Trinity Yoga adapts to new normal with ‘NamaStay at Home’ classes

By JEFF CLEMETSON | Mission Times Courier

Since mid-March when Gov. Gavin Newsom declared the initial stay-at-home orders to combat the coronavirus outbreak, businesses owners have struggled to find ways to stay afloat while being cut off from customers. While restaurants quickly moved to pick-up and delivery models and retail shops quickly took to Instagram and Facebook to sell their wares, the health and fitness industry had to invent its own ways to serve clients safely.

Gomez running as ‘true blue progressive’

By JEFF CLEMETSON | Mission Times Courier

[Editor’s note: The Mission Times Courier spoke with Georgette Gomez prior to the death of George Floyd and the protests that followed, so this profile does not include the candidate’s positions on police reforms. Visit georgettegomez.org.]

The race for California’s 53rd Congressional District seat, vacated by retiring Rep. Susan Davis, has gained some national attention in the last few weeks.

Decision 2020

Candidates’ different backgrounds, similar politics in the CA-53 race

By JEFF CLEMETSON | Mission Times Courier

[Editor’s note: The Mission Times Courier spoke with Sara Jacobs prior to the death of George Floyd and the protests that followed, so this profile does not include the candidate’s positions on police reforms. For more information about the Sara Jacobs campaign, visit sarajacobsforca.com.]

On March 3, voters in California’s 53rd Congressional District seat, vacated by retiring Rep. Susan Davis, has gained some national attention in the last few weeks.

Jacobs stresses readiness in campaign for congress

Sara Jacobs (Courtesy Sara Jacobs for Congress)

Jacobs stresses readiness in campaign for congress

Sara Jacobs (Courtesy Sara Jacobs for Congress)

Trinity Yoga & Fitness owner Sally Van Sickle demonstrates her set up to teach online yoga classes in her San Carlos studio. (Courtesy Trinity Yoga & Fitness)
press attention for its similarities to other Democrat vs. Democrat races.

On one end there is Sara Jacobs, granddaughter to Qualcomm founder Irwin Jacobs and a former policy wonk in the Obama Administration’s State Department. On the other end is San Diego City Council President Georgette Gomez, daughter of undocumented immigrants and a progressive with the endorsement of leftist presidential candidate Sen. Bernie Sanders.

In the March 3 primary, Jacobs came out on top with 29.1% of the vote, compared to Gomez’ 20% — a result Gomez chalked up to the race’s crowded field of 14 candidates and being heavily outspent by the Jacobs campaign and a SuperPac that supports her.

“We always knew that Sara was going to come in first and us in second just because the nature of the spending,” Gomez said. Gomez added that she wasn’t disappointed with the primary results and that she expects to win in November because her “message is really stronger.”

That message includes a humble-beginnings backstory and policy positions that focus on inequality, poverty and the environment.

“As a true blue progressive — and I mean that with sincerity in terms of that my life experience has guided me in everything that I do — it really is a motivator for me to transform government to address some of these serious issues that people are facing.”

**INFLUENTIAL CHILDHOOD**

Gomez is a San Diego native and first generation Mexican-American who was born in Barrio Logan and lived south of Interstate 8 her entire life.

“I grew up very humble but at the same time, my parents did everything they could to provide a better path for all three of their children,” she said.

Gomez’ parents were undocumented and worked multiple jobs that paid minimum wage. “Jobs that took advantage of them because they were undocumented,” she said “They kept their heads down and did their work.”

Gomez said her family moved around the South Bay a lot while growing up. At one point, they didn’t have a home of their own and lived in the living room of another family’s house.

“So, you can imagine growing up in somebody else’s space. That leaves a strong imprint on a child,” she said. “For me growing up, that was my experience: having housing insecurity, at times food insecurity. But I also felt that my parents worked to make it through this level of living.”

Gomez credits her parents’ sacrifices as a motivating factor for her to work hard in school. In middle-school and high school, Gomez woke up every morning at 5 a.m. to take public transportation to San Carlos and then Tiajuana because her mother knew that wealthier communities had better schools and “access to success.”

“That was really an eye-opener for me because growing up I knew that we were struggling but I just thought that was the reality for everybody,” she said. “I noticed how different my community was from the community where my school was. There were grocery stores and parks.”

**EARLY ACTIVISM**

In her senior year at Serra High School, Gomez said she became politically active.

“That was the year that Pete Wilson introduced Prop 187 targeting immigrant [communities],” she said, adding that her older brother brought her along to help with voter outreach to defeat the proposition. It passed but was later ruled unconstitutional by the courts.

Gomez continued her activism at SDSU where she studied urban planning with an “environmental and cultural lens.”

“Growing up in Barrio Logan, I knew there was no question that my community was treated completely different than other communities. You could taste it in the pollution in the air,” she said. “My intention of going to college was to try and understand how do you influence the development of communities and how do you do it in a way that is healthy and is reflective of the community members.”

At SDSU, Gomez got involved with an environmental justice club where she was introduced to the Environmental Health Coalition, a nonprofit advocacy group that she went to work for after graduation. As a community organizer at EHC, Gomez lead a campaign to stop an old power plant from reopening: organized to shut down a peak power plant proposed for a location near an elementary school; influenced community developments in Barrio Logan and National City to create better jobs, affordable housing, and better mobility; and helped create the statewide California Environmental Justice Alliance to influence state policy. The latter resulted in her work on the national Sustainable Communities Program started by the Obama Administration which worked to transform underserved neighborhoods by making them greener — she worked on the pilot program in National City.

Also during this time, Gomez worked on helping get fellow Democrats elected, which is what eventually led her to run for the San Diego City Council District 9 seat.

**A LOCAL OFFICIAL**

“I thought, ‘Okay, I know how to do people. I know how to bring people together. I’ve been involved in other people’s campaigns. I challenged myself to think of myself differently,’” Gomez said. “When I decided to run for local election, it wasn’t something that I felt comfortable with, but I really struggled with that because I thought that that was something that somebody else does.”

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Gomez CONTINUED FROM Page 2

But because I was so committed, I just felt like, ‘okay I know that I can bring something to the table. I will do it.’”

Gomez credits a strong grass roots campaign for her election to the District 9 seat — a race she was outspent by her opponent 3 to 1 and is credited to win.

Since her election to the City Council, Gomez said she has maintained a strong agenda to help underrepresented communities in the city that she grew up in. Her decision to serve on the MTS board was influenced by her high school years riding the bus to school every day. Gomez eventually ran to be chair of MTS and was elected by her colleagues from 10 different cities in San Diego County.

“My goal was like highlighting the importance of transit in our region,” she said. “If you look at the history of transit here in our region, it has never been a priority for elected. But these last couple of years we’ve built a strong voice on the importance of it and we’re going to continue pushing.”

In addition to being elected by her colleagues to lead the MTS board, Gomez was elected twice by her fellow City Council members as a Democrat and a Republican — to be Council President. Gomez credits this transparency as the reason why she is the first Council member from both sides of the aisle.

A RUN FOR CONGRESS

As the elected representative of District 9, Gomez said she has always worked to be supportive of her district’s large immigrant community. When Rep. Susan Davis announced she would be stepping down from her CA-53 seat at the end of this year, Gomez decided to run for congress with the idea that she could be a voice for immigration reform in the U.S.

“My values really are about justice, about making sure government is more inclusive about who we are and recognizes that,” she said. “Everything really stems from that. Everything that I’ve done as a community organizer, as public policy advocate has been to really try and transform the system to be more reflective of who we are.”

Since launching her campaign, Gomez has racked up support from a wide range of groups and people, including labor unions, teachers, the Sierra Club, and politicians like presidential candidate Sen. Bernie Sanders.

Gomez’s webpage to the Mayoral Arapostathis, who now considers himself an independent but originally ran as a Republican.

Although she expects to be outspent by the Jacobs campaign, Gomez sees her strong message, experience and local roots as key to winning in November — even as the COVID crisis has taken away door-to-door canvassing, one of the main tools of grassroots campaigns.

