

INSIDE THIS WEEK'S ISSUE:



**BISHOP ROY DIXON'S 90th BIRTHDAY CELEBRATION**  
SEE PAGE 7



**LEMON GROVE'S BONFIRE CHRISTMAS**  
SEE PAGE 8

BREAKING THE SILENCE:  
BLACK VETERANS  
SPEAK OUT ON PTSD AND  
THE PATH TO RECOVERY





PHOTO: iStockphoto / Courtesy of NNPA.

By Tashi McQueen

THE AFRO

For many military veterans, what they endure while serving their country is just half of the battle. The toll of post-traumatic stress disorder (PTSD) can appear in every part of life, including strained relationships, halted careers and a fading sense of identity.

See **VETERANS** page 2



12th grader Schepathia Dieujuste, stands next to her presentation in the New Gym at Lincoln High on Dec. 3, 2025. PHOTO: Olivia Clark/ Voice & Viewpoint

**STUDENTS SHOW OFF THEIR HARD WORK AT LINCOLN HIGH SCHOOL'S 'BIG NIGHT'**

By Olivia Clark

VOICE & VIEWPOINT STAFF WRITER

On December 3, 2025, the students of the Lincoln High School showed off their hard work at 'Big Night,' the end-of-the-semester student exhibition.

See **STUDENTS** page 8

**REP. JASMINE CROCKETT ANNOUNCES RUN FOR SENATE**

Rev. Frederick Haynes, III Files to Run for Her Old Seat

By Lauren Burke

NNPA

"We need to stop all the hell that is reigning down on all of our people," said Rep. Jasmine Crockett from a Dallas stage to a cheering standing-room-only crowd.

On December 8, Rep. Crockett, who has built a reputation as a firebrand in Congress in the fight against

Trump's MAGA Republicanism, announced she would run for the U.S. Senate in 2026.

Rep. Crockett will be competing to take on veteran Republican Senator John Cornyn, but there is also a competitive primary. Regardless, Rep. Crockett is likely to be viewed as the frontrunner.

See **CROCKETT** page 2



Rep. Jasmine Crockett, D-Texas, speaks to reporters after announcing her run in the Democratic primary for U.S. Senate, Monday, Dec. 8, 2025, in Dallas. PHOTO: LM Otero/AP

**HEALTHY HEARTS, HEALTHY MOTHERS EVENT HELPS ATTENDEES STRENGTHEN LOCAL BLACK MATERNAL HEALTH**

Real Talk, Targeted Solutions



PHOTO: Tihut Tamrat

By Tihut Tamrat

VOICE & VIEWPOINT STAFF WRITER

On Wednesday, December 3, 2025, from 11:00 a.m. to 1:00 p.m., community members, grassroots organizers, and healthcare professionals gathered at the Southeastern Live Well Center for the "Healthy Hearts, Healthy Mothers" luncheon; an educational event focused on confronting the

long-standing disparities impacting Black maternal wellness in San Diego. Hosted by State Senator Dr. Akilah Weber Pierson and co-sponsored by the Partnership to Fight Chronic Disease (PFCDD), the luncheon elevated both data and lived experiences connected to maternal outcomes and chronic disease among Black women.

See **HEALTHY** page 2

**A SALUTE TO OUR AFRICAN NATIONS**

Kenya's Path to Independence: December 12, 1963

By Voice & Viewpoint Staff

A NOTE FROM THE PUBLISHER:  
This article continues our salute to the independence anniversary of African nations. This acknowledges our respect and appreciation of our brothers and sisters among us as we work together to build better lives.

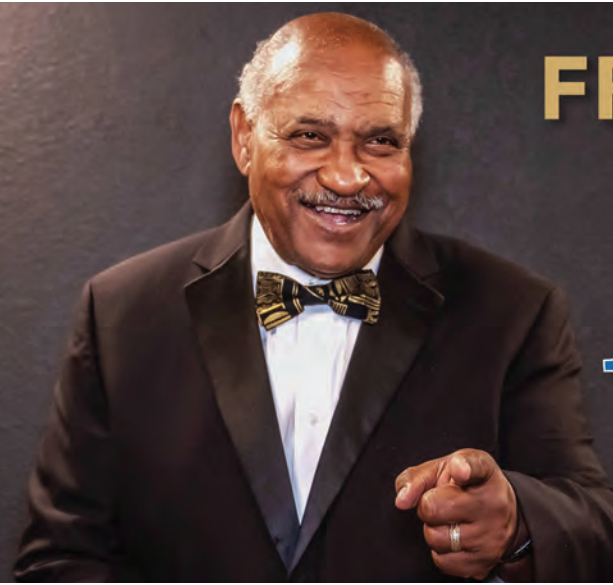
Kenya's road to independence was shaped by centuries of global contact and decades of colonial rule. Coastal trade centers like Mombasa connected East Africa to Asia and the Middle East as early as the 2nd century, giving rise to the Swahili people and culture. After the Portuguese and Omani periods, Britain established the East Africa Protectorate in 1895, later making it the Colony of Kenya in 1920.

