who went to San Carlos Post Office a few years ago, you should remember Mike Davis. He was the happy vibrant worker who made everyone laugh and smile for many years. If you had children they all knew Mike. Every day he would ask my son, ‘What did you learn today?’ and once he gave a positive answer, Mike gave him a piece of candy. There were many kids who loved to visit Mike. He became a friend and Mentor to my son and will be missed.”

RIP, Mike Davis and thank you for your service to our community.

Our SCAC Secretary, Ariel Voss, will be stepping down from her office to spend more time with her son. We would love to have a community member step up, join the

board, and help to keep our Town Council vibrant.

We hope you will join us at our next Zoom meeting on Wednesday, Oct. 20, from 6:30 to 8 p.m. (Zoom link will be posted at Facebook page, facebook.com/sancarlosareacouncil) We will of course have our wonderful local representatives to give reports on what’s happening in the ‘hood. And our guest speaker, Dr. Caitriona Tilden, Ph.D., will talk about depression and suicide prevention — very poignant and necessary topics in today’s world.

Happy Halloween everyone! Enjoy the spookiness, and keep it safe!

—By SCAC Vice President Patty Mooney

News briefs

CONTINUED FROM Page 8

doing burnouts, playing loud music or drinking alcohol.

The car club’s food and toy drive event will be held Nov. 13, 10 a.m. to 2 p.m. at he Church of Jesus Christ of Latter Day Saints, 6767 51st St. For more information, contact Ron Walling at wallimng.ron28@gmail.com.

FATHER JOE RECOGNIZED WITH SPIRIT OF HOPE AWARD

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SEE NEWS BRIEFS, Page 13



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October events at Patrick Henry



Patrick Henry High School News

By MICHELLE IRWIN

We have had a great start of the school year and cannot believe that the first month of school has already passed!

October will be a busy month at Patrick Henry High. We will host a Blood Drive, finish our first progress reporting period and have our first spirit week during Homecoming week! We will have a pep rally and Homecoming football game on Friday, Oct. 15 and a Homecoming dance on Saturday, Oct. 16 in the Henry quad. Our Alumni Association is also hosting a fundraiser at Admiral Baker Golf Course on Oct. 14.

Our Henry Foundation will be honoring our students who earned a 4.0+ GPA during the 2020-21 school year on Oct. 27. We are thankful for all the ways our Foundation supports Patrick Henry High School. Our Foundation has purchased books for our English classes, supported clubs like the Model United Nations and provided much needed support for our educators. Please consider supporting the

Foundation by making a tax-deductible donation. Please visit patrickhenryhighfoundation.org.

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

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

YEARBOOK

It is time to buy your Patrick Henry 2022 yearbook! All yearbooks will be sold online at yearbookordercenter.com Enter the code 8053 to purchase a 2022 Patrick Henry High yearbook.

STUDENT STANDOUT

Perseverance was the aptly named rover that successfully landed on mars this past year. The name, derived from the word, can be defined as: "persistence in doing something despite difficulty or delay in achieving success."

What does this have to do with Andrea Zayas-Conner, a senior from Henry High school? The truth is, her attitude this year can only be described as one that embodies hard work and exudes perseverance.

Andrea started cross-country track her freshman year as a fun way to meet friends, and was, to put it bluntly, one of the slower

runners on the team. She had to work hard to reach the finish line. But no matter what obstacles she faced, no matter how hot or cold the day was, no matter how steep the incline, she kept running, day in and day out. Throughout the struggle of COVID, Andrea kept visualizing her goal times, and how much further she would be willing to push herself to achieve success. She kept persisting, and of course kept running.

The truth is, we all have the ability to persevere in our endeavors, athletic or otherwise, yet few of us rise to the challenge. With excuses such as work and busy schedules, it's hard to keep up. But its students like Andrea who remind me why it's so important to keep going, fighting, and dreaming.

Andrea reached her goal pace at Woodbridge for the three-mile, even through the sweltering heat and a long drive. She didn't make excuses — she stepped up and ran hard, and came home with a medal (not to mention a beaming smile).