“The COVID just creates more creativity in how to reach out to voters. As a grassroots campaign you have to be creative. It’s not going to slow us down at all,” she said.

Like many other campaigns, Gomez said her team recently focused on phone banking wellness checks for seniors in CA-53 and also built a resource page to share with any constituents that might need it.

“It wasn’t about, ‘Can we count on your support?’ It was about an ‘Are you okay, do you need any support, how can we assist?’ type of outreach and just leave it at that,” she said.

Still, Gomez said she is ready to get back to campaigning on her message of support for policies like universal single-payer healthcare and a Green New Deal.

“If you look at my background as a public policy advocate on addressing environmental racism, the Green New Deal gets to that, so that is something I’ll continue pushing,” she said.

With the COVID crisis pushing spending to its limits, Gomez said she is working on formulating some plans for addressing the deficit.

“I don’t think we’re maximizing taxation on the wealthy and we have a created a system where we are taxing more on the middle class and people living in poverty than the 1%,” she said, adding that corporate taxation and reforming military spending would be in her plan to fund more domestic spending to put people to work — a necessity to create a more diverse economy in San Diego beyond serving the tourism industry which has been decimated by the COVID crisis.

“Being one of the leaders getting us through the COVID crisis has given me more energy to work hard and earn the votes of the residents of the 53rd and get to D.C., and get to work for our region,” she said.

“We need to get more resources to address our income inequality, to address our huge infrastructure deficits that we have here in San Diego region, to address our housing affordability crisis.

“I understand what we need as a region. I have that experience and I’m ready to lead and really fight hard to ensure we’re moving the country in a more inclusive, more equitable way to advance on these major issues that have not been a priority — and I’m going to do that when I get to D.C.”

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

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sdnews.com
Jacobs
CONTINUED FROM PAGE 1
frontrunner with 29.2% of the vote in what was a crowded field of 15 candidates. Jacobs, grand- daughter of Qualcomm founder Irwin Jacobs, credits her success to reaching out to the district’s constituents.

“I love San Diego and I’m so proud of the primary campaign we ran where we talked to every- one and listened to everyone and built a broad coalition,” she said.

“That’s what I plan to do in the general election and that’s what I plan to do in office — listen to everyone, work with people from all backgrounds and really make progress.”

Now that the race is down to a contest between Jacobs and City Council president Georgette Gomez — both Democrats with similar policy positions — Jacobs wants voters to focus on her ex- perience working in politics at the federal level as reason to cast bal- lots for her in November.

[‘Voters need] someone who has experience making and implementing policy at the feder- al level who understands all the levers of power that the federal government has to really offer San Diego — someone who is not going to take time to get their sea legs, but hit the ground running on day one and make sure San Diegans gets the representation they need as these incredibly important de- cisions are being made.”

AN EARLY PATH TO PUBLIC SERVICE

Jacobs proudly says she is a third generation San Diegan, born and raised. When talking about her famous family, she focuses more on their early struggles than on their financial successes.

“When my great-grandparents first moved to San Diego, they lived in College Area and that was one of the few areas that Jewish families had been allowed to live. Obviously a lot has changed in San Diego and in my family since then,” she said. “I was always taught about how much San Diego has given us and that it was my responsibility to do everything I could to give back and make sure that every kid in San Diego has the kind of opportunities that I was able to have.”

Unlike many other children raised in families with extreme wealth, Jacobs attended public schools growing up.

“My parents felt very strongly that they wanted us to be in public schools and getting an education that was more than just academ- ics — that we interacted and got to have friends from all different walks of life and that was some- thing that they felt very strongly about,” she said.

When Jacobs entered Torrey Pines High School, she expected that she would follow in both of her grandfathers’ footsteps and become an electrical engi- neer. During her high school years, Jacobs was involved in community service, such as lead- ing the youth group at her syn- ogogue and volunteering for San Diego Youth Services to serve the homeless. In her junior year, she took part in a program bringing Israeli Jewish teens together with Israeli Arab teens that inspired her to want to work with people working in a lab.

With that as inspiration, Jacobs studied Political Science with a focus on international issues at Columbia University.

“There are some problems where there’s a solution but we just don’t have political will to do it, and there are some problems that even if we had the political will, we wouldn’t know what to do,” she said. “And those are the kinds of problems I get really interested in college. I spent a lot of time studying some of the smaller conflicts around the world that weren’t getting much political attention and studying peace-building interventions and peace-keeping approaches.”

Jacobs earned her Master’s in International Affairs from Columbia and then took “a little bit of time off to celebrate” be- fore going to work at the United Nations in the Department of Peacekeeping Operations, helping write policy based on research she did in grad school.

After her stint at the UN, she went to work for UNICEF’s innova- tion unit, then went to work in the State Department’s Bureau of Conflict and Stabilization Operations during the Obama administration, where she was tasked with helping the State Department better solve conflicts. In 2015, Jacobs went to work on the Hillary Clinton presiden- tial campaign, helping the former Secretary of State draft foreign pol- icy. For Jacobs, watching Hillary Clinton and her team would have been doing us from get- ting to the position we’re in with coronavirus,” she said. “I wrote the pandemic prevention plan and actually was working with members of Congress on setting up new funding streams for pre- venting and giving them the resources to deal with pandemic threats.”

A FIRST RUN FOR OFFICE

Although Jacobs’ job for the Clinton campaign was more policy wonk than campaign strategist, she said she did learn some lessons about running for office from her time working for Team Hillary.

“It taught me the most is that you have to find a way to let yourself be as vulnera- ble and authentic as possible, even when it’s really hard. I think the generation of women who ran for office before us had to be so perfect because they were held to such a standard,” she said. “When I first started running for office, I actually wrote down all the mean things I thought could be said about me and I made my friends read them to me over and over again to de- sensitize myself to it. Forcing your- self to just continue to be as open as possible even as difficult things are being said about you, I think is very important and something I learned during 2016.”

Those lessons were put to the test in Jacobs’ first run for con- gress — a 2018 bid to unseat Rep. Darrell Issa in California’s 49th.

“I was spending a lot of time overseas and it was kind of the perfect thing to be doing [then] because I was doing really tangible good work around the world and simultaneously running for political office.”

In the year 2000, the State of California adopted an Advance Health Care Directive form, by which, a person may set out his or her directions concerning health care, end-of-life decisions, and related concerns.

This form is comprised of three main components:

First, it contains a power of attorney for health care, by which you may designate a per- son (and “back-up[s]”), called your “agent,” to make health care decisions on your behalf, should you be unable (for exam- ple, be in a coma).

Second, it gives you the choice to direct that your health care provider provide, withhold, or withdraw treatment that you request yourself under circumstances where your physician expects you to die within a relatively short period of time.

Third, the form enables you to offer to donate, upon your death, your organs, tissues, and other body parts, subject to any limi- tations your may impose.

By: Dick McIntyre and Chris von der Lieth, Attorneys at Law

In addition, the form enables you to make known any of your other related wishes, such as, for example, burial/cremation instructions.

The Advanced Health Care Directive is an important docu- ment and is written to be completed at the time you prepare your estate planning documents. Hospitals and physicians do rely on this form.

While a completed directive does not automatically term- inate after a given period of time, it is best that you make regular review of it at least every five years, so that third par- ticipants (physicians and hospitals) who are asked to rely on it can be reassured that it states your current inten- tions.

The above statements are not to be taken as legal advice for the reader’s particular situation.

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it had nothing to do with Donald Trump," she said. “But eventually I started feeling while the work I was doing was important, everything I cared about was at risk here at home.”

Jacobs recalls returning from a work trip and landing at JFK the day the Muslim ban was announced and feeling disempowered.

Also during that time, the Trump administration’s stance toward the LGBTQ community was affecting her youngest sibling who is transgender and her middle sibling who is gender-nonconforming. That prompted Jacobs to want to do more.

“I looked at the races here at home and saw the 49th and reached out to Emily’s List and asked if they were going to get a woman to run because I would love to support her and help her run,” she said. “They eventually called me back and told me that if I wanted there to be a woman in the race I had to run, so I did — after much heartache. They say you need to ask a woman seven times to run and I think that was pretty true for me.”

