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Columbia • Core/Civic • Cortez Hill • East Village • Gaslamp/Horton Plaza • Little Italy • Marina



Pride Parade photos P. 10

NEWS P. 2



Monkeypox a health emergency

OPINION P. 6



Atkins' twin celebrates birthday

FOOD AND DRINK P. 8



Review: Hob Nob Hill's new menu

FASHION P. 14



Supermodel Pat Cleveland in SD



Samira sewing in her apartment. (Photo by J.M. Garcia)

One year since U.S. exit from Afghanistan, refugee reflects

By J.M. GARCIA

On a recent Sunday afternoon inside a flower shop near Balboa Park, Samira inhaled the fragrance of red roses and thought of her home in Jalalabad, Afghanistan. Vendors would put roses in pails of water outside their stalls. Sunflowers, too. Orange trees bloomed in the summer. The waters of the Kabul River passed her parent's house. The frigid winter weather made her shake with cold, eager for the comforts of spring. The sun blistered the sky in summer making the days

impossibly hot but the roses would remain deep red and cool.

"Just take your time," she told a woman who entered the shop.

The woman fingered a sunflower and picked three. Samira wrapped them in brown paper and tied it with string. She rang up the purchase. The woman left, the bell on the door chimed and Samira sat and stared out the door surrounded by flowers and her memories.

Samira, who spoke on the condition that her real name would be withheld for the safety of her family in Afghanistan, arrived

in San Diego last year. She is one of nearly 2,700 Afghans who have been resettled here since October. Now, a little over a year since the U.S. began withdrawing forces from Afghanistan and the Taliban resumed control, she continues to adjust to a new country without her family and where few people seem to remember what happened to Afghanistan or feel concern for those Afghans left behind.

Just four years old when a U.S. led military coalition toppled

SEE **AFGHAN REFUGEES**, Page 9

Updated Climate Action Plan passed by City Council



A cyclist near the beach. Cutting car usage and expanding public transit and bicycle access will be a major factor in cutting San Diego's carbon emissions. (Photo by David Mark)

By NICOLE ABRAMS

San Diego City Council voted 8-0 Aug. 2 to support an update of the City's Climate Action Plan.

Councilmember Chris Cate was absent from the vote.

The update formalizes the City's goal of achieving 100% renewable energy by 2030 and net zero emissions by 2035. The updated plan was introduced to the council committee by the Sustainability and Mobility Department and the City Planning Department. It is much more ambitious and comprehensive than the one made in 2015. It also reinforces the City's standing as a statewide and national climate leader.

SEE **CAP UPDATE**, Page 2

Index

Crime	3
History	5
Little Italy	7
Puzzles	13

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CAP update

CONTINUED FROM Page 1

The San Diego City Council's Environment Committee unanimously passed the updated 2022 Climate Action Plan (CAP) proposed by Mayor Todd Gloria on June 30.

Early this year, the United Nations' Intergovernmental Panel on Climate Change (IPCC), released their annual report, which discussed the need for drastic change to address harmful greenhouse gas emissions and the growing threat of climate change. However, on the same day that this committee meeting occurred, the Supreme Court decided to severely limit the power of the Environmental Protection Agency to regulate carbon emissions and fight against climate change.

According to Moriah Saldaña, the Climate Action Program Manager for the city of San Diego, action must be taken now to reverse the harmful effects of climate change.

"Without action, we will continue to see extreme weather events, such as heat waves, droughts and

rainstorms. These extreme weather events will disrupt the supply chain, our food systems, and put pressure on the supply of fresh water," she said at the June 30 committee meeting.

San Diego's 2015 CAP had the main goal of reducing greenhouse gas emissions by 50% by 2035. This new plan has made it a priority to participate in national programs like the US Fair Share Goal, which is to reduce greenhouse gas emissions by 195% below 2005 levels by 2030. According to the US Climate Action Network, the US government has a goal of fully decarbonizing the economy.

The updated CAP is also involved with the Race to Zero Initiative, which is a global campaign to reduce carbon emissions to 0% by 2050. This new plan will continue to use the California Environmental Quality Act (CEQA) from the 2015 plan, a controversial act which assesses whether projects are significantly harmful to the environment. In addition, the CAP includes new sections that address the importance of clean air and reducing pollution.

During the committee meeting, the three main priorities

of the plan that were discussed were climate equity, the creation of new and greener jobs, and the support from resourcing and crowd-funding.

The CAP emphasizes the need for community engagement when making decisions about addressing the climate crisis. The new CAP is much more detailed about its goals and includes specific strategies that will be used for the city to become a leader in the fight against climate change.

The updated CAP puts an emphasis on the need for climate equity. According to Saldaña, the definition of climate equity for the city of San Diego is, "addressing historical inequities suffered by people of color, allowing everyone to fairly share the same benefits and burdens from climate solutions, and attain full and equal access to opportunities regardless of one's background and identity."

The 2022 CAP will utilize the Climate Equity Index, which contains data that highlights the "communities of concern" that have been underserved and are the most impacted by climate change. In order to best implement this plan to improve



A polar bear at the San Diego Zoo (Photo by Dwight P)

climate equity and support these communities, the Sustainability and Mobility and City Planning Departments made sure to gain feedback from the people of the city to inform their decisions. The city held virtual open houses, forums, and surveys to learn how to create a plan that would best serve all the communities in the city. Drawn from this community feedback are four core benefits, which include improved air quality, a greener economy, improved public health, and resiliency.

Danielle Wilkerson, the Equity and Action Coordinator at San Diego 350, a volunteer organization that was formed to combat climate change, said to the city council committee, "I am here today in support of EHC's proposal that 90% of CAP funding be invested in environmental justice communities, such as Barrio Logan, Logan Heights, and neighborhoods in southeast San Diego. These communities experience the harshest consequences of environmental racism. For example,

in Barrio Logan there are three times more emergency room visits for asthma than the county's average and five times more visits for asthma than La Jolla."

Wilkerson stressed the importance of addressing the harm that has been done to these communities as a result of the environmental neglect and rise in pollution.

According to Council member Joe La Cava, the Chair of the Environment Committee, "All this feedback, all the work by staff really underscores the leading goal of this update: net zero by 2035. It will require a shift in how we power our buildings, move around the city, how we zero out our trash, reducing our reliance on imported water, expanding our tree canopy and wetlands, and much more. There is a lot of work ahead of us, but as we heard today, and we hear over and over, that work cannot wait."

If the new CAP is passed by the full city council, it will be implemented by the end of February 2023 before the mayor's next budget proposal.



Homes on the cliffs near the beach are at risk amid rising waters.

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.



Warrant out for man who took selfie in elephant enclosure

By NEAL PUTNAM

The man who trespassed into the elephant enclosure at the San Diego Zoo so he could take a photo with his young daughter failed to show up in court Thursday, July 21 for sentencing, so a judge issued a no bail warrant for his arrest.

San Diego Superior Court Judge Rachel Cano told the attorney for Jose Manuel Navarrete this was the third sentencing hearing for which he has failed to show up.

The attorney said Navarrete, 26, lives in Orange County, and had no transportation to get down to San Diego for sentencing and his driver's license is not active.

Navarrete missed his first sentencing hearing because he had no transportation and the second time he was in Orange County Jail on unrelated charges. He was released on that case, but his bond

was revoked by Cano on this case on July 21 for failure to appear.

The maximum sentence Navarrete faces is six years in prison, said Deputy District Attorney Eric Bodnar. But it is unlikely he will receive that because the girl was not injured in the March 19, 2021 incident.

Navarrete and his 2-year-old daughter went through two barriers and stood not far from the elephants so Navarrete could take a photo of himself and his daughter.

Patrons yelled at him to leave and one elephant began to charge at the pair. Navarrete then dropped his daughter and

hurriedly picked her up as the elephant moved closer to him and he left the enclosure.

San Diego Police arrested him at the zoo after zoo officials called police. The story attracted media attention across the country. A charge of unlawful entry into the animal enclosure was dismissed.



North Park man indicted for kidnapping teen girl

By NEAL PUTNAM

A 22-year-old North Park man has been indicted by a federal grand jury for allegedly kidnapping a 16-year-old girl from Oklahoma after meeting her online.

Ramsey Manuel Cervantes pleaded not guilty July 21 to the lone federal charge against him in U.S. District Court when he appeared before Magistrate Judge Allison Goddard.

The girl was reported missing June 15 by her father. Court records say Cervantes abducted her at knife point and kept her intoxicated with vodka during the drive to California.