Although she didn't get first place, she reminded the team of a far more important lesson. She reminded us that with hard work and perseverance, you can accomplish anything.

—By Erin Fink, Physics, Biology, AVID teacher

—Michelle Irwin is principal of Patrick Henry High School.

Flags at Foster honor the fallen



(Courtesy Foster Elementary School PTA)

At Foster Elementary, we have an active group of PTA families who are working hard to keep our school connected to the community. While we have not been able to have our regular family gatherings and fundraisers, our PTA has managed to keep things going!

During the week of Sept. 11, our PTA facilitated having every student at Foster Elementary School help to plant 2,977 flags on our front lawn. There was

one flag for each life lost on 9-11. This was an amazing way for our school to thank our first responders.

The PTA welcomes members from the community. Please consider joining our next PTA meeting on Tuesday, Oct. 12 at 6 p.m. by Zoom. Email Foster.PTA.SD@gmail.com for login info.

—By Dana Peterson, Vice President Foster Elementary School PTA

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Henry Cluster STEMM Foundation college class workshop

By JAY WILSON

On Oct. 12, the Henry Cluster STEMM Foundation is sponsoring a workshop for all students interested in learning what some of our community colleges can offer in the way of resources and paths to degrees in a variety of subjects. The event is being held at the San Carlos Library 6–7 p.m. with the cooperation and support of David Ege, the branch manager of the library. The event will be held in the library parking lot and chairs will be provided.

Meet Outreach Ambassadors from Grossmont College and Mesa College and learn how to enroll in college classes and start earning credits toward your degree *for free*. Find out what academic social, leadership, and career opportunities the Grossmont-Cuyamaca and the San Diego Community College Districts offer to their students.

Representatives from each school will give short presentations and answer audience questions. This event will be held outdoors, so be sure to bring a sweatshirt. Reservations are not required.

MISSION TRAILS ROBOTICS COMMUNITY

Robotics teams for schools and neighborhood teams will be starting up shortly. The Henry Cluster STEMM Foundation has a new committee: The Mission Trails Robotics Community (MTRC). It is made up of coaches from local school and community *FIRST* robotics teams. First Lego League and First Technical Challenge coaches share season information, mentor

new teams, and connect students on different teams to each other.

If you are interested in starting a *FIRST* Lego League or a *FIRST* Tech Challenge team at your school or in your neighborhood, visit the *FIRST* website at firstinspires.org to learn more. Email the HCSTEMM Foundation at info@hcstemm.org for more information about MTRC. connect new coaches to established teams for information and advice.

The Henry Cluster STEMM Foundation is hosting a robotics fundraiser on Wednesday, Nov. 10, 4–8 p.m. at Rubio's on 10460 Friar's Road. If you order online or through the app, enter the promo code "Donate" at checkout so that your purchase will be credited to the fundraiser. Download a copy of the fundraiser flyer from the HCSTEMM website.

Henry Cluster STEMM Foundation has an Amazon Smile charitable donation account. If you click on the Amazon Smile link before shopping on Amazon, then HCSTEMM will receive a percentage of the proceeds. Or you can go to your Amazon Account Settings and select the Henry Cluster STEMM Foundation as your current charity, so every purchase you make will be count towards Amazon's donation to us!

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—Jay Wilson writes on behalf of the Henry Cluster STEMM Foundation.

News briefs

CONTINUED FROM Page 9

Counties awarded the Spirit of Hope award to Father Joe Carroll in honor of his life-long service to end homelessness in San Diego. Deacon Jim Vargas, president and CEO at Father Joe's Villages, accepted the award in honor of Father Carroll during the 19th annual Real Hero Awards, which was hosted virtually Oct. 1.

"It is with great respect and admiration that I accept the Spirit of Hope Award on behalf of Father Joe Carroll. I am extremely grateful and humbled that Father Joe's outstanding acts of bravery, dedication and passion continue to make a positive impact and

be recognized in the community. Father Joe instilled in us that no woman, man or child should have to live on the streets and brave the elements to survive. He developed innovative solutions that put the people experiencing homelessness and their needs first," Vargas stated. "Everyday I see Father Joe's legacy carried forward through the strong perseverance and compassion of our staff, volunteers, and community partners, like the Red Cross, as they serve our neighbors in need. Thank you to the American Red Cross Southern California for recognizing our great founder and President Emeritus, Father Joe Carroll, with this award and for your on-going service in the community."