British settlement, land seizures, and political restrictions fueled growing resistance among Kenyans. Tensions erupted in 1952 with the Mau Mau Uprising, a militant rebellion demanding land and freedom. The brutal conflict, combined with rising political pressure, forced Britain to begin




A woman waves a Kenyan flag during the 60th Jamhuri Day Celebrations (Independence Day) at Uhuru gardens Stadium in Nairobi, Monday, Dec. 12, 2023. PHOTO: Brian Inganga/AP

constitutional reforms. By the early 1960s, Kenyan leaders, including Jomo Kenyatta of the Kenya African National Union (KANU), negotiated for majority rule. Kenya achieved internal self-government on June 1, 1963, and full independence on December 12, 1963. Kenyatta became the nation's first prime minister and later its founding president.



**FROM THE DESK OF THE EDITOR  
WITH DR. JOHN E. WARREN**  
Publisher of The San Diego Voice & Viewpoint

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# ARTICLE CONTINUATION

## VETERANS

Continued from cover

For Black veterans, the impact can be even greater and more difficult to get help for due to cultural stigma, racial disparities in care and a shortage of personalized mental health support.

“From a clinical standpoint, one of the biggest hurdles for military personnel dealing with PTSD is the pervasive stigma around mental health,” said Dr. Diandra Poe, a mental health professional and veteran advocate. “Even today, mental health challenges are often seen as a sign of weakness in a culture that prioritizes constant performance and endurance. For many service members, the idea of seeking help is intertwined with fear that it could impact their careers or label them as incapable.”



Dr. Diandra Poe is a dedicated mental health professional and veteran advocate committed to breaking stigma and improving access to care. PHOTO: Courtesy of NNPA

Untreated mental health conditions such as PTSD can create a serious ripple effect on military individuals and their families.

“Unaddressed PTSD can spill over into home life—affecting relationships, the ability to keep a job and ultimately the family’s stability,” Poe said. “It becomes a cycle of trying to push through alone until it’s no longer possible.”

A national health study by the U.S. Department of Veterans Affairs (VA) found that about 22 percent of Black veterans who were deployed had PTSD, compared to 14.1 percent of White veterans. Around 16 percent of Black veterans who were not deployed had PTSD, compared to 9.2 percent of their White counterparts.

“For Black service members, the military might have been a path out of challenging environments, and facing PTSD can feel like they’ve traded one set of struggles for another,” said Poe. “While they might technically have access to care through the VA or military services, actually utilizing that care can be a unique challenge due to cultural stigma and a lack of culturally competent support.”

James Harris, a U.S. Army veteran and community advocate, saw and lived these disparities, inspiring him to establish Men to Heal to help fill the gap.

“I emancipated myself at 16. Fast forward, I joined the Army for eight years, two deployments, one Iraq, one Afghanistan,” said Harris. “Going to therapy...there was a disconnect.”

Harris said from his time in therapy as a child and a veteran, he did not feel like the therapists adequately understand what he went through



James Harris is a U.S. Army veteran and founder of Men to Heal, a movement devoted to helping others overcome trauma through culturally informed mental health care and community support. PHOTO: Courtesy of NNPA

and therefore could not truly help him.

“Since I had those experiences—in addition to the book knowledge, in addition to the case studies, in addition to the license—I thought I could provide greater assistance to veterans, as well as people who look like me, and who have traveled this road,” said Harris.

Through Men to Heal, a movement he started to offer counseling for veterans, youth, families, and couples, Harris does the work of giving back. Through the movement, Harris operates a wellness center in Richmond, Va., providing financial resources, outpatient therapy, and yoga.