She found herself alone in his apartment on June 22 and discovered a cellphone, which she used to call her father and police, according to court records. Police responded to his apartment and he was arrested.

"We are grateful that this case had a positive ending with the young victim back with her loved ones," said San Diego Police Chief David Nisleit.

"This is a sad reminder to all of us to be careful who you trust online," added Nisleit.

On June 30, Judge Karen Crawford ordered Cervantes detained in prison without bail because he represents a danger to the community. He faces a 20 year to life sentence if he's convicted and the possibility of facing additional charges, according to her order.

The jurisdiction is federal because interstate commerce was used to cross state lines for kidnapping.

Cervantes met the victim some months earlier online and she

believed he was 17 years old. They used social media applications to exchange messages.

"Not everyone is who they claim to be in cyberspace," said U.S. Attorney Randy Grossman. "It is important that all of us remain vigilant regarding online activity."

"The allegations against this defendant highlight the digital and

SEE KIDNAPPING, Page 12

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City council provides an update on COVID-19 in San Diego

By NICOLE ABRAMS

On July 18, 2022, the San Diego City's COVID-19 Response and Recovery Committee held a meeting to discuss the effect of COVID-19 on the community, new data on sub variants, and tips on how to stay safe right now. Dr. Jennifer Tuteur, MD, the Deputy Chief Medical Officer of the County of San Diego, presented the new COVID-19 data from the County Health and Human Services Agency.

As of July 13, San Diego County's COVID-19 Community Levels and Community Transmission are high, much like the rest of California. This means that right now the virus is spreading rapidly and everyone must do their part to stay safe and keep others safe.

When referring to a graph showing the levels of cases in the

community, Tuteur said, "Our case rate is growing very high here but we can see that the case rate for people who are not fully vaccinated is two times higher than those who are vaccinated and boosted."

During the meeting, Tuteur also discussed the prevalence of certain sub variants in the community. According to San Diego's wastewater, the BA.5 subvariant makes up 72% of the variants while the BA.4 makes up 13%. This means that the BA.5 is the most contagious variant right now and is causing the surge in San Diego County. There is a new sub variant that is also emerging called the Omicron BA.2.75. It was first detected in India in May and is now spreading to Australia, Germany, the U.K., Canada, and the U.S., according to the agency. Also, according to the agency, this new sub variant is even more

contagious than the BA.5 and is expected to continue to grow.

With the emergence of these new sub variants, Tuteur said that it is incredibly important that everyone gets vaccinated to stop the spread of the virus.

"Even though BA.5 is very contagious and has some immune evasion, it is still very important to get vaccinated and boosted because that prevents hospitalizations, severe illness, and people dying."

Another topic that was discussed was that children as young as 6 months old are now able to get the COVID-19 vaccine. The agency stressed the importance of making it easier for children to get vaccinated so that schools and other childcare centers can be safer.

Tuteur also brought up a U.S. study from Nature magazine on the importance of getting boosted. According to the study, unvaccinated people who are 50 and older

have 42 times the risk of dying compared to people who are vaccinated with two boosters.

There is a new booster under development called the Omicron-Adapted vaccine, which is expected to be made available in October of this year. The new vaccine is said to be more effective in providing resistance against the new sub variants. In addition to this booster, there are multiple vaccines that are being developed and tested by the FDA which are more effective.

As for face coverings, the agency strongly recommends that masks be worn in indoor public settings, on public transit, and in transportation hubs. Masks are still required in healthcare settings, correctional facilities and detention centers, homeless shelters, emergency shelters, and cooling centers. Although the agency says that masks are strongly

recommended, the mask mandate has not been reinstated.

According to Tuteur, "The theme of today is that layered approach following science of what we need to do in the surge not only to protect ourselves but to protect others and so wearing a mask in public indoor settings, including schools, is strongly recommended by the CDC given our community levels today."

The agency also went on to describe the different COVID-19 treatment options for high-risk individuals, which included Paxlovid, Remdesivir, and Bebtelovimab.

For more information to learn about COVID-19 and what to do to stay safe, visit the San Diego County website on COVID-19: https://www.sandiegocounty.gov/content/sdc/hhsa/programs/phs/community_epidemiology/dc/2019-nCoV/status.html

New COVID-19 vaccine to be available for San Diego adults

San Diego County adults looking for a more traditional vaccine against COVID-19 will soon be able to get Novavax, the County Health and Human Services Agency announced.

Novavax, which is currently being used around the world, will be available in the region as soon as this weekend, County health officials said.

The vaccine was developed using protein-based technology, which the U.S. Food and Drug Administration has been using for decades to treat diseases such as hepatitis B, shingles and human papillomavirus. The vaccine presents a specific portion of the virus, which the body generates immunity against.

Novavax has been authorized as a two-dose primary series, given three to eight weeks apart, to people ages 18 and older. Clinical trials showed that the vaccine is 90% effective at preventing mild, moderate and severe COVID-19.

"This is yet another vaccine we have to slow the spread of

COVID-19, especially now that we're seeing an increase in cases and hospitalizations," said Cameron Kaiser, M.D., M.P.H., County deputy public health officer. "San Diegans now have another safe choice to prevent serious complications from COVID."

Clinical trials showed Novavax does not cause severe side effects. Reactions were mild and like those rare effects seen from COVID-19 vaccines using the mRNA technology, such as pain, tenderness, redness and swelling at the injection site.

Novavax is expected to be available at local healthcare providers, retail pharmacies, community clinics and County public health centers and community vaccination events.

Everyone 6 months and older can get COVID-19 vaccines at no cost. For those who received an mRNA vaccine, boosters are available for people 5 years and older. Parental consent is required for all eligible minors to be vaccinated.

Monkeypox a state of emergency

A day after the State of California declared a state of emergency for Monkeypox, San Diego County followed suit and declared a local health emergency.

"Governor Newsom and our California Department of Public Health have put us in a position of strength when it comes to addressing Monkeypox outbreaks by declaring an emergency. Our County has been working with the community to distribute vaccines and information, and this action by the State

SEE MONKEYPOX, Page 12



A vaccine is administered at a mass vaccination clinic at the LGBT Center. The only people eligible for the vaccine at the event were bisexual and gay men as well as transgender people. (Courtesy photo)

It's vax to school time

The start of August means summer break is coming to an end, and it is time to get the kids ready to go back to school.

As families make their back-to-school to-do lists, vaccinations and well-child checkups should be top of mind,

especially since the COVID-19 pandemic caused many children miss important health checkups and recommended vaccinations.

"As families with kids partake in fun back-to-school activities, like shopping for supplies and getting haircuts, they should also prioritize scheduling well-child checkups," said Kelly Motadel, M.D., M.P.H., County Child Health Officer. "Doctor visits are essential to make sure our children are on track with growth and developmental milestones and with routine vaccinations. These shots can protect our kids from more than a dozen diseases."

Along with kids, August is also a good time for everyone to revisit vaccine records because it is National Immunization Awareness Month (#NIAM). This annual observance highlights the importance of getting recommended vaccines throughout your life.

Vaccines for school-aged children include DTaP (diphtheria, tetanus and pertussis/whooping



A school-aged child receives a vaccine. (Courtesy photo)

cough), Hep B, MMR (measles, mumps, and rubella vaccine), chickenpox, polio, and more.

Additionally, the HPV vaccine is recommended for children ages 9 to 12, and everyone through age 26 to help prevent certain cancers and infections.

More information about vaccines and where to get them is available on the County website or by calling 211.

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The Dalton Building: From brothel to boots

Gaslamp Landmarks
By **SANDEE WILHOIT**

The original three-story, reinforced concrete with brick facade structure built in 1911 was a far cry from the well preserved art nouveau edifice now gracing 5th Avenue. It was built as a utilitarian structure to house retail shops and a hotel – no frills.

As with all things from San Diego’s past, the story of the Dalton building had many ups and downs, and its ownership passed through many hands. The sale which led to the construction of the present building occurred on September 17, 1887, when the property passed to E.W. Morse, Thomas Whaley and R.H. Dalton. All these gentlemen were prominent San Diegans and well known businessmen.

Ephraim W. Morse came to California during the Gold Rush, and like Alonzo Horton, was drawn to San Diego for the healthful climate. He became an associate judge of San Diego County, a member of the first County Board of Supervisors, a founder of the Bank of San Diego and the auctioneer when Alonzo Horton purchased the land for New Town. He and Horton became such good friends that they selected the site for City Park (Balboa Park) together, and Morse served as best man at Horton’s marriage to Lydia Knapp Horton. Morse and his wife, Mary Chase Walker, San Diego’s first schoolteacher, hosted the wedding in their home.