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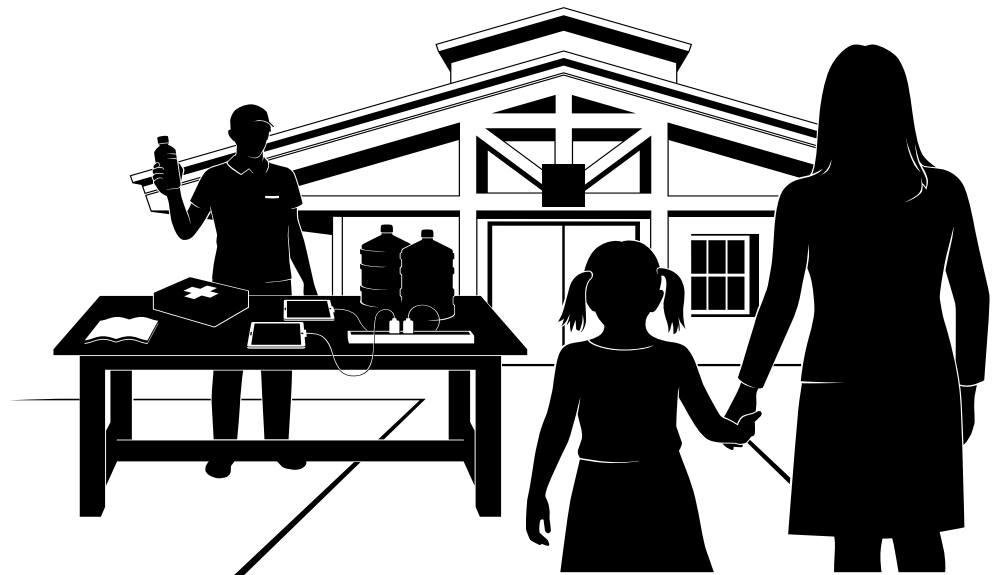
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Patrons, staff bring family atmosphere to West Coast

By ROBIN DOHRN-SIMPSON

If you want wings, football and camaraderie on Monday night, then West Coast Smoke and Tap House is the place for you. Wings Night starts at 4 p.m. and you'll want a plateful before the game starts. Come and enjoy the sense of community that both employees and patrons have when they step inside the restaurant.

"Our chefs put tons of love and time into their food," said West Coast assistant manager Taylor Pletcher. "Our meats are house-smoked. Our soups and sauces are housemade. This way we can control the quality. Humberto Aguilar, head chef, and co-owner along with his brother Jorge Aguilar are a good team. They know what they're doing in the kitchen. Their

inclusive atmosphere makes everyone feel like family."

Every night offers a different special, which you can find on their website. For example: Taco Tuesday or Friday night Prime Rib dinner.

"We always have daily specials. There's always something new to eat," Pletcher said. "Two house favorites are corned beef and our ribs."

West Coast offers an extensive menu with sandwiches and tortas, housemade soups, BBQ plates, salads and burgers (the Brie Prosciutto Burger looks extremely interesting as does the Spicy Jesus Burger). Or if you prefer you can get a few appetizers.

With 28 beer taps, they try to rotate a good variety of brews so that there is something for everyone.

"Some fan favorites are the Tangerine Wheat from Lost Coast Brewery in Eureka and Pliny the Elder or Temptation from Russian River Brewing Company," Pletcher said. They also keep local brews on tap like Low Hanging Sour: Mango from Thorn Brewing Company in San Diego.

"We're all about the community of La Mesa. We have lots of regulars. My favorite thing about working here is that I feel like I'm coming to work to see my friends and family," Pletcher said.

West Coast Smoke and Tap House is located at 6126 Lake Murray Blvd. They're open daily from 11 a.m. to 9 p.m. Visit westcoastbbqandbrew.com for special events and daily specials.