Harris said veterans often come home feeling isolated and unable to be understood by the people in their lives.

“You feel like you’re the only person that’s been through it or don’t have anybody who can relate to your experience besides the people that you deployed with,” Harris said.

To better support veterans upon their return home, especially those diagnosed with PTSD, Harris said families and communities can best help by making sure to include them in various activities.

“Avoidance or isolation is no good, so we want to try to involve them as much as possible,” said Harris. “The family should also understand that veterans are oftentimes on alert or have heightened senses. They’re looking for threats; they want to position themselves so that they can see exits and take care of situations.”

Harris emphasized that having patience is key. Veterans can also benefit from widespread access to culturally informed care and a dismantling of stigmas both in the military and the community around mental health.

Veterans do have options for receiving care.

“If you would feel more comfortable with a provider of the same race, religion, or cultural background, share your preference with VA. When you start seeing a new provider, ask about their experience treating Veterans of color or Veterans with similar religious or cultural backgrounds,” say VA officials, in resources that speak directly to veterans on race, culture, and PTSD.

“Don’t hesitate to bring up issues related to race with your provider. Remember, your conversations with your provider are confidential. If it turns out your provider doesn’t have the experience to meet your needs, or you don’t feel it’s a supportive match, you can ask to switch to someone else.”

## CROCKETT

Continued from cover

Additionally, nationally known Pastor Dr. Frederick Haynes III, of Friendship West Baptist Church, who introduced Rep. Crockett, will also be running for Congress in 2026. Rev. Haynes has filed to run to be the Democratic nominee in Texas’ 30th congressional district — Crockett’s old district, though redrawn.

There’s no surprise there’s a flood of political

news out of Texas because the filing deadlines for congressional races to be decided by voters in November of 2026 are this week. Last week’s decision by the Republican controlled U.S. Supreme Court in favor of the congressional maps drawn by Texas Republicans in August of this year also reset the deck chairs in Texas politics.

“We need a fighter today in light of what’s happening in Washington DC. In light of what’s happening in Austin,” Rev. Haynes told the crowd as he introduced Crockett to the stage in front of a packed room.

A video played beginning with the voice of President Donald Trump making several negative statements about the Congresswoman with the image of a Crockett in profile and then looking straight on into the camera. The Texas Congressman and former prosecutor has never strayed from direct political confrontation with Trump during her time in Congress. She has often won his negative attention.

“There is a responsibility that lies with all of us — especially in this moment,” Congresswoman Crockett started as she took the stage standing at

a podium with the words “CROCKETT TEXAS TOUGH” on it.

“There are those who say ain’t no way we tried it 50 kinds of ways — let me be clear y’all have never tried it the JC way,” Crockett confidently told the audience. She also focused on her consistent and energetic pushback on President Trump and his agenda.

The congressional primaries in Texas are March 3, 2026.

## HEALTHY

Continued from cover

Three featured speakers: Courtney Christian, Deputy Vice President of Policy and Research at PhRMA; Dr. Crystal Cené, Chief Administrative Officer and Associate Chief Medical Officer for Health Equity at UC San Diego Health; and Semise Daley, Certified Family Nurse Practitioner and doctoral candidate at Azusa Pacific University, outlined the interconnected medical and structural factors shaping Black maternal health.

These experts emphasized that heart disease, hypertension, and diabetes disproportionately affect Black women and continue to shape outcomes before conception, throughout pregnancy, and long into the postpartum period. Limited access to high-quality healthcare, insurance gaps, financial stress, and a shortage of culturally competent providers only compound these risks.

A central theme of the luncheon was that these disparities cannot be understood in isolation from systemic inequity. Dr. Cené reminded attendees that “Race is a social construct, a human invented classification system that was produced by white Europeans used to justify the enslavement of the growing number of Black people. It was really for economic reasons.”

She continued, “Racism is really the root cause of these inequities that we see. Racism is not a character flaw. It is not a personal failing. But it is a system of structuring opportunity and assigning value based on how one looks.”

PFCD’s national findings reinforce this dynamic of Black women being:

- 60% more likely to have high blood pressure.
- Significantly higher risks for diabetes and heart disease.
- More likely to develop gestational diabetes,

increasing future risk of Type 2 diabetes.

- More likely to experience worsening hypertension postpartum, raising long-term heart disease risks.