Jacobs lost the primary, coming in third behind Republican Mike Levin who would go on to Dianne Harkey and Democrat Ami Bera in the general election.

“I think it’s really important that we have a new generation of leaders,” Jacobs said. “My generation are the ones who are really going to be dealing with the consequences of the decisions we make right now and so we should have a seat at the table.”

During her primary campaign, Jacobs focused on issues included addressing gun violence, acting with urgency to address climate change and the high cost of living in San Diego.

“Those are still incredibly important, but I really believe that the next congress will entirely be focused on rebuilding and re-creating from the COVID crisis that we’re in right now,” she said, adding that the current legislation passed so far only amounted to “stabilizing bills” and that more stimulus is needed to regrow the economy.

Jacobs sees future legislation as a chance to make some systemic changes and shape the future for “what we want it to look like” — especially when it comes to dealing with issues of climate change and protecting workers.

“We have a real opportunity here I think to do things differently,” she said. “Part of that is making sure that other priorities are imbued in any recovery and thinking about how we can make sure that we are prioritizing companies that have emissions targets in line with the Paris Agreement.”

“And, as we’re doing quantitative easing or bailouts, [we should be] thinking about what the unemployed sector really looks like,” she continued. “A lot of folks are harkening back to the programs that came out of the Great Depression which are imbued in any recovery and thinking about how we can make sure that we are prioritizing companies that have emissions targets in line with the Paris Agreement.”

“I not only believe that it will still be possible to do Medicare for All but actually it is more important than ever,” she said. “We’re seeing 20-30% unemployment and people’s healthcare is directly tied to their employment, which means we’re going to have a dearth of public option when all of the people who lose their employer-sponsored health care still need care in the middle of a pandemic. And if that’s the case, we might as well do it in a strategic way.”

To deal with the costs of programs, Jacobs favors repealing the GOP tax bill “that didn’t do anything to grow the economy,” raising taxes on very wealthy people and cutting tax loopholes.

“My generation will be the one that will have to deal with the consequences of this deficit down the road,” she said, adding that despite its costs, the government needs to use the current zero Fed rate to keep states afloat and provide stimulus to jump start the economy.

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

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To get involved, contact Charina Layman at clayman@feeding-sandiego.org or 858-283-8999.

**City Council Approves Extending Permit Applications**

As San Diego began shutting down in early March due to the coronavirus epidemic, construction projects throughout San Diego were thrown into disarray. This uncertainty risked the cancellation of several important housing projects throughout the region, which continues facing a severe housing crisis.

To help with the uncertainty, the City Council today unanimously adopted an interim urgen-
cy ordinance extending expiration of development permit applications by 60 days, and building permit applications by 365 days.

“The uncertainty in the building industry is at an all-time high due to the coronavirus pandemic,” said Councilmember Scott Sherman.

“The City must do all it can to pro-
vide relief to any way possible. At the beginning of this crisis the City was pro-active and took steps to provide relief. This action builds on

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vide relief to any way possible. At the beginning of this crisis the City was pro-active and took steps to provide relief. This action builds on
Help feed veterans during COVID-19

by William J. “Doc” Schmitz

The COVID-19 pandemic has brought unprecedented challenges for all Americans, including residents in San Diego. California as a result, there has been a tremendous demand for food assistance which has increased at an extraordinary rate.

With the economic insecurity – which is defined as the lack of access to enough nutritionally adequate food to live an active and healthy life – is a serious issue impacting millions of Americans, it is particularly concerning for our nation’s service men and women.

Given this critical need, Humana, the Veterans of Foreign Wars (VFW) and organizations within the U.S. Department of Veterans Affairs (VA) – including the VA Secretary’s Center for Strategic Partnerships, Volunteer Service Office, and Homeless Programs office – are mobilizing donors and volunteers for the “Together to Combat Hunger” campaign in an effort to help feed insecure veterans and their families through this pandemic. Working directly by donating to VA medical centers across the country, we are able to take a targeted approach to assist our nation’s service men and women and ensure that donations go directly to those who are experiencing food insecurity or are at risk of food insecurity. Whether it’s providing gift cards to local grocery stores or even basic supplies they need to help them during this difficult time.

While our team’s efforts have helped to provide more than 200,000 meals thus far, we invite citizens and organizations to join us in this mission by visiting vfw.org/utch and making a monetary donation to a VA medical center near you, such as VA San Diego Healthcare System. Every donation will go a long way to help veterans in need.

Now more than ever, it’s important that we don’t take anything for granted – in this case, our critical service men and women and their families.

—William J. “Doc” Schmitz, Commandant-in-Chief of the Veterans of Foreign Wars.

Democrats Zoom while administration dithers

by Tina Rynberg

As new polling shows 80% of all Americans think the country is out of control, most of us are looking for stable leadership, a commitment to the American people, and an end to inflammatory rhetoric from our leaders in Washington, D.C.

When peaceful protests were driven out of Lafayette Park near the White House by tear gas, mounted police and helicopters, millions of Americans were shocked, saddened, and dismayed. When Trump announced he was prepared to send in federal troops to put down demonstrations in states across America, even four-star generals were alarmed at our slide toward fascism. When Republican senators were asked if they were taken aback at the administration’s unconstitutional machinations, sanctioned by Attorney General Barr, they failed to register any protest at all. The Black Lives Matter movement now enjoys wide acceptance and support among a majority of Americans, but you wouldn’t know it by the actions (and inactions) of the Congressional Republican caucus.

So just a week after the nation watched the killing of a peaceful Black Lives Matter marcher, the announcement of a major test of our democracy was announced: the census was to be held virtually. That was well thought out by those in Washington, who knew it was a terrible idea: over 50% of Americans have not yet submitted their census. The administration has killed job opportunities for millions of Americans, including census workers. This is a targeted approach to asphyxiate the democratic process and prevent the full count of all Americans.

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

DISTRIBUTION: Mission Times Courier is distributed free the second Friday of every month. © 2020. All rights reserved.
Republican Women grateful for the economy reopening

San Diego is leading the way in safely reopening, offering the blueprint for the rest of the state and country. The rallying stock market index closely follows the economy’s progress closely with Governor Newsom and pressuring to assure that the best interests of San Diegans and our local communities are top priority. We are all united in our condemnation of racism and support of our communities in this tumultuous time. We are proud that our elected officials and leaders are working closely with each other to guide us through these challenging days, weeks and months. Violence does nothing to further the cause for reform, it only damages our local businesses both in spirit and in a very material way. Businesses that have served us well in the past and we count on have been damaged or destroyed. Peaceful demonstrations have been hijacked by those with nothing but destruction on their agenda.

The need for justice and unity are clear, but committing crimes and inciting violence is a despicable way to address these problems. Many local businesses have suffered huge financial hardship from the shut down, and many have physical damage caused by the rioters and looters. Being forced in an effort to restore peace and respect for all is the best goal we can set for ourselves at this time. Support our local businesses and help them get back on their feet. Republican Women of California – Navajo Canyon is continuing to grow in membership which reaffirms the

of communities, including many across San Diego County. On June 3, a couple hundred La Mesa Foothills Democratic Club members joined our local leaders and influencers via a zoom meeting and YouTube broadcast that broke new ground for our active club. With our July 1st event, the Park still up in the air at this time, it was astounding to see so many of our club favorites share news, observations and opinions about the state of our politics, protests, pandemic, and social justice issues at the forefront of every day in America.

Assembly member Shirley Weber kicked things off to discuss her efforts at police reform and other serious injustices. Former congressman and current CA-50 candidate Darrell Issa is working election. Pre-pandemic, and before the country was rocked by the untimely and racially-tinged deaths of George Floyd, Ahmaud Arbery and Breonna Taylor. Luna figured Trump would run on the economy and achieve re-election. He now feels that Trump’s shortcomings in handling both the pandemic response, and his inability to address social injustice and institutional racism across America, will lead to his loss this November to former Vice President Joe Biden. Current polling supports Luna’s suppositions as Biden enjoys not only a large national lead, but also leads in most key battleground states.