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



West Coast Smoke and Tap House exterior (Courtesy photos)



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PoeFest returns to live audiences in style

Write Out Loud will hold its the fourth annual San Diego PoeFest Oct. 29–31st at the Villa Montezuma Museum in Sherman Heights. This historic Queen Anne Victorian was named "The Palace of the Arts" by Jessie Shepard, the musician, spiritualist and author who designed it in 1887.

Write Out Loud presents PoeFest in partnership with Friends of Villa Montezuma. The \$30 ticket includes the event and Reserved Parking at Sherman Elementary School. Patrons can reserve tickets at writeout-loudsd.com/poefest or by calling 619-297-8953.

"We are beyond excited to partner with Friends of Villa Montezuma to share this newly designed literary experience and this beautiful historic Victorian home with our patrons," shared Write Out Loud Artistic Director, Veronica Murphy. "A PoeFest host will lead each group of 13 guests through three separate interactive experiences as they explore the mansion, culminating in an encounter with the master of the macabre, Edgar Allan Poe."

Guests will be hosted and guided by the mansion's staff, Walter

Ritter, Rachael VanWormer and Pamela Brittain.

Each program, at 6 p.m., 7:30 p.m. and 9 p.m., will feature four distinct performances:

- "Literary Séance with Madame Philomena" – featuring Rhianna Basore
- "Mephistopheles & Faustus" – featuring Monique Gaffney and Eddie Yaroch



Travis Rhett Wilson as Edgar Allen Poe (Courtesy photo)

- "Dr. Frankenstein's Laboratory" – featuring Paul Maley and John Garcia
- "Encounter with Edgar Allan Poe" – featuring Travis Rhett Wilson

The Villa Montezuma Museum is located at 1925 K St., San Diego 92102. The Villa Montezuma is an historic building with no elevator.

Guests will be standing, walking through the mansion and going up and down multiple staircases. Each performance will last 75 minutes with no intermission.

COVID 19 PROTOCOLS

Proof of vaccination or a negative Covid test within 72 hours of attendance is required for entry. All audience members must be masked regardless of vaccination status. All Write Out Loud staff and performers are double vaccinated.

ABOUT WRITE OUT LOUD

Write Out Loud serves over 30,000 people annually with their core programs. In addition to PoeFest, Write Out Loud presents a six show season of "Story Concerts"; "Voices of Ireland" held each March; "Twainfest," an annual free family celebration of 19th Century literature; "Kamishibi StoryBox Theatre" for elementary students; "Poetry Out Loud" for high school students; "Read Imagine Create" for teens; "Ripples From Walden Pond," a one-man play about Henry David Thoreau; "Stories for Seniors"; and "Listen To This," stories recorded by local actors delivered six days a week via email.

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Common Ravens

By MILLIE BASDEN

Common Ravens are really big birds. Ravens are members of the order Passeriformes. As such, some like to call them the largest songbirds. Although they are very vocal, ravens don't sound very melodious and so I prefer to call them the largest perching birds, another name applied to members of this order. It's the arrangement of their toes that qualifies them for membership in this group of birds: three toes forward and one back, an arrangement that makes it easy to perch.

Male and female ravens look alike and are roughly the same size. They retain their all-black plumage throughout the year with no seasonal change. Common Ravens (*Corvus corax*) may be confused with American Crows (*Corvus brachyrhynchos*), another closely related, large, all black bird. Besides being larger than crows, Common Ravens have a more massive bill, a wedge-shaped tail, and have "hackles" (shaggy throat feathers). In flight, ravens are more likely to soar for long periods, whereas crows usually flap more frequently and faster. The voice of a raven is deeper and raspier, more of a croak compared to the higher pitched "caw" of a crow.

Ravens are omnivorous and eat a wide variety of foods, including carrion, human refuse, rodents, reptiles and the eggs and young of other birds. Young ravens learn what is food and what is not by picking up and examining any unfamiliar object they encounter as they walk on the ground. This interest in anything new is called neophilia. As they get older, their interest in any unfamiliar object transitions



(Photo by Jeanne Raimond)

to fear of any unknown object, known as neophobia. But their neophilia continues throughout life and often overcomes their neophobia, allowing them to investigate anything unusual that they encounter.