Thomas Whaley came from New York via San Francisco and arrived in San Diego in 1851. He opened a mercantile store in Old Town in partnership with Ephraim Morse, and ultimately built the first brick house in Southern California. His family was beset with several tragedies and his lovely brick house is now said to be haunted.

R.H. Dalton was manager of the insurance business of Whaley, Morse and Noell. He was appointed receiver of the San Diego Cable Railway Company.



When these gentlemen purchased the property, a one-story frame structure was on the land. It housed a Japanese bazaar, followed by a millinery, a fruit stand and a grocery. It then became a men’s furnishing store in 1905 called Benbough Brothers, which was then called Benbough and Gillon from 1906 until 1910. Benbough was also a storied character as he founded Benbough Funeral Parlors, was a City Councilman from 1913-1917, Chief of Police in 1931 and Mayor of San Diego from 1935 until his death in 1942.

In 1911, things were about to change at the modest nondescript Dalton building. Carrie A. Dalton, wife of R.H. Dalton, contracted with the Schaniel Brothers to build the current structure on the property. The new building was to house stores and a hotel. The building was three-stories plus a basement, reinforced concrete, and was the traditional Horton size property of 25’x100.’ The facade was brick and had a fire escape.

From 1912 to 1919, the structure housed the Manhattan Restaurant and added the Manhattan Hotel from 1913 until 1928. The hotel was a house of ill repute during its entire existence. The basement served as a speakeasy during Prohibition. In 1920, Pollard’s Kodakery, a photographic studio also moved into the ground floor, and in 1921 Max Heimborge established the Universal Boot Shop at the address. It had been at a different location previously.

In 1930, Celia and Ed Streicher, through a series of transactions and a law suit, gained control of the property from Heimborge, and set about to upgrade the building extensively. Streicher, a prosperous and established businessman, planned to open his third shoe store in the newly remodeled building. The fire escape was removed and the front of the structure was remodeled in Art Nouveau style. The architect, F.W. Stevenson, had also designed the downtown YWCA, the Mission Beach Plunge, the San

Diego Club, parts of the Naval Training Center, and the Ensenada home of Mexican President General Abelardo Rodriguez.

The remodel was nothing short of spectacular. Display windows were installed on the ground floor and the interior was refitted with natural white mahogany and trimmed in walnut. The woodwork was selected and installed by Schiefer and Sons. New carpeting was added, as well as

THE DALTON BUILDING
(1911)
939 5th Avenue
Architectural Style: Commercial/
Art Nouveau
Architect: F.W. Stevenson (1930)
Contractor: Schaniel Brothers &
E.F. Byers (1930)

a new ventilation system which exhausted on the roof. A highlight of the interior design was the addition of 84 brushed chromium steel chairs with leather seats. As the interior was divided into sections for men, women and children, so were the chairs.

The exterior, designed in an art deco style, consisted of a stucco overlay on the brick facade. The flat shaped roof has a decorative V-shaped moulding along the roof edge. Three large pilasters with incised vertical lines dominate the main facade and extend from the top of the first floor to the top of the windows on the third floor. In addition to large plate glass windows, the main floor is accessed by a recessed entrance with a large horizontal marquee above it. Above the marquee is a row of multi-paned windows.

The main elements of the second and third floors are large multi-paned windows. The first and second floors are separated by a bas relief with dentil moulding.



The Dalton Building has fallen into disrepair in recent years. (Photos by Tim Trevaskis)

The second and third floor windows are accented with a triangular arch at the peak of the window with bas relief detailing. Identical bas relief detailing is placed in a band at the bottom of the entire window portion. Additionally, black marble and black glass were incorporated into the exterior trim. All in all, a most impressive example of art deco architecture! No substantial changes have been made since.

Streicher opened his new store in 1930 and consolidated his business at that location in 1934. In October of 1936, a three-alarm fire destroyed the National Dollar Store at 927 5th Avenue and Whitney’s Department Store at

933 5th Avenue. Streicher’s suffered some water damage as a result. In 1944, the property was sold back to Max and Katherine Heimborge for \$250,000.

The Heimborges then opened the 5th Avenue Bootery, and subsequently established the general offices of the Universal Boot Shop at the location. The Universal Boot Shop remained until well into the 1980s.

The property is now vacant, but available for rental.

—Sandee is the historian/lead tour guide for the Gaslamp Quarter Historical Foundation. She can be reached at swilhoit@gaslampfoundation.org.

PUBLIC MEETING NOTICE

The Uptown Community Parking District (UCPD) reinvests parking meter revenue in the communities of Bankers Hill, Hillcrest, 5 Points/International Restaurant Row and Mission Hills.

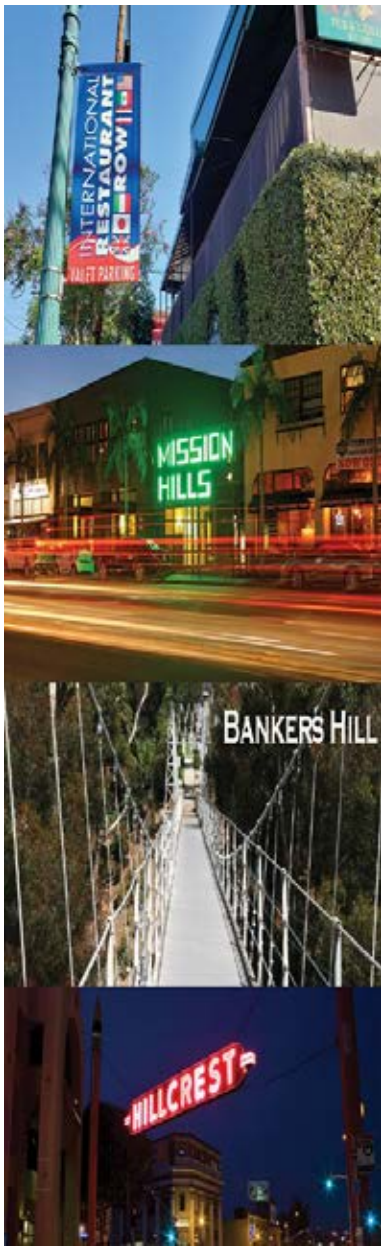
During the last five years, more than \$2.1 million has been reinvested. An additional \$3.1 million has been earmarked for reinvestment.

The UCPD bylaws have recently been reviewed and updates have been proposed for adoption. The public is encouraged to participate in the UCPD bylaw’s update discussion at the Board of Directors meeting on Monday, September 12, 2022 at 3:00 pm in the Joyce Beers Community Center located at 3900 Vermont Street, 92103

Revisions to be considered include but are not limited to:

- **Setting neighborhood eligibility guidelines;**
- **Defining the community wide election process;**
- **Identifying the Executive Committee role and duty;**
- **Adjusting language to be more transparent;**
- **Removing out-of-date mail and advertising processes;**
- **Stating the Board’s resignation policy;**
- **Outlining the neighborhood sub-committee vacancy policy.**

**For more information on the bylaw review please go to our website:
at
ParkUptownSD.Org**



Tips to keep seniors safe from scams

District Attorney News

By SUMMER STEPHAN



Every year in San Diego County, senior citizens are scammed out of millions of dollars by bad actors who prey on vulnerability and the trusting nature of our elders.

No one is immune. The victims are retired military, former educators, healthcare professionals, and even retired members of law enforcement. They are our parents, grandparents, neighbors, and friends.

Although the most common scam targeting elder San Diegans is the grandparent scam, which convinces elders their grandchildren are in peril in some foreign jail and need bail money, I'd like to provide an array of tips that will help our loved ones from becoming the next victim.

Shame often prevents a senior citizen from reporting they have been a victim and we want to stop that mindset in its tracks.

Don't answer unknown calls

Scammers use fake phone numbers to make it appear as if the call is local. If you don't know the phone number calling, don't

answer. If the call is important, they will leave a voicemail and you can return the call if you determine it is safe.

Government agencies or utility companies do not call with threats of fines or jail

If you receive a call demanding payment from someone claiming to be from Social Security, law enforcement, the court or the utility company, hang up. This is a common scam in which fraudsters will try to convince you to pay or risk fines or jail time.

Gift cards are for giving, not making payments

Never purchase gift cards at the direction of someone you don't know. Scammers obtain money from elderly victims by asking them to purchase gift cards through iTunes, Amazon, Google or from large retail stores.

Choose a caregiver with caution

Never assume that a caregiver has been through a criminal background check even if hired through a reputable agency. Ask the agency directly or request that your caregiver submit to a background check.