Supervisor Nathan Fletcher updated county efforts on several fronts including protest reactions by the Board of Supervisors; San Diego’s COVID-19 progress made in slowing the spread of the virus; and his profound disgust at the military-style excessive force being used against those protesting excessive force. He related that he has called on Sheriff Bill Gore to end the carotid neck restraint, and that has since happened!

San Diego City Council President Georgette Gomez related that she joined Mayor Kevin Faulconer, Council member Monica Montgomery and San Diego Police Chief David Nisleit in announcing an end to the Police Department’s carotid restraint (chokehold) protocol. Gomez also announced plans to move forward with a ballot measure to expand police oversight by creating an Independent Police Practices Commission which will review community complaints of police misconduct and recommend reforms. Her opponent for the CA-53 seat, Sara Jacobs, went into great detail about her views on criminal justice reform and the need for security reforms. She stressed the importance of supporting small businesses and the economy recovery.

The La Mesa Foothills Democratic Club meets, usually closely in person, but lately just virtually, the first Wednesday of every month. We think our return to the La Mesa Community Center may come as soon as August. Check out our last couple virtual meetings on our Facebook page, or visit our website at lamesafoothillsdemocraticclub.com.

—Tina Rygben is president and Jeff Benezech is vice president of programming for the La Mesa Foothills Democratic Club.

By PAT BOERNER

REPUBLICAN WOMEN OF CALIFORNIA – NAVAO CANYON

San Diego is leading the way in safely reopening, offering the blueprint for the rest of the state and country. The rallying stock market index closely follows the economy’s progress closely with Governor Newsom and pressuring to assure that the best interests of San Diegans and our local communities are top priority. We are all united in our condemnation of racism and support of our communities in this tumultuous time. We are proud that our elected officials and leaders are working closely with each other to guide us through these challenging days, weeks and months. Violence does nothing to further the cause for reform, it only damages our local businesses both in spirit and in a very material way. Businesses that have served us well in the past and we count on have been damaged or destroyed. Peaceful demonstrations have been hijacked by those with nothing but destruction on their agenda.

The need for justice and unity are clear, but committing crimes and inciting violence is a despicable way to address these problems. Many local businesses have suffered huge financial hardship from the shut down, and many have physical damage caused by the rioters and looters. Being forced in an effort to restore peace and respect for all is the best goal we can set for ourselves at this time. Support our local businesses and help them get back on their feet. Republican Women of California – Navajo Canyon is continuing to grow in membership which reaffirms the
Trinity Yoga

One such local business that took a proactive approach during the COVID shutdown is Trinity Yoga & Fitness in San Carlos, which held its last in-person yoga class on March 15 before getting up and running with its “NamaStay At Home” virtual classes the very next day. “It was a Sunday and it was four days before the governor stated his stay-at-home order,” she said. “I decided to state my own stay-at-home order to protect my yogis. From following all the stuff going on, I just knew it was the right thing to do.”

That afternoon after her last yoga class, Van Sickle said she went home, ate lunch and made the decision to go all virtual and spent the rest of the evening downloading and teaching her how to use the GoTo Meeting app, setting up her home media station to accommodate filming and contacting her students to inform them of the move. “We were ready to practice that very next morning with our first class at 9:15 a.m.,” she said. Since then, she has been making improvements to her online class set up, including installing better lighting, purchasing a headset with a good microphone and adjusting camera angles so students can see all of the positions from standing to laying on the ground.

“There’s a lot to it and we’re still kinda working out some of the kinks but we mostly have it all settled in and we’re happy with the program we have,” she said. Another improvement to her yoga practice she accomplished during the quarantine is hiring back two teachers who were laid off at the beginning of the year because new rules that took effect governing independent contractors. From January until the beginning of April when she hired back the two teachers, Van Sickle said she had to teach all 19 of her classes. “That helped take a little bit of the load off of my shoulders,” she said. She hired back the teachers even without aid from the government because Trinity Yoga was ineligible for Paycheck Protection Plan monies she had received from her government because Trinity Yoga — mostly family members of her core client base — and even brought back a former student who are coming so that it only captures the teacher, for privacy issues,” she added. “So our capacity is way down. If I had to guess we’re probably running around 30% of our normal client base, so it’s dropped and we’re paddling underneath but staying calm above.”

Now that the state has started Phase 3 of the reopening process, which will allow her to teach in-person classes again, Van Sickle is preparing the Trinity Yoga studio for classes. She has given the San Carlos space a deep clean and will eventually move the filming equipment and filming there to continue the NamaStay at Home program — a must for her because under social distancing requirements she will only be able to teach nine students at a time, down from her normal 33 student capacity. “We will be filming that process in such a way that the mirrors will not capture the clients who are coming so that it only captures the teacher, for privacy issues,” she added.

Van Sickle, who explained that she does not like to boast about herself, did admit that she is proud of being able to manage the new normal of operating her yoga business in the midst of a recession and health crisis.

“I knew I wanted to not close any classes right in the height of it,” she said. “That was my goal — to be there for everybody because yoga is proven to help with anxiety, it’s proven to help with overall wellness.”

—Reach editor Jeff Clemetson at jeff@sdnews.com.
Del Cerro Action Council news

By JAY WILSON

Kristen Byrne, the spokesperson for the All Peoples Church (APC) project, followed up with me to let us know the city’s planning department has responded to the second submittal plan for the church project, but it is still investigating the feasibility of the proposed signaled ingress/egress intersection into the APC. The APC team is reviewing the city’s comments and will be following up with us as well.

The Front Porch Committee from the Friends of Del Cerro recently met and walked the College Avenue Median from Del Cerro Boulevard down to the “Welcome to Del Cerro” sign. We are evaluating what could be done to enhance the “front porch” entry into Del Cerro. A major factor in moving forward for any plans to upgrade the front porch is the status of the proposed signaled intersection for APC and its impact on the median. There is lots of work to be done on this and we will be requesting input from our residents as we move forward.

On June 3, I participated in a Zoom meeting with representatives from 18 different town councils in the city of San Diego. All have or will be implementing virtual meetings for the foreseeable future. We are planning on having our next quarterly meeting, scheduled for Thursday, July 23 at 7 p.m. to be a Zoom meeting. More information will be communicated in the July issue of the Mission Times Courier and our website.

The city has requested a meeting with the members of the proposed Del Cerro Maintenance Assessment District (MAD) for early July for an update on the status as it works its way through the city. The goal from the committee is to receive an update on the status and hopefully receive approval to begin collecting signatures to be able to put the full proposal of the Del Cerro MAD to a community vote.

In partnership with the presidents of our three community town councils — the Grantville/Allied Gardens Community Council, the San Carlos Area Council and the Del Cerro Action Council — we have reached out to the two District 7 City Council candidates Noli Zosa and Raul Campillo and the two mayoral candidates Barbara Bry and Todd Gloria regarding candidates forums. The council member forum is planned for late August and the mayoral forum for mid-September. All candidates have agreed to participate.

If the restrictions are relaxed, we would like to have the forums in person. If not, we will hold a Zoom meeting. More about the forums will be announced on our respective websites and in the July, August and September issues of the Mission Times Courier.

There have been several reports of drones being flown throughout the Navajo communities which appear to be flying above the 400-foot height limit set for any drone flying within a 5-mile radius of an airport. We sit between Montgomery-Gibbs Executive Airport and Gillespie Airport. That puts all of San Carlos, Del Cerro, Allied Gardens and Grantville within the 5-mile radius of an airport.

Finally, please do not forget to support all our local businesses along Del Cerro Boulevard and those within our adjacent communities.


Allied Gardens/Grantville Community Council news

By SHAIN HAUG

Our Town Hall Meeting of the general public on May 26, that was held by way of the Zoom application, was an unqualified success. We had a substantial turnout of the public. We had limited the agenda because of our uncertainty with the process. Our experience that evening resolved any question of our ability to conduct such a meeting without restrictions.