Ravens are year-round residents in our area. Although they may travel long distances to forage for food, they do not migrate. They do not typically form flocks, but a group of ravens will often forage near each other, and large numbers will roost in the same location at night.

Although the populations of many perching birds have dramatically declined in the last 50 years, not so with ravens. Ravens have benefited from the changes humans have made in the environment: more roads and more cars have led to more carrion for them to eat; man-made structures such as the towers that support power lines have provided new nesting sites; more people results in more refuse, another source of food.

—Millie Basden is a trail guide at Mission Trails Regional Park.

Mission Trails presents series on 'Natural Disasters'



By JENNIFER MORRISEY

We're excited to share that Dr. Pat Abbott, geologist, and professor emeritus at SDSU, will present a locally focused online lecture series based on his legendary "Natural Disasters" course at SDSU. Last spring, Dr. Abbott discussed the significance of the rocks and geology of Mission Trails, and he now takes on a different subject: natural events that impact our lives, climate, and shape our landscape.

A San Carlos resident, Dr. Abbott taught at SDSU for 40 years, and many of the university's alumni consider his Natural Disasters course the favorite and most memorable of their college years. The Mission Trails Regional Park Foundation is honored to present

some of the course's topics in this new four-part online series, "Mother Nature in San Diego." These online lectures will be available free of charge, and the series has been generously underwritten by SDGE. Registration for the series will be available on the Mission Trails Regional Park website (mtrp.org) beginning on Oct. 13.

CLIMATE CHANGE — NOV. 11, 6 P.M.

Since the Last Glacial Maximum, about 20,000 years ago, Earth has undergone global warming. As polar ice sheets melted, global sea level rose more than 400 feet. Climatic changes have forced human civilizations and migrations to adjust. In modern times,



Lightening captured over Mission Trails Park Oct. 4 (Photo by Evgeny Yorobe)

the roles have largely reversed — now it is human activities that are changing the climate. Changes in climate are not necessarily smooth and gradual, they can be abrupt after crossing tipping points. Signs that the atmosphere, oceans, and

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Local author captures dog's view of Mission Trails

Mission Trails Regional Park (MTRP) is the setting of a new children's book, "Dasha on the Trail," written and illustrated by first-time author Gwynne Margaret Bruck and published by Sunbelt Publications. The charming story follows



Dasha, the author's rescue dog, as she discovers the animals that live amongst the park's beautiful chaparral and coastal sage scrub landscape. Bruck's love for the park and her furry companion can be seen in her illustrations and are sure to capture the hearts of children and

dog lovers. Two events have been scheduled for this book. An online first look at the book will be held on Oct. 21 at 1 p.m. as part of the Sunbelt Spotlight lecture series. The Zoom hosted presentation will be free, but attendees must RSVP to secure their place on Eventbrite at bit.ly/3mlcJh3.

A free reading and signing for the book at Mission Trails Regional Park is scheduled for Nov. 13 at 10 a.m. This event is organized in partnership with the Mission Trails Regional Park

Foundation and will be held outdoors in the MTRP Visitor Center amphitheater where the audience can enjoy the sights and sounds of the park. Families with children are encouraged to attend, but please leave your furry friends at home. The book will be available for sale at the event and in the Visitor Center Gift Shop. Masks are required in the Visitor Center, regardless of vaccination status.

The book has been enthusiastically endorsed by San Diego Mayor Todd Gloria, who had this to say: "Mission Trails Regional Park is a beloved corner of our city and my favorite place in San Diego. I hope this book inspires others to explore the trails and appreciate the incredible plants and animals that are unique to our region. We're fortunate to have this kind of natural beauty as San Diego's backyard."

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CONTINUED FROM Page 16

life are approaching tipping points can be identified from more frequent extreme events, such as floods and wildfires.

EARTHQUAKES – NOV. 18, 6 P.M.