Protect mail and use a shredder

Never allow incoming or outgoing mail to sit in an unsecured mailbox where the public has access. Shred discarded mail or financial statements containing identifying information.

News that you won a foreign lottery or sweepstakes is a scam

Don't be fooled by a caller or email saying you have won a foreign lottery or sweepstakes, but that to claim the money you need to pay taxes up front. These are scams.

Don't give in to hard-tactic sales pressures for a loan

If you are offered services, repairs or a solar system by a drop-in salesperson, do not sign paperwork the same day. Ask for a copy and take time to review it, first. Door-to-door salespeople may not disclose

the associated costs or consequences of signing up for their services, products or loans. A reputable business will happily give you time to make a decision without pressure.

Don't send money to a love interest you have not met in person

Romance scams are prolific and result in significant financial loss. It's common for elderly victims to meet romantic interests online based on phony photos. Eventually the phony love interest will ask for money and describe an emergency situation. If you meet someone online, arrange a safe, public place to meet before becoming too invested in the relationship. Also, never send money.

As your District Attorney, I'm committed to increasing communication and accessibility between the DA's Office and the public. I hope these consumer and public safety tips have been helpful. If you have been the victim of elder abuse, report it to Adult Protective Services: (800) 339-4661.

—District Attorney Summer Stephan has dedicated more than 29 years to serving justice and victims of crime as a prosecutor. Visit: sdcds.org/office/contact/ to contact her.

Toni and Toni's twin celebrate

Notes from Toni

By TONI G. ATKINS



Happy August! And, if I may say so myself, happy birthday to us!

Sixty years ago, my sister Tenia and I became official residents of Planet Earth, the United States, and the Commonwealth of Virginia. Quite an accomplishment for two little girls! And what an amazing journey it has been since then.

To mark this occasion, I thought it would be nice to have Tenia share a few words in this month's note, though many of the words she likes to use best, we may have to edit out before sending! Because Tenia is the youngest and insists that she has never, ever gotten to go first, I've asked her to start.

Hello to all my former neighbors in San Diego! I do have to say that I may not have been the first born, but I was the first of us Atkins' to come to San Diego! Well except for Dad in WWII of course!

When I was enlisted in the Navy, I asked Toni if she could move out and help with my newborn son. I think she set a Land Speed



Record getting here, and clearly, it was love at first sight! Over the years, one of the things I've appreciated about Toni is the support she still gives military families, especially those having trouble making ends meet. Having lived in Virginia and San Diego, myself, I also love how she has been able to bridge those two worlds together. Where I think she is wrong, though, is when she starts...

—Thanks Tenia, happy birthday and I'll take it from here!

August is going to be busy in the Capitol. We have to deal with all remaining bills and budget fixes by the end of the month. That means as soon as I'm done safely blowing out the candles, I'll be part of the final negotiations for important bills on climate; women's health care and abortion access, including my bill SB 1375; and worker protections, as well as casting votes on bills that will

improve our state on behalf of all Californians. This follows some great work in June, when the Legislature passed one of the best state budgets in history, with funding that helps people now, invests in the future, and includes safeguards in the event of an economic downturn. The budget also provides many local benefits, which you can read about in this edition of the newsletter. I am also pleased that SCA 10, my bill to enshrine abortion and reproductive rights in the state constitution, passed both houses of the Legislature before its June 30 deadline, and will appear on the November 2022 ballot as Proposition 1.

This is such an unusual and concerning time in our area, our state, and our nation. With many of our rights under attack, it feels as if our communities, friends and families are drifting farther and farther apart. I

SEE TWIN CELEBRATE, Page 13

Letter to the editor

Let me begin by quoting Union-Tribune writer David Garrick. In his recent article dated July 21, Garrick writes: "San Diego will expand city efforts to spur construction of housing for middle-income residents with a new wave of reforms --including softer rules for removing historic structures, complying with water pollution mandates and using cheaper building materials. The reforms, which are being recommended by a panel of industry experts and housing advocates created by Mayor Todd Gloria, may also include a vacancy tax, developer fee reductions and additional density bonus programs for middle-income housing." Garrick goes on to write: "Another immediate action is streamlining the city's historical review process, which panelist Marcela Escobar-Eck called the No. 1 obstacle to building new middle-income projects."

As Gloria and the Gang at City Hall are currently doing everything in their power to trade out the cute little craftsman for an apartment behemoth in the Uptown Area, it's only going to get worse. The part that they don't seem to understand is that the cozy craftsman is middle-income housing. The plan seems to be to eradicate middle-income property ownership in favor of rent-paying tenants. And with today's rents of \$2,500 for a studio, \$3,000 for a one-bedroom and \$4,000 for a two, the renter can say goodbye to ever owning a home. Especially with those 8-10% rent increases every year.

So what is the future of Uptown under our current leadership of elected officials and their developer buddies? We'll continue to have really nice homes in Mission Hills and parts of Bankers Hill, and everyone else will be struggling to pay the rent in their middle-income project. The wealth divide will grow ever wider.

Sally Fall, University Heights

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Convivio to hold Hollywood-style extravaganza on 50th anniversary of “Godfather” release

Little Italy Culture & Heritage
By **TOM CESARINI**

Convivio’s 2022 signature event on Friday, Sept. 30 presents Gianni Russo, who played Carlo in “The Godfather,” as he recounts stories from the iconic film, provides excerpts from his best-selling book “Hollywood Godfather,”

and croons and swoons you with the musical repertoire that has shaped his life. Russo will take you on an enlightening journey, enchanting you with tales from the greatest film ever made and offering you an intimate view of his captivating life as he fondly remembers the importance of family, faith and food. There will also be an auction for a private dinner for 10 at

Russo’s home in New York, along with other items from local businesses and organizations, to help benefit Convivio and our vision to establish a large-scale Italian cultural center and museum in San Diego. Your ticket purchase will help to promote and preserve Italian heritage for generations to come. This will not only be “an evening you can’t refuse,” but one

that will be memorable for the entire community. This once-in-a-lifetime event includes a meet-and-greet with Russo before the event. VIP tables include an exquisite dinner provided by Rovino and general reserved seating. Don’t get left behind! Buy your tickets today at ticket-tailor.com/events/convivio/717749/.



Gianni Russo (Photo courtesy Convivio)

Spice up your week in Little Italy this August

Little Italy News
By **CHRISTOPHER GOMEZ**

Even though summer is closing out you don’t need to stop the fun! Keep the good times rolling in Little Italy this August with exciting events you won’t want to miss. If you’re new to town or a long-time San Diegan, you need to stop by the Little Italy Mercato, San Diego’s premier farmers’ market for farm fresh produce from local Californian farmers. Twice a week farmers, artisans and craftsmen flood the cobblestone Piazza and streets selling everything from pastured eggs and spices to vibrant flower bouquets and handmade gifts. Shop fresh local goodies every Saturday from 8 a.m. to 2 p.m. and every Wednesday from 9:30 a.m. to 1:30 p.m. on West Date Street from Kettner Boulevard cul-de-sac to Front Street. After you’ve finished perusing all six city blocks of the farmer’s market, head over to Pappalecco, Extraordinary Desserts or Holy Paleta to treat yourself to something sweet. There is no better pair than a sunny, blue-skied Southern California day and a cold homemade gelato cup. For the foodies looking for a new chic spot to try, wander over to Coco Maya by Miss B’s for Caribbean inspired sweet and spicy small plates and cocktails. Overlooking the Piazza Della Famiglia, Coco Maya offers a diverse menu of Yucatan-inspired plates prepared with fresh local produce in a coal-fired Jospo Oven. This new aesthetic pastel haven is the perfect place for brunch or happy hour and the best venue to capture Instagrammable pictures with friends. We can guarantee you’ll be in love with the Coco! If it is too early for a cocktail, grab a refreshing hand-crafted juice from Parakeet Café & Juicery or a delicious tea from one of our new neighbors, Tea Bazaar! Nourish your body with all the vitamins and nutrients packed into every sip as you soak up the sun in the heart of Little Italy.