Our next general meeting will be on July 21, at which time we will offer a presentation by the San Diego River Conservatory. Your presence is much desired. To attend, contact us through the website, aggccouncil.org, and we will send you instructions on how to enter the meeting. It really is an easy, natural process, and we will be there to guide you in your participation.

We must give the 60 trees we planted in the strip between the sidewalk and Zion Avenue a lot of attention as the growing season begins. Our immediate issue is mulching and weed abatement.
The city will give us a quantity of mulch of approximately 15 feet by 4 feet. We need a one-time storage space from which we can move the mulch to the trees. If you have such a space, reach us through the website.

The Community Garden at Ascension Lutheran Church is an important community asset. Excess produce from the garden plots goes to the food bank. All 19 of the garden boxes are rented. Recently, a neighbor donated a large wooden rolling table that is now in the garden by the sheds. A bird bath would be a wonderful addition to the new herb garden and donations to that enhancement will be appreciated. Volunteers from The Church of Jesus Christ of Latter-Day Saints are doing a great job in the orchard area and their participation is deeply appreciated.

The Community Garden Steering Committee is looking into taking over care of the Allied Gardens sign at the bottom of Waring Road (an ongoing responsibility that the Community Council has never been able to master). You can reach the Community Garden Steering Committee through our website, aggccouncil.org.

We are about to embark on a new project, the decorative painting of the electrical and communication service boxes throughout our neighborhood.

One only needs to see what the Clairemont Town Council and the folks at Foster Elementary did to see how beneficial this will be to the community. If you have experience with this kind of project we could use your help.

The AGGCC Board of Directors meetings are open to the public. We meet on the first Tuesday of each month at 6:30 p.m. For the foreseeable future all meetings will be on the Zoom platform. The next meeting of the Board of Directors will be on Tuesday, July 7.

—Shain Hany is the President of the AGGCC. Reach him at aggccshain@yahoo.com and be added to the council’s regular email contact list.

News from San Carlos Community Council

By PATRICIA MOONEY

Hello neighbors! We hope you are all faring well as summer approaches. Restrictions are lifted, and our favorite places such as restaurants, parks and beaches begin to open back up. The first thing we’d like to share is a website that shares the most up-to-date information about health and social services as well as disaster alerts and resources. That is 211 San Diego and you can access it at 211sandiego.org.

If you have not yet filled out the 2020 census, please do so. The census results help determine how billions of dollars in federal funding flow into states and communities each year. In census years past, people have failed to engage, thus affecting the amount of federal dollars that the state of California receives. Not only that, census results determine how many seats in Congress each state gets. The census has a rich history in that the U.S. has counted its population every ten years since 1790. Please do your part! Visit 2020census.gov.

The City of San Diego has alerted us that due to the pandemic...
CONTACTLESS LIBRARY HOLD PICK UP

Good news! The San Diego Public Library has started contactless hold pick up at all locations. Holds that were awaiting pickup at our branch have been transferred to the College-Rolando library at 6600 Montezuma Road, San Diego, 92115.

Once you receive notification that your hold is available at that location simply go to the branch Monday through Friday between 10:30 a.m. and 5:30 p.m. Be sure to bring your phone to coordinate pick up. When you arrive, stay in your car, or six feet away from the entrance, and call. Staff will ask for your library card number and check the items out to you. The staff member will then bring your materials outside and place them on a table for you to retrieve.

SOME MORE GOOD NEWS FOR READERS

In response to COVID-19 and library closures, Califa, a nonprofit library membership consortium, has partnered with Bibliolabs to launch enki California Digital Library, a free ebook library available to every person in California. This means that there is no holds queue and no need for a library card. The collection uses geolocation to provide access to anyone physically located in the state of California. Visit enki.biblioboard.com to start reading!

GET YOUR PUZZLE FIX

For those of you who are missing our puzzle collection, the Smithsonian has a few digital puzzles created with some of their artwork. To access the puzzles, go to a.s.e.2b.org. Getting a sense of the tools takes a few minutes but, once learned you will be on your way to the satisfaction that is puzzle completion.

VIRTUAL TAX PREPARATION ASSISTANCE

If you need assistance in putting together your 2019 taxes before the July 15 deadline, there is a local resource available to those making less than $35,000.00. The Dreams for Change organization is offering virtual, over the phone assistance. To take advantage of this resource call 619-497-0236 to make an appointment. At the time of the appointment, you will need to have all your documents in hand.

SUMMER READING PROGRAM 2020

Dig deeper! San Diego Public Library’s Summer Reading Program (SRP) for all ages kicks off on June 1. Sign up to read 10 books or 10 hours. SRP details, along with reading lists, reading resources (all our e-library programming resources). The San Diego Public Library’s Summer Reading Program (SRP) for all ages kicks off on June 1. Sign up to read 10 books or 10 hours. SRP details, along with reading lists, reading resources (all our e-library programming resources)

San Carlos Library news

By DAVID EGE

The San Carlos Branch Library is here to be a part of and serve the community. We are proud to know that the community sees us as an essential resource and we consider our patrons part of our extended family. The patrons who gather to learn from our authors and speakers, come in for their weekly meditation, share poems at People Enjoying Poetry, join discussions at our Book Club, and engage in issues at community meetings. The children who listen and sing at storytime and engage in issues at community meetings.

The reorganized Juvenile Collection at San Carlos Library (Courtesy photo)

The reorganized Juvenile Collection at San Carlos Library

SCAC CONTINUED FROM Page 10

quarantine, there are a few new caveats to follow that will help protect our trash and recycling workers, as follows:

• Put your masks, gloves, disposable wipes, tissues and nappkins in the trash bin and not the recycling bin.
• Empty and flatten cardboard boxes to make more room in your recycling bin.
• Bundle any used personal protective equipment that you may bring home into a wad to minimize exposed surface area when putting in the trash.

See the full list at recycling-works.com.

SCAC meetings are now on hiatus until further notice. If you wish to be added to the Interested Persons List, have a topic you would like to learn or give a presentation about, please contact San Carlos Area Council vice president Patricia Mooney at patty@crystalpyramid.com. Enjoy yourself and stay safe!

—Patricia Mooney is vice president of the San Carlos Community Council.
We are moving toward that goal by allowing patrons to place holds on materials to be picked up at 11 select library locations with our Contactless Pickup Service. Visit the San Diego Public Library website for more details, sandiego.gov/public-library/pickup-service.

During the closure, the San Carlos Branch Library has focused on cleaning and rearranging our collection to make it more inviting and accessible. We inspected and cleaned each item and made sure they were in the proper order. Parts of the collection were moved around which gave our International Languages section a more prominent location and provided more room for the juvenile collection which was getting overcrowded. We also lowered the shelves to eye level in both the Adult and Children’s areas for easier access and browsing. Check the San Carlos Branch Library Facebook page to see pictures of some of our changes.

We would like to extend our heartfelt congratulations to the Class of 2020. To all of the 5th graders moving on to middle school, to the 8th graders moving on to high school and the seniors of Patrick Henry High School who are preparing to head out and start their next chapter. Always remember that no matter what stage of life you are in or what circumstances you find yourself in, the public library will be there to provide information and support you in a lifetime of learning. We are the place for opportunity, discovery and inspiration.

—David Ege is branch manager of the San Carlos Branch Library. Reach him at DEge@SanDiego.gov.
**Crusaders Soccer Returns to School**

By JAY WILSON

On Friday, May 5, the Crusaders Soccer Club received forms from the city of San Diego’s Park and Recreation Department which have been submitted to the County of San Diego for approval to begin the process of reopening the Navajo Community parks to allow practices for our CSC teams in compliance with the extensive requirements for sanitation and proper social distancing.

As of the date of this publication, only the park areas will be open for practices. Only joint use fields that are separated from the school buildings will be available for use. Therefore, city of San Diego staff must determine when and where these fields are separated from the school buildings. The joint use fields in the Navajo area are: Lower Lewis and Skunk Hollow adjacent to Lewis Middle School, Presidio Middle School turf fields, Marvin, Heart, Daird and Gage Elementary Schools, as well as Forward Field which is between the Salk at Heart and the Springall Academy.