Big earthquakes are much like pandemics; you know they are coming, you just don't know when. For millions of years, Western North America has been hit by big earthquakes. Much can be learned about earthquake fault behavior from recent seismic events such as Landers in 1992 and Ridgecrest in 2019. The magnitude 6.9 Loma Prieta earthquake in the San Francisco Bay region in 1989 presents an informative example for us, and the updated earthquake-planning scenario for San Diego is based on a magnitude 6.9 earthquake.

FLOODS – DEC. 2, 6 P.M.

The biggest recorded flood in California occurred during January 1862 when up to 10 feet of rain fell in some areas, killing about 4,000 people. If it happened in 1862, it can happen again. Overwhelming rainfalls are commonly brought on by atmospheric rivers carrying volumes of water as great as 25 Mississippi rivers. Other big floods occurred during hurricanes such as 1858 in San Diego and 1939 in Long Beach. Floods in 1916 in San Diego wreaked havoc in San Diego valleys. Flood protection locally is commonly inadequate, can be seen in Mission Valley during and after heavy rainfall. Our urbanization brings unintended consequences that commonly increase the heights of floods. In a warming future, marine heat waves may aid more hurricanes to reach San Diego.

WILDFIRES – DEC. 9, 6 P.M.

Wildfires have become part of California life. Of the 17 largest wildfires in California history, 16 have occurred since 2003, while nine of the 17 have occurred in 2020 and the first nine months of 2021. Wildfires now are more frequent, larger, and hotter. They feature firenadoes, which are ignited under heat domes by dry lightning, and they have crossed over the granite wall of the Sierra Nevada to burn the eastern side. Vegetation in California is adapted to wildfire, it will burn. Our preparation to reduce wildfires relies on forest thinning and prescribed burns, but they don't always do the job: The Camp Fire that burned Paradise and killed 85 people moved quickly across a thinned-out forest. Our focus needs to be to home hardening, that is making homes resistant to flames, as well as discouraging further human encroachment into wild areas.

—Jennifer Morrissey is executive director of the Mission Trails Regional Park Foundation.



Tips to avoid Medicare scams during enrollment

By RICK BEAVIN

The annual Medicare Advantage and Medicare Prescription Drug Plan enrollment period is approaching. From Oct. 15 to Dec. 7, millions of people eligible for Medicare can sign up, switch or leave a health care plan to fit their coverage needs for 2022.

Due to the ongoing COVID-19 pandemic, Medicare information and resources are available to help you choose the plan that's right for you while staying safe. Websites, online educational events and one-on-one meetings with sales agents are all great ways to learn about your Medicare plan options. At the same time, it's important to access Medicare resources online while protecting your personal information and avoiding fake offers and other scams.

Here are some tips for how to prepare for the Medicare annual enrollment period:

• Use an online tool

Go to the Medicare Plan Finder on Medicare.gov to compare plans, benefits and get an estimated cost for each plan based on an average member. If you are

interested in Medicare Part D, which helps cover the cost of prescription medications, you can also enter the names of prescription medications you take to ensure those medications are covered by the plan you are considering.

On Medicare.gov, you can also learn about and enroll in Medicare Advantage plans, sometimes called Part C or MA Plans, and visit an insurance company's website to understand more about what they offer. Insurance companies that offer Medicare Advantage plans can provide detailed information about their plans and services, plus prescription pricing information and other benefits. You can also check whether your primary care physician or other providers are in-network with the Medicare Advantage plan.

• Connect with experts

Many insurance companies are offering online workshops to review 2022 Medicare Advantage plan options. Also, check to see if you can schedule a one-on-one meeting with an insurance company sales agent in-person or by phone or video chat. Before you attend an education event or



meeting, it's a good idea to prepare a list of questions so that you can ensure you get the information you need. Does the plan include vision, hearing and dental coverage? Will telehealth services be covered? Is transportation to your medical appointments included?

• Protect yourself against Medicare scams

The federal Medicare agency has warned that scammers may try to use the pandemic to steal Medicare beneficiaries' Medicare numbers, banking information or other personal data. Scammers may try to reach out to you by phone, email, text message, social media or by visiting your home.