A couple takes a photo at the giant beach chair in Little Italy. (Photo courtesy Little Italy Association)

After sipping, walk over to the other new neighbor in town, StretchLab, for a one-of-a-kind assisted stretch to release every worry and ounce of stress. Receive one-on-one or group attention from a highly trained Flexologist to achieve a deeper stretch than you thought possible. Walk out of the studio feeling like a brand new you! If you’re looking for an event for the whole family, enjoy a nighttime showing of an Italian film at the Little Italy Summer Film Festival. Immerse yourself in a new Italian film every Saturday through September 3rd in Amici Park. Don’t forget to pick up your favorite treats from Little Italy Food Hall beforehand so you can enjoy both a snack and a show. Doors open at 7:30 p.m. with a required \$10 donation fee and the show starts at 8 p.m. Also coming back this year is the Little Italy Urban Challenge! Join us on Sunday, Aug. 28 from noon to 4 p.m. Join the Little Italy Association and the Little Italy Food Hall for a scavenger hunt around the neighborhood. Teams of two will receive clues about historical facts, local businesses, and landmarks around Little Italy and search around the

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At 78 years old, Hob Nob Hill is new again

Restaurant Review

By FRANK SABATINI JR.



One of San Diego's oldest and most cherished restaurants has been reborn. If you haven't set foot into Hob Nob Hill since Covid reared its menacing head in early 2020, you're in for a pleasant surprise.

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Prices: Breakfast dishes, \$9 to \$18.50; Lunch and dinner: starters, \$8 to \$16; burgers and sandwiches, \$12 to \$17.50; entrees, \$13 to \$26

The restaurant, which doubles as a bakery, was given one of the most careful facelifts I've seen performed on any old culinary landmark. The drabness that progressed with age has been completely eradicated. So has all of the kitschy bric-a-brac that stood as dust collectors in the main dining room.

To some, such renovation may sound alarming. But rest assured, the building's history and its spirits of past generations can still be felt somehow.

Now, the walls are white with black trim, a look that beckons mildly to the Art Deco era. Clean lines are reflected in the ceiling beams and molding. Booths



House-made baked goods are available daily.

and banquettes are freshly upholstered—plus new ones have been added. And in a whimsical touch—a big, colorful mural of characters from the Wizard of Oz dominate a wall at the far end. There is also outdoor seating.

The food is without ego. It always has been. Which is what keeps me forever attracted to the place. I skipped my usual standbys on this recent midday visit: Classic pan-seared pork chops, the reliably joyful Reuben sandwich, the well-endowed French dip, and the turkey and bacon-studded Cobb salad.

As I stressed to my companion before arriving, we are going to explore some of the tempting new menu items. No exceptions. So one of his faves, liver and onions, would have to wait for another time.



A brightened facade is in place. (Photos by Frank Sabatini Jr.)



Hob Nob's refreshed interior



Fish and chips is now a permanent menu item.

The broth sported a clean, judiciously salted flavor. It was capped fittingly by house-made bread and a decent mantle of melted Swiss cheese. Underneath were onions galore, not quite caramelized to their classic brownness, but sweet, tender and thrilling nonetheless.

Fish and chips graduated from "an occasional special" to a permanent menu item, according to our affable, experienced waitress. It featured two medium-size pieces of cod cloaked in thin, light batter, plus a heaping of crinkle-cut fries that took as much of a liking to the pickle-kissed tartar sauce as did the fish.

The order came with a side salad, and a choice of either a pineapple muffin or a big, hot, puffy sourdough roll—both made on-site. We chose the latter and slathered it in softened butter.

It should be known that the remodel didn't put an end to some of the restaurant's cherished traditions, such as presenting chilled salad forks to customers on a tray.

Hob Nob Hill dates back to 1944, when it was founded by Kansas transplants Harold Hoersch and his wife, Dorothy. They originally opened the business as Juniper Cafe before changing it to Melody Grill, then Dorothy's Oven, and finally Hob Nob Hill around 1970. It was some 22 years later when current owner Tania Warchol (and her

As a result, he was rewarded with his first-ever taste of Cincinnati chili. The dish was added recently to the lunch-dinner menu—and with a good level of accuracy and volume.

Hob Nob could have taken a shortcut by using Ohio-manufactured Skyline chili from a can to capture this celebrated, regional dish. Instead, the kitchen prepares its own finely textured, spiced ground beef before interspersing it with spaghetti and scads of shredded cheddar.

Sure enough, the meat carried the hallmark hints of allspice and cinnamon, and with a smidgen of tomato paste used as a rich-tasting binder—just as you'll find it made throughout the Buckeye State. As our waitress attested, "Cincinnati transplants love it."

Note: The leftovers I toted home afforded me two additional meals. Priced at \$16, we're talking excellent bang for the buck.

French onion soup au gratin is also a newcomer—perhaps an overdue one considering that it's ubiquitous in so many old-timey restaurants across the nation. It comes in one large size that is easily shared by two.

SEE HOB NOB HILL, Page 15



Cincinnati chili

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Samira sewing in her apartment. (Photos by J.M. Garcia)



Samira's roommate in the kitchen of their apartment

Afghan refugees

CONTINUED FROM Page 1

the Taliban after 9/11, Samira has little recall of their rule in the late 1990s. But she remembers when they left. She stood on the second floor of her family's house and watched them drive out of Jalalabad, their faces grim, angry—her mother and father so happy.

Samira experienced the possibilities of an education denied to women when the Taliban ruled. She woke up early and attended school from seven to one. After school, she took a computer course and studied English. She later attended college and became a nurse. One of her favorite memories: accessing the internet for the first time and establishing an email account. At night, Samira, her parents and her four siblings, two brothers and two sisters, would sit together after dinner in one room and tell stories.

She noticed a change in Afghanistan after NATO formally

ended its combat operations in Afghanistan in 2014, leaving the Afghan army and police in charge of security. Insurgent bomb attacks increased. Her own father was injured on May 15, 2013, a day Samira remembers as if it was yesterday.

A physician, he went out with the Afghan National Army that day to treat sick soldiers when a bomb exploded and shrapnel tore into his left arm. A neighbor heard the news but did not want to alarm the family. He asked for some clothes to bring to the hospital treating Samira's father. Why do you need his clothes? Samira's mother asked him, but instead of answering her he hurried away without explanation. Then a cousin called from Kabul and told them about the bombing. Samira's mother tried to reach her husband but he did not answer his phone. Finally, an uncle called and told her he had been injured.

Incendiary devices exploded near Samira's house, too many to

count. It became normal to hear an explosion and the panicked screams that followed. A neighbor lost a son. Insurgents attached sticky bombs to cars. Her mother told Samira not to leave the house.

After the Taliban took control of Kabul on August 15, Samira applied for a U.S. visa. The previous year, she had married an Afghan man who had been a translator for the American military. His job made him eligible for a Special Immigrant Visa, available to Afghans who worked with the U.S. Armed Forces. They had an unhappy marriage, however, and Samira's husband left for the states without her, but because of his work for the Americans, Samira as his wife was also eligible for the Visa. Her mother and a brother took her to Kabul International Airport on Aug. 21, 2021. She held her mother for a long time, their faces wet with tears.

Two days later, Samira arrived in Washington, D.C. She suffered a panic attack and a nurse gave her

medication. That evening she flew to Fort Bliss, Texas near El Paso and stayed in an army camp that had been expanded into a campus of dormitories and dining halls, community centers, and other services to support almost 10,000 refugees, about a third of them children. The summer heat, Samira thought, was worse than Jalalabad. She remained there for two months before she arrived in San Diego.

She shares an apartment with another Afghan woman she met in Texas. The San Diego based Alliance for African Assistance has helped them with housing and other needs. Samira's husband lives in Washington. She wants to divorce him but he refuses to sign the papers.

Suffering from anxiety, Samira takes medication to help her sleep. She dreams of bomb blasts. In one dream, she told her father, 'Let's go away from here.' 'You're in America,' he said, 'don't worry.' Another time, she dreamt her

parents were upset. When she called them, her mother said, 'Your father was not feeling well. That's why you had the dream.' She misses her family. They live together without her. She talks to them every morning at 8 o'clock.

San Diego has brought on culture shock. San Diego women, she noticed, like to wear revealing clothes. She puts on long dresses and a headscarf. Men hug women. In Afghanistan, a woman would never hug a man outside of her family. The differences make her laugh and sometimes blush. She will continue working in the flower shop. She also has a part-time job at a supermarket. She wants to become a dental assistant, a position she held at her father's clinic and plans to enroll in medical school. One day, she hopes the Taliban will leave Afghanistan so she can see her family again. For now she has her memories. The aromas of the flower shop fill her with images of Jalalabad. At these moments she feels at home.


Little Italy

CONTINUED FROM Page 7

neighborhood for answers. Tickets start at \$28 for two team members. At the end of the scavenger hunt, answers to the clues will be announced by one of San Diego's favorite chefs, Sam the Cooking Guy! The top three teams will win some amazing prizes from our local businesses.