All the joint-use fields remain off limits for now. Fortunately, all the joint-use fields, with the exception, of the lower field at Heart and the Daird elementary school fields are separated from the school itself by a fence. By the time you read this article, we are anticipating our CSC teams will be able to practice on the city of San Diego park fields.

Crusaders Soccer Club director Rene Miramontes and assistant director of coaching Victor Melendez have been working diligently over the past weeks to develop training plans that will allow teams to practice while following the social distancing guidelines. Club president Terry Cords and the Crusaders Board of Directors want to sincerely thank Supervisor Kristin Gasper for championing her “Return to Play” effort allowing youth sports to resume practices.

For the past 11 weeks, competitive teams have been working with their professional coaches via Zoom meetings to ensure their players are staying in touch with one another. All competitive coaches have been conducting Zoom type meetings with their players.

Coach Jesus de Santiago commented, “I am conducting one hour Zoom meetings twice a week with my 2011 girls’ team and emphasizing ball control techniques. I am also encouraging my players to keep as physically fit as possible.”

Just prior to Mother’s Day, Coach Seth Tunic requested his players attend their next weekly Zoom meeting wearing a shirt and tie in honor of their mothers, and every player did. Coach Lauren Johnson has been conducting Zoom meetings with her team as well as Zoom Pilates classes for several of the other Crusaders teams. Coach Jesus Serrano has been conducting Zoom training classes for the competitive team goalies. To provide additional development opportunities for our players, Victor Melendez has implemented Friday afternoon Skills Clinics via Zoom for all our competitive and recreational players. These clinics combine skill and development with fun.

CSC is fully anticipating a robust fall season for our Recreational and Competitive teams. Registration for our fall competitive season has been on-going since January and registration for the Recreation Division’s fall season has just opened. For more information about registering for the fall season, check the Crusaders Soccer Club’s homepage at crusaderssoccer.org.

—Jay Wilson writes on behalf of Crusaders Soccer Club.

**PHHHS alumni drafted by the NFL**

By DOUG KAPPLIN

To be able to coach and teach young men the game of football is a tremendous blessing. To be able to coach one player that makes it to the NFL is rare and to be able to coach two young men from the same high school and watch them both get the opportunity to play professional football is less than 1%.

The chance that Patrick Henry football now has two young men playing for the same NFL team—Indianapolis Colts—is even less than half of a percent. Patrick Henry High School and the Navajo Community have reason to celebrate.

Desmond Cline and I would throw about 100 balls a day after practice, working on different types of catching skills and extra conditioning. Desmond would always ask for more work, knowing that is what it takes to be the 1%. We had great talks about life and what to expect at the college level. I remember those talks the most. Desmond played the best football of his life that post season against La Jolla High School. He had a total of four touchdowns and three interceptions. This was the first time he ever played defense, and he excelled.

Kameron was always bigger and stronger than most of the players we played against. His size and relentless attitude alone set him apart from the other high school players. Kameron was determined to play college football and always responded very well to coaching and his academics. He knew that athletics get him to the door and his academics get him through the door. Kameron has always had the biggest smile on his face and always made everyone better around him. He demanded that his teammates play to their best ability and that is exactly what Kameron did himself throughout his career at South Dakota. He deserves every blessing that comes his way and has the hardest work ethic I have ever seen in 12 years of coaching and 22 years in football.

The relationship that I have with them both still to this day is what I appreciate the most. Even though they are both on the path for great professional careers, they both remain humble and kind. I am proud of them and always will be their coach.

—I am conducting one hour Zoom meetings twice a week with my 2011 girls’ team and emphasizing ball control techniques. I am also encouraging my players to keep as physically fit as possible.”

By JAY WILSON

On May 22, friends and customers surprised San Diego resident Pamela Bobrow with a drive-by car parade to mark Bobrow’s 40-year anniversary as a Jazzercise instructor. About 20 cars, decorated and honking, passed by her house as music blared on the driveway to congratulate her.

Bobrow began teaching jazzercise classes at Kindercare on Jackson Drive in 1980 and then moved to teaching at the San Carlos Rec Center. She then opened Jazzercise San Carlos in 1981, renting space at the East San Diego Masonic Lodge, and was owner and operator for 26 years. She ran classes out of a few other locations before moving to Jazzercise College Area in 2012, where she teaches low-impact classes three times a week.

Many of her clients are Del Cerro and San Carlos residents, some of whom have been taking Bobrow’s class for over 30 years. For more information on Jazzercise dance fitness classes, visit jazzercise.com.

**Drive-by for jazzercise**

By JAY WILSON

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—Jay Wilson writes on behalf of Crusaders Soccer Club.

**News briefs**

CONTINUED FROM Page 6 — are needed to fill a pair of vacancies on the Grossmont-Cuyamaca Community College District’s citizens’ bond oversight committee.

The CBOC is tasked with ascertaining accountability for funds connected to Proposition V, a $398 million construction bond measure approved by East County voters in 2012. A total of four seats will be vacated with appointees completing their terms, but two are for a student representative and a member of a college advisory committee and will be filled internally.

An application form is posted online at propv.gcccd.edu and must be emailed by July 6 to Stephen.johnson@gcccd.com. CBOC membership involves at least a two-year term with members in good standing eligible for up to three consecutive two-year terms. The volunteer position requires residency within college district boundaries and attendance of four quarterly meetings and about a half-dozen subcommittee meetings annually.

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Mission Trails annual call for artists

By JENNIFER MORRISSEY

The Mission Trails Regional Park Foundation is accepting applications through June 30, 2020 for the 2021 art exhibitions at the MTRP Visitor and Interpretive Center. Artists can submit artistic interpretations of the natural world in a range of media including paint, clay, photography, pastel, fiber, colored pencil, mixed media, and more. The artworks need to be three-dimensional pieces. A link to the application and more information is at mtrp.org/art.

Artists can enter to have a solo exhibition or be included in a curated group show. Small and large groups of artists can apply together for one of the dedicated large and small group shows. All submissions will be reviewed by a panel of jurors and selected works will be presented for a period of six weeks. Artists can also host an opening reception for members of the public. Questions? Email art program coordinator Vicky Delong at vcle@cox.net. Deadline for applications is June 30, 2020!

MTRP ZOOM BACKGROUNDS

Many of us have really missed Mission Trails and may not be able to visit the park for some time. Whether you can come soon or are waiting a bit longer, you can put yourself in the park virtually with our new MTRP Zoom backgrounds. Maybe you’re taking work meetings online or “Zooming” with family and friends and would like to take a pretty background image of a favorite place. Three complimentary images of Mission Trails by park user Jayna McLeod are available, and you can find a link to them from the MTRP homepage along with instructions on how to use Zoom. Enjoy!

For the latest on the park, visit the MTRP website at mtrp.org.

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

Horehound: The plant with the odd name

By NORA BODRIAN

Horehound ( Marrubium vulgare ) is a flowering plant in the mint family ( Lamiaceae ), native to Europe, Northern Africa, and Central Asia. Also known as white horehound, it has long been cultivated for its medicinal use for cough, colds, and congestion. In the 1800s it was brought to the western states by early settlers. It escaped cultivation and is now abundant alongside our trails, especially after recent rains. Although the FDA does not endorse its medical capacities, it is considered generally safe, and can be found as an ingredient in modern candy, cough lozenges and beverages.

Horehound is a drought-tolerant perennial and grows well in poor soil with full sun, blooming April through October. The plant grows about 12 to 24 inches high, and can be distinguished by its crinkly, wooly, whitish-grey leaves. It has opposite leaves, with dense clusters of tiny white flowers growing above the nodes, where the leaves join at the stem. The axillary whorls and square stems are typical of a sage, although it does not exude the strong scent of other sages. Bees are the primary pollinators, but the flowers are also visited by ladybugs, flies, butterflies, and hummingbirds. Seeds are dispersed by falling to the ground, or by clinging to fur, feathers, and feet, and will survive in soil for 5-10 years. Wildlife avoids consuming the bitter tasting foliage, so the plant thrives where it has no competition.