Only give your Medicare number to your doctor, pharmacist, hospital, health insurer or other trusted health care provider. Do not click links in text messages and emails from unknown sources, and hang up on unsolicited phone calls.

If you are not comfortable accessing plan information online, you will have the option to meet in-person with an agent this year. Or Medicare.gov has an option for setting up a phone call. To learn more, go to Medicare.gov or call 1-800-MEDICARE (800-633-4227).

—Rick Beavin is Desert Pacific Medicare President at Humana.

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Grossmont arts
CONTINUED FROM Page 1

“Into the Woods” — the theater’s first performances to a live audience since the beginning of the pandemic.

“The faculty and staff of the Grossmont College Theatre Arts Department are excited to welcome back students and members of the community as we engage in our first production at the Stagehouse Theatre since March of 2020,” said Theatre Arts Department co-chair Katie Banville.

The safety of students, faculty, classified professionals, and the public is paramount, so a number of COVID-19 protocols have been instituted.

“Most of all, we are thrilled to give our students and patrons the opportunity to reconnect in a shared space as we return to the magical experience that is live, in-person performance,” Banville said.

“Into the Woods” is an epic Grimm Brothers fairytale about a baker and his wife who wish to have a child; Cinderella who hopes to attend the King’s Festival; and Jack, who wishes his cow would give milk. When the baker and his wife learn that they cannot have a child because of a witch’s curse, the two set off on a journey to break the curse. Everyone’s wish is granted, but the consequences of their actions return to haunt them with disastrous results. The

story is about the wishes people have, the importance of family, and the choices we make.

“Into the Woods” wraps up its two-week run with performances on Oct. 6, 7, 8 and 9 at 7:30 p.m. at a cost ranging from \$10 to \$16.

Just one week after the last performance of “Into the Woods,” the inspiring tale of “Sugar and Seeds,” based on an ancient Buddhist legend of the mustard seed, will have two productions on Oct. 16. The story is a celebration of the fragile and sacred moments we all share with those we love.

The college’s Dance Department will also be offering a performance this fall semester. “We are planning to hold our student choreographed production, titled ‘Breaking Boundaries’ live and in-person,” said Dance Department faculty member David Mullen. The dates scheduled for that production are Nov. 18–20 at 7:30 p.m.

On Oct. 7, the Grossmont Symphony Orchestra (GSO) played its first concert in the PVAC — its new and long awaited home. The 70-member orchestra and 40-member choral ensemble composed of students, teachers and musicians from the community have played since the ‘80s off campus, first at the former East County Performing Arts Center in El Cajon until 2009, then the First Presbyterian Church of El Cajon, Santa Sophia Catholic Church in Spring Valley and St. John of the Cross Catholic Church in Lemon Grove.

The GSO’s innagural performance in its new venue included separate performances of the symphony’s brass and percussion, woodwind and string ensembles; the Master Chorale; and a multimedia performance of the chamber orchestra. In pre-pandemic times, the ensembles performed as one large orchestra, but because of Grossmont College’s COVID-19 protocols limiting the numbers of people in one room, the performance was broken up with each ensemble giving its own mini-concert.

“This 390-seat venue has been a part of the original blueprint for Grossmont College from the earliest years,” said music director Randall Tweed, who has been at GSO’s helm for 35 years. “It has been a long, arduous road. This new facility is a huge step up and being able to return for in-person rehearsals, even with social distancing and masking, has been great.”

GSO’s concert season for the rest of the year includes performances on Oct. 28, Dec. 2, and Dec. 10.

“By fall of next year, we will be a beacon for East County arts,” Tweed said, adding that plans are in place to make Nutcracker performances partnering the GSO and the San Diego Ballet an annual winter tradition starting in 2022.

Visitors to the PVAC won’t have to wait until next fall for the privilege of viewing art exhibits at the new Hyde Art Gallery. Located within the Center, running



Visitors at the new Hyde Gallery inside the Performing and Visual Arts Center at Grossmont College view the exhibit at the opening reception, Aug. 31. (Photo by Cynthia G. Robertson)

through Oct. 21, 2021, the current exhibit is a campus-wide showcase of artwork produced during the pandemic by the faculty and staff.