Try something new this August in Little Italy. Whether that's shopping from local artisans and farmers, sipping on a Caribbean-inspired martini or achieving the best stretch of your life, there is always something new in Little Italy to spice up your life!

For more information, please visit us at LittleItalySD.com or follow us on TikTok @LittleItalySD, Instagram @LittleItalySD, Twitter @LittleItalySD and Facebook @LittleItalySD.




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A gay day at the Pride Parade

Photos by Kendra Sitton from the Pride Parade
in Hillcrest on Saturday, July 16, 2022.



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County getting ready to install naloxone vending machines

The County of San Diego is readying a new tool to help fight the growing number of opioid overdoses in the region.

The County will install 12 naloxone vending machines throughout the region by next summer, with half of them scheduled to go up by the end of this year.

Naloxone, also known by the brand name Narcan, is a medication used to reverse overdoses by restoring normal breathing. The drug can prevent overdose deaths if used quickly and followed by medical treatment.

“Naloxone is a proven lifesaver in overdose situations and San Diego County Behavioral Health Services and its partners are working hard to expand access,” said Nicole Esposito,

the County’s chief population health officer. “The enhanced distribution of naloxone into the hands of community members is vital in saving lives that might otherwise be lost to overdose.”

Risks related to substance use and opioid-related drug overdoses have been on the rise in the region for the last couple of years.

Based on preliminary data, nearly 900 people died from accidental opioid overdoses in San Diego County in 2021. That’s a 55% increase compared to 2020.

A COMPREHENSIVE EFFORT

The goal of the County’s Naloxone Distribution Program is to disseminate 33,000 naloxone kits by June 30 of next year.

Use of the vending machines will be open to anyone in the community 18 years of age or older.

Registration and use will be anonymous and free of charge. Anyone who wishes to access the vending machines must first complete an online training. Once completed, individuals will receive a pin to access naloxone from the vending machines.

The Naloxone Distribution Program directly aligns with San Diego County’s Comprehensive Harm Reduction Strategy, which was approved by the County Board of Supervisors last year. The program provides wrap-around services for San Diegans who use drugs.

In addition to the naloxone vending machines, the effort includes targeted outreach and training and partnerships with community-based programs.

TREATMENT IS AVAILABLE

The County funds residential and outpatient treatment programs across the region to help people recover from substance use disorders.

Participation in treatment and recovery services improves wellbeing, can reunite families and loved ones, and also improves overall health.

Substance use treatment resources are available by calling the County’s Access and Crisis Line at (888) 724-7240, calling 9-8-8 or by calling 2-1-1.



Padres land Juan Soto and Josh Bell from Nationals in blockbuster deal



An aerial view of Petco Park (Photo by David Mark)

The San Diego Padres have acquired outfielder Juan Soto and first baseman Josh Bell from the Washington Nationals in exchange for 1B/DH Luke Voit, shortstop C.J. Abrams, outfielders Robert Hassell III and James Wood, left-handed pitcher MacKenzie Gore, and right-handed pitcher Jarlin Susana, president of baseball operations and general manager A.J. Preller announced on Aug. 2.

Soto, 23, is batting .246 (84-for-342) with a .408 OBP, 17 doubles, one triple, 21 home runs, 46 RBI and 62 runs scored in 101 games this season, including a .495 OBP and 1.111 OPS in July. The 6-foot-2, 225-pound left-handed hitter currently leads the majors

with 91 walks, 31 more than the next closest player on the list (Max Muncy, 57), and ranks second in the National League in OBP and T-8th in home runs. He posted a career-best 16-game hitting streak earlier this season (June 24-July 14), tied for the 6th-longest in the majors in 2022, and reached base in a career-high 27 consecutive games (June 17-July 22).

In July, Soto was crowned the 2022 MLB Home Run Derby champion at Dodger Stadium, becoming the second-youngest player ever to win the competition after defeating Seattle Mariners rookie Julio Rodríguez in the final round.

Originally signed as an international free agent by the Nationals

in 2015 out of Santo Domingo, Dominican Republic, Soto is batting .291 (569-for-1954) with a .427 OBP, .966 OPS, 108 doubles, nine triples, 119 home runs, 358 RBI, 464 walks, 38 stolen bases and 399 runs in 565 career games. Since making his MLB debut in 2018, Soto leads the majors in walks and ranks second in both OBP and OPS, trailing only LAA’s Mike Trout (.429/1.054).

In 2021, Soto finished as the runner up for the NL Most Valuable Player Award and ranked second among all MLB position players in fWAR (7.0), trailing only Fernando Tatis Jr.

SEE PADRES DEAL, Page 13



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Monkeypox

CONTINUED FROM Page 4

will allow them to better support our County as we administer services," said Nathan Fletcher, Chair of the County Board of Supervisors.

The county has already taken steps to mitigate the spread of the disease.

San Diego County residents can now receive information about monkeypox via text thanks to the County public information text message alert system..

The system allows County health officials to send real-time information about monkeypox in the region. To sign up to receive the messages, text COSD MONKEYPOX to 468-311.

The system was set up to let County public health officials issue timely information and instructions related to monkeypox in the San Diego region.

LIMITED MONKEYPOX VACCINE

The County continues to work with the lesbian, gay, bisexual, transgender, and queer community to develop messaging, and education materials, and to administer the limited number of vaccines coming to the area.

Given the scarcity of the monkeypox vaccine and as guided by the California Department of Public Health, the County is focusing on delivering the first doses to as many people at high risk as possible. For the current outbreak, this includes men who have sex with multiple male partners and close contact with reported cases. The County's approach is in line with strategies in other large jurisdictions with monkeypox outbreaks, including New York and San Francisco.

The state allocates vaccines to counties based on **the number of monkeypox and syphilis cases in men reported in a region**. To date, San Diego County has received about 3,987 doses and has 46 confirmed and probable cases as of Tuesday, Aug. 2 when the state of emergency was announced. All cases were among men aged 27 to 58. The region's case count will now be updated each weekday.

The County has also distributed 110 treatment courses of Tecovirimat, a drug used to treat monkeypox, to local health care organizations and County clinics.

ABOUT MONKEYPOX

Monkeypox is a viral infection that can spread through contact with body fluids, sores on the body of someone who has monkeypox, or from shared items (e.g., clothing and bedding) that have been contaminated with fluids from sores of a person with monkeypox.

The disease can also spread between people through saliva or respiratory

droplets, typically between people in a prolonged close setting. Although monkeypox is not generally considered a sexually transmitted disease, it can be transmitted during sex through skin-to-skin and other intimate contacts, regardless of gender or sexual orientation, including close contact that may not be necessarily sexual.

MONKEYPOX SYMPTOMS

Symptoms of monkeypox are similar to but milder than, the signs and symptoms of smallpox, a related but extinct virus. They include:

- Fever
- Headache
- Muscle aches
- Backache
- Swollen lymph nodes
- Chills
- Exhaustion
- Rash

A rash usually develops within one to three days after the appearance of fever. This rash can look like pimples or blisters that appear on the face, inside the mouth, and on other parts of the body, like the hands, feet, chest, genitals, or anus.

Most people who develop monkeypox experience symptoms within seven to 14 days (and up to 21 days) after exposure.

Most people who become infected with monkeypox have a mild illness that improves without treatment over two to four weeks. Monkeypox is contagious and can spread to others once someone has symptoms from it and until scabs have fallen off and a new layer of skin has formed.

WHAT PEOPLE SHOULD DO

Anyone who thinks they may have symptoms of monkeypox, including unusual rashes or lesions, should contact a healthcare provider right away or call 2-1-1 for more information.

You must have a rash, or spots, to get a monkeypox test. The monkeypox test is done on your skin with a swab at a clinic or health care provider. The swab is rubbed against spots on your skin, or parts of your rash, and then sent to a specialized lab for monkeypox testing. A preliminary lab test result is usually available within a few days.

Those waiting for results are asked to take steps to care for themselves and others. These include:

- Stay home and away from others.
- Put off travel on public transportation.
- Contact your sex partner(s) and people you have had close contact with since the start of your symptoms.
- Protect any pets.

Also, consider using TellYourPartner.org to anonymously inform those you have had close contact with.

Kidnapping

CONTINUED FROM Page 3

physical vulnerability of our nation's children," said Grossman. "We will do everything we can to prevent children from becoming victims and to seek justice if they do."

The victim told authorities Cervantes forced her to watch videos of people skinning dogs and threatened to do that to her. She said she was sexually assaulted.