The plant’s name often generates a few giggles or gasps. How did this useful plant get its name? One source claims that it was named after Horus, the Egyptian god of sky and light — being named after a god would be pretty heady. Other sources trace its name to the Greek word hore, meaning “to grasp” or “to hold,” perhaps in reference to its toughness or its smell, which can deter potential threats. It is a curious and useful plant that is often overlooked.

—Jennifer Morrissey

A photo of MTRP grasslands by Jayna McLeod is available as a Zoom background. (Courtesy MTRP Foundation)

Horehound flower with visitor (Photo by Nora Bodrian)
Results from the iNat City Nature Challenge

By Patricia Simpson

April was a strange time at Mission Trails Regional Park and... oh yeah, pretty much for the rest of the world as well! While some of the trails were reopened for the local population to be able to exercise and enjoy nature while social distancing, the park was closed for most of the month due to the COVID-19 pandemic — perhaps to the benefit of our wild residents.

This year, the iNaturalist City Nature Challenge (CNC) was held April 24 through April 27. While normally cities across the globe compete to get the most observations, the most observers and the most species, this year was not considered a contest but instead observers were encouraged to catalog plants and wild creatures in their own neighborhoods, respecting stay at home orders.

This year, MTPR neighbors found 269 different species of living organisms in the park and surrounding neighborhoods, from plants, insects, mammals to fungi, lichens, and reptiles. The species documented during the CNC offers scientists a snapshot of the most common ones encountered on the trails. Congratulations to millibasden who found 144 species and docpt who tallied an impressive 93!

Surprisingly, the Coast Morning Glory (Calystegia macrostegia) was the most reported plant, perhaps readily capturing people’s attention with its delicate white trumpet-shaped bloom. Even more surprising was the Northern Mockingbird and California Towhee taking second and third places to the first place Rufous-crowned sparrow in the bird category. Of course, when it comes to reptiles, the Western Fence Lizard was sure to impress his audiences with push-up displays and once again took first place.

For a complete list of species spotted at MTRP during the four-day bioblitz, visit bit.ly/2UI10Gj. If you would like to learn more about all of our country’s residents, big and small, hairy and smooth, striking and odd, please visit the San Diego City Nature Challenge page at bit.ly/300SHj and browse through the 17,000 plus observations that have been posted there! This is a great way to “travel and visit” the county right from the comfort of your own home.

Stay healthy everyone and see you at the 2021 City Nature Challenge!

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

AG Library

Continued From Page 11

offering, and activity resources are listed on the sandiego.gov/summerreadingpage.

Although the details on distribution have yet to be worked out, we will be providing prizes for those that finish the reading goal! We will be giving out a tote bag, museum passes, and food coupons. Please stay tuned as we figure out the safest way to navigate.

We will also be providing virtual Summer Reading Program for all ages on our Facebook page. Check out Stay-In Summer Reading Club on June 1. If you are already a member of Stay-In Storytime Club we are simply renaming it, so you’ll already be set!

DON’T FORGET OUR FACEBOOK

Please continue to check out our Allied Gardens/Benjamin Library Facebook page. Along with informational updates, we’re posting a few fun things as well, such as weekly “Book Covers” for you to guess the title, author readings online, etc.

RWCNC

Continued From Page 7

Republican enthusiasm. When we get back in regular session, we will be stronger than before and ready to go to work to educate voters and help elect Republicans in November.

For now, we have been sharing and enjoying stories from our members of what they have been doing during their “sheltering in place” time. With a little practice, we learned to conduct our board meetings via conference call, and had a very successful zoom general meeting. When some of us were forced update our technology skills, we came through like champs!

Liz Wheeler, host of “Tipping Point with Liz Wheeler” on One America News, is the featured speaker for our tentatively scheduled meeting July 10 from 5 to 8 p.m. The meeting will be held at Carlton Oaks Country Club in Santee. The cost is $30 which includes a gourmet burger bar dinner.

We had this event previously scheduled for last April, and for obvious reasons that was cancelled. We are hopeful this meeting will be feasible in July, but we will have to wait and see.

Please call Marije at 619-990-2791 as we get closer to the date for the latest information and to make reservations. Until then, please visit our website at rwcnavajo-canyon.org and see our activity on Facebook at Republican Women of California–Navajo County. We look forward to resuming our regular monthly meetings and always welcome new members.

—Pat Boerner writes on behalf of the Republican Women of California – Navajo Canyon.
Go above and beyond to prevent wildfires is a big part of what we do. So think of us as San Diego Gas & Electric & Wildfire Safety. With our own team of certified arborists, we maintain our community’s vegetation all year round—every single trim keeping you and your home safer. To see when we may be in your area and get helpful tips on managing your vegetation, go to sdge.com/tree-safety.

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Top 10 for the Class of 2020

PHHS typically honors the top 1% of the senior class at Sea World in the District’s Annual Salute to Excellence event. Every high school in the district is represented and students are honored by their principals through a special recognition program. We were unable to do that this year, but I wanted to note the top students of the Class of 2020 so I decided to add five more and present to you the top 2% of the graduating class at PHHS!

• Ranked No. 1: Jacob Graven 4.82 going to UCSD computer science
• Ranked No. 2: Chloe Morris 4.82 going to UCLA as an International Development Studies or Political Science major
• Ranked No. 3: Issac Roberts 4.79 going to UCSD to major in Computer Science
• Ranked No. 4: Jade Mitchel 4.77 going to UCLA to major in Art History
• Ranked No. 4: Kieran Himer 4.77 going to SDSU majoring in mathematics
• Ranked No. 6: Theodore Schenck 4.71 going to Oberlin College in history
• Ranked No. 7: Alexander “Ably” Penney 4.68 going to Carnegie-Mellon to study Electrical & Computer Engineering
• Ranked No. 8: Sydney Cooper 4.65 going to USC to major in English
• Ranked No. 9: Heather Nelson 4.63 going to UC Berkeley and is considering majoring in Environmental Science
• Ranked No. 9: Truc Thanh Nguyen 4.63 going to University of Pennsylvania

Henry’s first-ever virtual Senior Awards Night

Everything about the recent pandemic has challenged PHHS to come up with new ways to honor our students. Our 51st annual Senior Awards Night went on without a hitch using our Broadcast Teacher’s skills (thank you Mr. Mark Abbott) and the assistance of our department chairs at Henry.

On May 13, the department chairs, PHHS administrative team, and PHHS counselors met in PHAME, sitting several rows apart in the 500-seat theater to honor the top seniors from Henry. The event had to be scaled back from previous years, where community members would also be invited to present scholarships earned across the county. We focused the evening event (it was planned to be aired on the evening of May 30, the senior’s prom date) on making it more personal and kept it to only school awards.

Principal Listy Gillingham began the evening with a welcome and a slideshow was aired throughout the presentation made by Head Counselor Vivian Vaccarino which included pictures of every senior who had won an award. Here is a run-down of our winners:

DEPARTMENT AWARDS
• AVID Award presented by Ms. Monica Nix: Vivian Mendoza
• Computer Graphic Design Award presented by Mr. Karl Bolton: Mara Lynn Preciado

Follow us on:

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Presented by Ms. Haley Culver:

Presented by Mrs. Adria Van Loan:

Mr. John Weatherly: Emma Abbe

Presented by Mr. Thom Hunt: Maxwell Yokoyama

Presented by Mr. Weatherly: John Samuelsz

Presented by Ms. Amy Evans: Tyra Sheldon Watkins: Erik Radder

Council Award presented by Mr. Hermanson

Elise Boyd

Presented by Mrs. Adria Van Loan: Trevor Van Mai

Mr. Karl Bolton: Audrey Waters

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PHHS CONTINUED FROM PAGE 15

Screen Printing Award by Mr. Karl Bolton: Audrey Waters

Drama Award presented by Mrs. Chris Cary: Alyssa Lonzano

Engineering Design Award presented by Mrs. Adria Van Loan: Trevor Burich

Computer Science Award presented by Mrs. Adria Van Loan: Elise Boyd

English Award presented by Mr. Mark Frerichs: Kathryn Zix

Link Crew Awards presented by Ms. Elise Morgan: Jael Mercado, Fabian Cuevas and Elise Angelina Margaux Boyd