“During this past year and a half, we’ve all been subjected to feelings of isolation and cynicism, but art and design often provided that crucial alternative outlet for expressing and detailing our unique experiences during the COVID-19 pandemic,” said Gallery Director Alex DeCosta.

Traditionally, the first exhibition of the fall semester is the Visual Arts and Humanities Department’s faculty and staff exhibition, but this semester the Hyde Art Gallery has invited the entire Grossmont community to participate in sharing this

distinctive body of work created during an ongoing health crisis against the background of socio-political upheaval.

Typically most exhibitions will be static fine art works of varying mediums. “We’ve occasionally hosted spoken word poets, smaller musical concerts, artist lectures, and artist workshops that run concurrent to whatever exhibition is on display,” DeCosta said.

Students learning remotely, faculty and staff operating remotely, and the general public can request an appointment to view the exhibition. Proof of vaccination must be shown. To schedule a visit, contact alex.decosta@gcccd.edu.

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Grossmont arts

CONTINUED FROM Page 18

presentations, all guests must show proof of being fully vaccinated against COVID-19 or a negative PCR test within 72 hours of the performance. Masks are required. Because social distancing will be in effect, tickets will be limited. Box office hours are Monday through Thursday, from 10 a.m. to 2 p.m. Further information is available by calling (619) 644-7267.

For more information about Grossmont College performing and visual

arts, contact David Ogul, Interim Director of College and Community Relations by calling 619-644-7840 or email david.ogul@gc-ccd.edu.

—A journalist and photographer for more than 30 years, Cynthia G. Robertson is the author of “Where You See Forever,” a novel set in San Diego about finding a home for the heart. She also authors a blog at www.shutterbug-angel.blogspot.com, a unique devotional attesting to the everyday miracles and beauty she sees in nature around her. She is currently working on other books. See more of Cynthia's work and order her book at cynthiarobertson.com.

Miss Breed

CONTINUED FROM Page 4

still took years for the idea to come to fruition. The funding for the program came from California Humanities.

There were others interested in the story as well. Author Cynthia Grady published her picture book “Write to Me: Letters from Japanese American Children to the Librarian They Left Behind.” On Oct. 23, she will read the book aloud in a virtual event aimed at San Diego families. The book was already a 2020 “One Book, One San Diego” selection and includes excerpts from the correspondence between Breed and the Japanese American children.

To honor that history of correspondence, “The Rebellious Miss Breed” program created a partnership between the San Diego Public Library and the Fresno County Library. One of the incarceration camps was located near Fresno during WWII.

“This program aims to inform people about the incarceration of Japanese Americans during WWII and to promote the value of writing as a way of helping others and speaking up,” said San Carlos managing librarian David Ege. “Now children in San Diego can share their thoughts with children in Fresno County by picking up a postcard from the library, filling

it out and returning it. Postcards will be sent to Fresno County Library and children in Fresno will send the same postcards to San Diego.”

In addition to the letter writing, libraries throughout San Diego have partnered with Write Out Loud to host special storytelling events in the Japanese tradition of kamishibai, where a storyteller stands behind a little wooden theatre and reveals a series of illustrations as they narrate a story, doing all the characters' voices and the many sound effects. Nine video kamishibai performances will be available online at sandiego.gov/missbreed. Locally, the Kamishibai performances will be presented on Oct. 23 at the San Carlos Library at 11:30 a.m. and at the Allied Gardens/Benjamin Library on Nov. 6 at 10:30 a.m.

Other events include a lecture from independent filmmaker and UCLA distinguished professor Renee Tajima-Peña on Nov. 17 and a performance of local theater students who will present a dramatic reading of the letters — the date is to be determined.

For a full list of events and programs, visit the library's “Rebellious Miss Breed” at sandiego.gov/missbreed.

—Reach contributing editor Kendra Sitton at kendra@sdnews.com. Editor Jeff Clemetson contributed to this report.

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