"The defendant is faced with allegations that he committed heinous crimes stemming from an online encounter," said FBI special agent in charge Stacey Moy.

"There is no higher priority than protecting children in both physical and virtual worlds," said Moy.

A preliminary hearing was canceled after the grand jury issued the indictment on July 20. Cervantes will next return to court on Aug. 22 to set a trial date.

Cervantes remains in the Metropolitan Correctional Center without bail.

UCP’s annual luncheon returns

For the past 38 years, the City of San Diego firefighters have donated thousands of dollars and volunteer hours to United Cerebral Palsy of San Diego. The firefighters have served as the major sponsor and underwriter of the annual Fire Fighters and Friends Celebrity Waiters Event for UCP and this year’s event will take place on Friday, Sept. 24 at the Coronado Island Marriott Resort and Spa – Bayside at 11:30 a.m. – no-host with lunch being served at noon with live and silent auction during the event. Tickets start at \$80 per person and reservations can be made by calling the UCP office at 858-571-5365 (ex: 112) or at ucpsd.org.

Other sponsors for the event include Berkshire Hathaway HomeState Cos., Misty Thompson, Melody Morgan, San Diego Community Newspaper Group, David Mirisch Enterprises, Mobilityworks, and DPC Productions. Last year, the event raised close to \$35,000 for United Cerebral Palsy and committee members are hoping to match or exceed that amount this year. Funds raised from this event will

go to support the services that UCP provides to people with cerebral palsy and other disabilities including parent/sibling support groups, and training and counseling programs.

The firefighters also contribute countless volunteer hours to the agency as well. Since 1980, the firefighters’ efforts have resulted in more than \$2.5 million for UCP. The Firefighter Community Responsibility Fund, established in 1973 by Local 145, has enabled city firefighters to generate substantial monetary contributions for charitable organizations. Countless hours of volunteer time are spent annually with other charities, schools, and civic organizations as well.

The United Cerebral Palsy Association of San Diego County was founded in 1958 and provides programs and services to children and adults with cerebral palsy and other disabilities. And 86% of every dollar raised goes right back into the local community.

MC’s for this year’s event are Hunter Sowards from KUSI 9/51 and comedian Russ T Nailz.

Twin celebrate

CONTINUED FROM Page 6

have to believe that division isn’t permanent, however. Rather, it is a temporary situation created by dark-monied, dark-intentioned forces pumping their poison into our society. We have to look at everything we can do to push back and make our politics healthy again. Clearly, organizing and voting are two big components of that.

But it’s also important to remember who we are, and who the

people we know, and work with, and live by, and love, are and focus on the value of those relationships. The long-term stability of our nation depends on a majority of us finding common ground and casting aside extremists of every persuasion. As Tenia said, building bridges is important. Maybe never more important than it is right now.

Thank you for reading. And thank you, Tenia, for being the best sister—younger, older, whatever—that any twin could hope for!

Padres deal

CONTINUED FROM Page 11

(7.3). His 145 walks that season were the most in a full season since Barry Bonds set the Major League record in 2004 (232) and were the second-most by any player prior to his 23rd birthday behind Hall of Famer Ted Williams (147 in 1941).

In the pandemic-shortened 2020 season, Soto won the NL Batting Title with a .351 average, becoming the youngest player in MLB history to do so (21 years old). During the 2019 postseason, he hit .277 (18-for-65) with a .373 OBP, .927 OPS, three doubles, five home runs, 14 RBI and 12 runs scored in 17 games to lead the Nationals to their first World Series Championship. He is a two-time NL All-Star (2021-22) and has earned two Silver Slugger Awards (2020-21).

The 29-year-old switch-hitting Bell is batting .301 (113-375) with a .384 OBP, .877 OPS, 24 doubles, three triples, 14 home runs, 57 RBI, 49 walks and 52 runs scored in 103 games this season. Bell currently ranks T-3rd in the NL in multi-hit games (34), 4th in OBP, 5th in AVG, 6th in hits, and 7th in OPS.

A 2019 NL All-Star (DH), he has a .266 average (739-for-2772) with a .353 OBP, .824 OPS, 153 doubles, 17 triples, 127 home runs, 454 RBI and 410 runs scored in 799 career games between the Pittsburgh Pirates (2016-20) and Nationals (2020-22). He was originally selected by the Pirates in the 2nd round of the 2011 MLB First-Year Player Draft from Jesuit College Preparatory School of Dallas (Texas).

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

CROSSWORD PUZZLE

1	2	3	4		5	6	7	8	9		10	11	12	13
14					15						16			
17					18						19			
20				21		22				23				
			24		25				26					
27	28	29		30			31				32	33	34	
35			36				37				38			
39						40				41				
42				43				44						
45				46			47				48			
			49				50				51			
52	53	54				55				56		57	58	59
60					61				62		63			
64					65						66			
67					68						69			

- CLUES ACROSS**
1. Female parent
5. NY city
10. Israeli diplomat Abba
14. Surrounded by
15. Car part
16. Simple aquatic plant
17. Tough skin of fruit
18. Finnish lake
19. Composition
20. Very willing
22. One and only
23. Cluster cups
24. Famed Hollywood director
27. Score perfectly
30. Important lawyers
31. Undivided
32. Part of the foot
35. Spun by spiders
37. Married woman
38. Reagan's Secretary of State
39. Instruments
40. The A-Team drove one
41. Short-tailed marten
42. Oil organization
43. Predecessor to the EU
44. "Hotel California" rockers
45. Color at the end of the spectrum
46. Actress Ryan
47. Digital audiotape
- CLUES DOWN**
1. Female of a horse
2. Bowfin
3. Chinese dynasty
4. Small venomous snake
5. Global news agency
6. Common fractions
7. American state
8. Tired
9. Boxing's GOAT
10. Made less severe
11. Group of countries in alliance
12. God of fire (Hindu)
13. Northeast Indian ethnic group
21. Anchor ropes
23. They ____
25. Apprehend
26. Autonomic nervous system
27. A theatrical performer
28. 2-door car
29. Partner to flowed
32. Pair of small hand drums
33 Former Houston footballer
34. Discharge
36. Former women's branch of military
37. Partner to cheese
38. Witch
40. Live in a dull way
41. Satisfies
43. Snake-like fish
44. Consume
46. Type of student
47. Erase
49. Instruct
50. Girl's given name
51. Spiritual leader of a Jewish congregation
52. Every one of two or more things
53. Indian city
54. Greek letters
57. Weapon
58. Geological times
59. Cycle in physics
61. Soviet Socialist Republic
62. Witness

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“The Girl From 7th Avenue” premieres in La Jolla with Pat Cleveland in attendance

Fashion Files

By DIANA CAVAGNARO



Pat Cleveland, now studied in the documentary “The Girl from 7th Avenue,” is one of the first Black super models who received prominence as both a runway and print model. Starting her career in the mid-’60s, she has been photographed by renowned photographers such as Norman Parkinson, Richard Avedon, Irving Penn, and Andy Warhol.

Cleveland led the fashion revolution and worked non-stop as a game changer. She is also a multi-talented actress, artist, singer, writer, wife, and mother. In 2016, Simon & Schuster published her memoir, “Walking with the Muses.”



The iconic Pat Cleveland on the red carpet at the La Jolla International Fashion Film Festival (Photo courtesy Leo Malevanchik)

Her first big break came at the Battle of Versailles Fashion Show in 1973 in the Palace of Versailles. Five French designers competed against five American designers at this Gala which included an unprecedented ten Black models. This was the first



The interview between Diana Cavagnaro, Pat Cleveland, and Antonio Contreras (Photo courtesy Leo Malevanchik)

time vogueing was done on the runway.

It was such an honor for San Diego to have this iconic model in town for the premier of the documentary about her life, “The Girl from 7th Avenue,” at the La Jolla International Fashion Film Festival. She collaborated with Antonio Contreras for this amazing illustrated story of her modeling career. Antonio Contreras is a multi-gifted artist who created 2,000 illustrations to make this animated short film. Contreras is also an award-winning artist who produces dramatic and documentary films such as “EXUBERANCE,” “The Falling Leaves,” and “Ay Jose!” to name a few. He was awarded the International Fashion Film award for Best Actor in 2015.

I met Cleveland and Contreras for an interview at the Grande Colonial Hotel. Cleveland arrived wearing a Missoni ensemble and explained that the designer Ralph Rucci had designed two creations for her but that they had not arrived in time.

I sat down with both of them for a fireside chat overlooking the breathtaking view of the shoreline. You immediately felt that you have known Cleveland your entire life with her warm persona and effervescent style.