Mathematics Award presented by Mr. Ron Reese: Clare Herrmann

California Mathematics Council Award presented by Mr. Reese: Truc Thanh Nguyen

NHFCT Awards presented by Mr. Ron Flaherty: Tram Bui and Van Mai

PE Award presented by Mr. Sheldon Watkins: Erik Radder

Psychology Awards presented by Ms. Amy Evans: Tyra Luangvietvil

Music/Vocalist Award presented by Mr. Jim Davis: Isaac Roberts and Matthew Thomas

Social Studies Award presented by Ms. Tanya Robinson: Ainsleigh Beard

Student Govt. Awards presented by Ms. Autumn Flores: Samantha Linden and Sergio Reynard

Teaching Academy Award presented by Ms. Haley Culver: Savana Pendergall

Best Journalist Award presented by Mr. Mark Abbott: Alex Sandoval

Band Award presented by Mr. Matt Kalal: John Carlos Lagunas

Orchestra Award presented by Mr. Matt Kalal: Saghi Ajami

Music/Vocalist Award presented by Mr. Weatherly: John Yokoyama

Art Award presented by Mr. Abe Shklar: Maria Preciado

Photography Award presented by Mr. Thom Hunt: Maxwell Skantzi

Ceramics Award presented by Mr. John Weatherly: Emma Abbe

World Language Award presented by Mr. Edward Stankos: Vanessa Zavalza

Yearbook Award presented by Ms. Jennifer Pacocsky: Madison Burke

School Awards

Peer Mediation Awards presented by Ms. Amy Evans: Hailey Veder and Daniel Karimu

Perseverance & Achievement Award presented by Ms. Brenda Morales: Alberti Castanedo and Robert Moonery

PHHS Foundation Counselor Scholarship by Ms. Ali Brown, Makaila Williams, Jesus Flores Sandoval, Daniel Karimu, Daniela Nowicki

President’s Academic Excellence Awards; these certificates are given to the top 2% of the Class of 2020. The students all receive a certificate of recognition signed by President Donald Trump: Jacob Michael Graven, Chloe Lilienne Morris, Isaac Roberts, Jade Marie Mitchell, Kieran Hilmer, Theodore Merin Schenck, Alexander Blount Penney, Sidney M. Cooper, Heather Anne Nelson, Truc Thanh Nguyen

Patrots of the Year Awards

Congratulations to our Male and Female Athletes of the Year. Adam Monroe and Daniella Nowicki were selected this year to represent the best and brightest athletes at Hen!

Daniella was selected due to her Cumulative GPA of 4.29 and her work on both our Field Hockey and Lacrosse teams. Daniella was noted for earning the following recognition in both sports:

Served as the Field Hockey and Lacrosse Captains

WON the LAX Corinne Rodney 7’s CS Award (2018)

WON the LAX CIF Sportmanship Award in 2018 during the CIF Championship games (first in our school’s history)

Earned all-league and SD Union Tribune All-Academic Team honors for both her junior and senior year

She will be going to the American University where she plans to major in International Service.

Adam Monroe was selected due to his Cumulative GPA of 4.24 and his work on both our Men’s Water Polo and Men’s Swim team. Adam was noted for earning other distinctions which included:

Served as a 2-year captain on the Men’s Water Polo team leading us to the first CIF Championship in the school history in 2019

Earned the CIF Sportmanship award during the CIF game

Earned all-league and SD Union Tribune All-Academic Team honors for both her junior and senior year

Adam will be going to the Cal Poly San Luis Obispo where he will study Civil Engineering and looks forward to continuing his water polo career on the University’s Club Water Polo team.

Marla Theodore memorial Scholarship

This award is a tradition in its 18th year. It was created in the memory of former PHHS principal, Marla Theodore. This $500 scholarship is given to students who have overcome obstacles in their life, who have a specific career goal they are focused on and are doing well in school. The recipients are students who are focused on completing a post-secondary education, which would have made Maria immensely proud.

Ziah cephus was selected this year as she can easily be described as a true mover and a shaker and was noted for doing great work at Henry using her incredible gift of kindness. Rachel Samuelsz said it best in her quote by stating, “I have had the privilege of teaching this student for three years and she is the life and spirit of our choir. This student exudes pure life. She is always ready with an encouraging word for anybody, whether she’s addressing one person or the entire class. She is always ready to lend a helping hand and will do just about anything that is asked of her. In fact, I can’t think of a single thing I’ve asked that she hasn’t done to the best of her ability. She is beautiful, smart and talented! She has had so many solos offers. She is beautiful, smart and talented! She has had so many solos offers.”

The Weissenberg’s family started this award as they are in three clubs, or even more, every day at Henry by being a true Spirit of our Choir. This student was noted for earning the following:

Her accomplishments.

She is a true mover and a shaker. Her dedication this year (and in 9th as well) to her Cumulative GPA of 4.09 and her work on both our Field Hockey and Lacrosse teams. Daniella was noted for earning the following recognition in both sports:

Served as the Field Hockey and Lacrosse Captains

WON the LAX Corinne Rodney 7’s CS Award (2018)

WON the LAX CIF Sportmanship Award in 2018 during the CIF Championship games (first in our school’s history)

Earned all-league and SD Union Tribune All-Academic Team honors for both her junior and senior year

She will be going to the American University where she plans to major in International Service.

This is also an annual award given to one senior who is chosen for his or her outstanding leadership qualities and dedication to the school and community on behalf of PHHS’s first principal Donald W. Giddings. Naman Pandiyada was selected due to his high academic achievement (4.09 GPA) and his community service, both at Henry and in his community. His math teacher, Karen Aguilar stated, “He is an all-around great student. The thing that stands out the most is her ability to ask really thoughtful questions. The types of questions that really promote deeper understanding of the concepts themselves.”

When Mr. Hockmuth also reported that “Jake Graven is an outstanding student as well. Very bright, consistently hardworking, and just sets a great example in the classroom. I’ve taught Jake for two different courses and he’s been a pleasure to have in class!”

Both ELISE MORGAN and JACOB WOLFE were selected with a plaque and a medallion inscribed with Academic Distinction which could have been worn during our PHHS graduation ceremony in recognition of her accomplishments.

Valedictorian Watches

The Weissbergs family started a tradition to honor the valedictorian of the first PHHS graduating class by awarding the senior a $1,000 scholarship from their local jewelry store. Gary’s grandfather began the tradition and after giving the watch, Donald Giddings, the principal at the time, asked him if he would continue offering the gift to other students who are focused on completing a post-secondary education, which would have made Maria immensely proud.

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Rosa Lee Hernandez was selected last year to join PHHS staff as the Night Crew Leader. Her responsibilities typically begin in the late afternoon, just as all of the after school events start to rev up, which makes her super important to the school. If it’s a basketball game, she’s there to help with the sound system, if it’s a game played in the stadium, she’s on board to get it all up and ready to go. Everyone knows her approachability and her “can do” and her more than willingness to help out with attitude. It’s no wonder why the staff emphatically selected Rosa Lee as the PHHS Classified Employee of the Year for 2020!

Rosa began her career with the SDSUD after being laid off from Alvarado Hospital in a clerical position that she enjoyed for many years, but due to a budget freeze and cuts in the medical fields, she lost her position. In 2011, Rosa applied for a substitute custodial position with the SDSUD but was quickly noted for her hard work and was quickly picked up by Morse High School as a permanent custodian. While at Morse, she had the opportunity to cover as an interim Crew Leader and took the supervisory/leadership role to a new level.

Last year, we interviewed Rosa and she was clearly the best candidate for the job. Rosa stated in an interview with the principal after learning she won the award from Henry, “I enjoy my job and I work with and I love working at Patrick Henry. In my spare time I enjoy time with my family, watching movies, walking, bike riding, and hiking. I consider myself an outdoor person. That’s me in a nutshell.”

—Elizabeth Cillingham is principal of Patrick Henry High School.
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