My first question was how did they meet for this collaboration. They said they met on Instagram and a conversation ensued going back and forth. The forces of the universe brought them together and “The Girl from 7th Avenue” was born.

Contreras said that there are so many styles of animated films and they wanted to tell a story similar to sci-fi and keep it funny and light. Gehno Aviance was the editor and graphic designer. The music for the film was produced by One A (Gehno Aviance). Some of the music was written and composed by Maurice Lynch and performed by Pat Cleveland. She has such an entrancing voice and you don’t want the song to end.

The night of the red carpet was on July 30. Pat Cleveland arrived looking stylish in a kaftan and turban by the designer Julia Clancey. There was so much anticipation by the crowd awaiting the awards to be handed out. Cleveland and Contreras were delighted to learn that “The Girl from 7th Avenue”

UPCOMING EVENTS

St Madeleine Sophie’s presents the **44th Haute With Heart Fashion Show** called “Diamonds are a Girl’s Best Friend” at the Hilton San Diego Bayfront on Saturday, Aug. 13. Visit: Hautewithheart.org.

The Salah M. Hassanein Memorial **“Day at the Races”** to benefit Children’s Lifeline International on Sunday, Aug. 18. Honorary Chair is Zandra Rhodes. For tickets: bit.ly/30PSV1w

Bridal Bazaar with fashion shows presented by Gretchen Productions at the San Diego Convention Center. Two shows presented during the day of Sunday, Aug. 21. For more info: 760-334-5500

“Fold, Twist, Tie” is a paper bag hat exhibit by moses at the Mingie International Museum in Balboa Park being displayed until Oct. 2. Open 10 a.m.-5 p.m. on Saturday-Wednesday and 10 a.m.-8 p.m. Thursday through Friday.



Pat Cleveland and Antonio Contreras with Gehno Aviance in back at the red carpet (Photo courtesy Leo Malevanchik)



A 1982 photo of Pat Cleveland wearing Greek fashion designer Billy Bo (Photo by Paul Van Ravenstein)



Pat Cleveland in 1992 Wearing GFFerrein Milaan (Photo by Paul Van Ravenstein)

was awarded Best Documentary and Best Animated Film.

In her acceptance speech, Cleveland said, “Wear it, love it, live it...that is style and fashion!”

While it is still under wraps, Contreras’ next project will be another collaboration with Cleveland.

—Diana Cavagnaro is an internationally renowned Couture Milliner based in Alpine, California. Learn more about our hat designer, teacher and blogger at DianaCavagnaro.com.



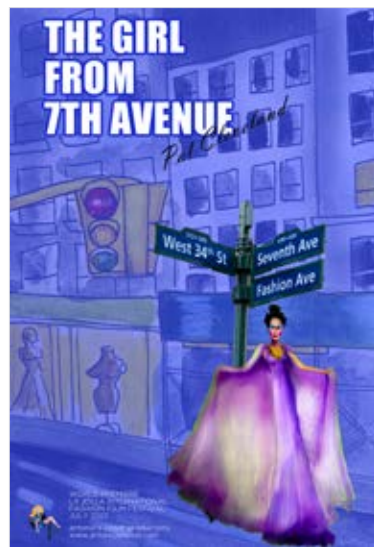
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Poster of the animated fashion film “The Girl from 7th Avenue” (Artwork by Antonio Contreras)



Pat Cleveland in Patrick Kelley 1982 (Photo by Paul Van Ravenstein)

Should I wait to buy?

Ask Maureen and Antoinette

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This is a very timely question which has variable answers based on each potential home buyer's specific situation.

When clients work with us to purchase a property, our **first step** is to provide them with in-depth information about the **neighborhoods** they are interested in. Our 45+ years of combined experience as San Diego realtors allows us to share statistics, data, features, and factors that can't be "Googled" in order to help guide our clients towards the best neighborhoods for their lifestyle and budget.

The **second step** is to review **interest rates and loan options** with a mortgage broker. Rates have increased over the last few months, however they are still historically low. One option to moderate your interest rate is to obtain a variable rate mortgage, also known as an A.R.M. (adjustable-rate mortgage). An A.R.M. will generally be fixed for a certain amount of time (seven or 10 years) and then it will adjust to the current rate. The strategy behind using this type of mortgage is two-fold. One—if you plan to own the property for a period of time shorter than the A.R.M. duration, then you have captured the low interest rate an A.R.M.

offers and you can sell before the rate adjusts. Second – if you plan to own the home long term, as a borrower you can refinance your property if interest rates go down to a rate you are comfortable with. Utilizing an A.R.M. mortgage can save you thousands of dollars in your annual monthly payment.

Once you have chosen a neighborhood and loan program, our **third step** is to educate our buyers in **pricing realities**. We have seen sales price appreciation cool a bit in the last few months in many neighborhoods. Some neighborhoods are continuing to show price appreciation, and some areas show small price decreases. What we haven't seen, nor do we expect to see, are dramatic price declines. We live in America's Finest City and people want to make this their home. In many areas and price points in San Diego we are seeing less competition from buyers over the last few months. Fewer buyers making offers on properties results in less overbidding which may keep the final sales price close to the original asking price. This more controlled environment is the **window of opportunity** buyers have been hoping for.

The bottom line is that the housing market is undergoing a shift because of higher mortgage rates, but the market is still strong. If you have been looking to buy a home over the last few years and it felt impossible to do so, now may be your opportunity. Buying a home right now isn't easy, but there is **more opportunity** for those who are looking.

If you have real estate related questions that you would like us to answer in this monthly column, please email us at MakeSanDiegoHome@gmail.com.

Hob Nob Hill

CONTINUED FROM Page 8

ex-husband) bought the restaurant and kept all the original recipes.

Despite its fresher look, plus new menu items and a

cocktail-espresso bar slinging craft beer and Indo Noir coffee drinks, the restaurant still stands as a beacon for all-American comfort fare. It's a place where homemade turkey dinners and pecan-lemon pies remain in the offering, but only now in the company of other new arrivals such

as loco moco, steak frites, shrimp pasta, and the famed Italian seafood stew known as cioppino.

In addition, happy hour is held in the bar area from 3 to 6 p.m., Monday through Friday, when you can score a variety of libations and small plates ranging from \$4 to \$7.

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Students part of ‘Soles in Need’ distribute shoes Downtown

By NICOLE ABRAMS

On July 28, 2022, Soles in Need, a club created by a group of Poway’s Del Norte High School students, hosted a shoe distribution event in partnership with San Diego Serving Seniors, a non-profit organization that supports low-income seniors, at their community center at 1525 Fourth Avenue.

According to Arie Ibarrola, one of the founders of the club, “Soles in Need was created by two Del Norte High School students, myself, and my best friend Collin Schwarz, as we both share a love of shoes and wanted to do something impactful for the San Diego community. So, we decided to combine the two and create Soles in Need at Del Norte High School.”

Ibarrola says that the main mission of Soles in Need is to help

the homeless and underprivileged communities in San Diego.

“The purpose of Soles in Need is to focus on the collectivization of shoes and necessities, which will then be donated to those in need in the San Diego community,” says Ibarrola.

According to Collin Schwarz, another one of the founders of the club, “After today’s event with Serving Seniors, we are gladly proud to say that we were able to provide nearly 40-50 pairs of shoes to low-income senior citizens.”

According to the most recent WeAllCount Data from the Regional Task Force on Homelessness, there are 8,427 people experiencing homelessness in the region of San Diego, which is a significant 10% increase from 2020. This is counting those who are sheltered and those who are unsheltered. Twenty-five percent

of unsheltered people and 24% of sheltered people are 55 years old or older. This data on San Diego’s homeless population reveals how the services provided by clubs like Soles in Need are more important than ever in this city, especially for the older homeless population.

In the future, the club plans to continue providing shoes to San Diego’s communities in need, but they wish to expand and provide a larger variety of goods.

According to Schwarz, “We honestly started this organization to help provide mainly shoes to the homeless and in need, but we recently realized how big of an impact we can make and now we wish to expand in multiple directions. For example, in the winter we are in the early stages of planning a coat and blanket drive for those in the cold weather of the city. This is just one example of the



Poway students at the Serving Seniors community center passed out shoes to impoverished seniors. (Photos courtesy Soles in Need)

kind of direction we are heading.”

The impact that this club has will go beyond helping people own a comfortable pair of walking shoes.

To learn more about San Diego Serving Seniors, you can check out their website at serving seniors.org/. If you want to learn more about Soles in Need, you can check out their Instagram account @dnhs.solesinneed.



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