Black women experience nearly every major maternal morbidity condition at higher rates, up to three times more, even when education and income are the same. These cumulative burdens frequently go untreated until pregnancy magnifies them, leading to mortality rates more than four times higher.

Speaker Courtney Christian, a mother herself, shared her own near-fatal experience with a late gestational diabetes diagnosis. Motivated by that experience, she now leads work advancing health equity through clinical trial diversity, research, policy development, and expanding a diverse industry talent pipeline.

Speaker Semise Daley, mentioned her ongoing dissertation research exploring how three

factors shape Black woman’s experience with high blood pressure: confidence in managing self-care behaviors known as the Sociocultural Stress and Coping Experience (SCSE), which reflects cultural pressures on Black women to be strong and self-sacrificing; Superwoman Schema (SWS), and the Social Cognitive Model of Hypertension(SCM of HHTN), which looks at how individuals recognize and manage symptoms and lifestyle changes.

### WHY THIS MATTERS FOR SAN DIEGO COMMUNITIES

Locally, the luncheon highlighted the direct impact of these issues on Black families across Southeastern San Diego. Speakers discussed strengthening prenatal and postpartum care, expanding cardiovascular screenings, and addressing the “Strong Black Woman” schema, which often prevents Black women from seeking the support they need.

See **HEALTHY** page 7

# 5 GOOD THINGS HAPPENING FOR BLACK KIDS

By Alvin Buyinza

A toast to the five things that Black students can be grateful for in 2025.

## BLACK MALE TEACHERS ARE HELPING BLACK CHILDREN IMPROVE IN SCHOOLS

In a profession that’s overwhelmingly female and largely white, Black men make up around 1% of the teaching workforce. But research shows they can have an outsized impact on the development of young Black boys — reducing discipline and dropout rates while increasing achievement and graduation rates.

Researchers say that’s because Black men who teach bring a greater sense of cultural understanding to the classroom, and are more interested in forging connections with Black students — a crucial skill in their

success. And several organizations are working to increase the number of Black men in the teaching ranks.

## “READING RAINBOW” MADE A COMEBACK...WITH A NEW HOST, TOO

The show, which first aired in 1983, was hailed for encouraging a generation of young readers.

Parents and fans despaired when the show went off the air in 2009. But PBS, which aired the program, returned Reading Rainbow to the air Oct. 4, with Mychal Threets, a former librarian at the Solano County Library in California and TikTok star, as the new host.

## MORE BLACK STUDENTS ARE GRADUATING ON TIME

Even though the national aver-

age — around 87% — is higher, the progress Black students have made in earning their diplomas on time, given all the challenges they face in the public school system, is amazing.

## SNAP BENEFITS ARE BACK

In 2023, 14% of Black households with children and 14% of Hispanic families with children experienced food insecurity — a share far higher than the roughly 6% rate for white households. With the return of SNAP benefits, Black children no longer have to worry about where their next meal is coming from when they return to school.

## BLACK STUDENTS ARE STILL APPLYING TO COLLEGE

In 2023, when the Supreme Court declared that race can’t be considered in college admissions, it sent a shockwave through the higher edu-



PHOTO: Freepik

cation landscape. Experts predicted a generation of Black students would be turned away from campus, or wouldn’t even bother to apply.

Two years later, however, the share of Black students applying to college has grown by 12% since the 2023-2024 academic year, according to a

report from The Common App. And Black Americans’ share of the pool of college applicants slightly increased from 14% in the 2023-2024 to about 15% in 2024-2025.

This article originally appeared on WordInBlack.com



EDITORIAL/COMMENTARY/OPINION



By Dr. John E. Warren  
SAN DIEGO VOICE & VIEWPOINT NEWSPAPER  
CHAIRMAN OF THE BOARD, NNPA

While the President wrestles with understanding what “Affordability” means the rest of us clearly see the reality every time we open our wallets for a purchase from food, to gas, to what used to be the purchase of things we liked or wanted but did not need. Sometimes, pain is good

A TIME FOR REASSESSING DOLLARS AND PRIORITIES

because it helps us take another look at what we consider important in our lives. This can be important information for the marginalized members of our communities who too often appear to seem unimportant to those who have had the big bucks and really did need our dollars. But now as prices are going up on everything while the quantity of what we are purchasing is getting smaller and smaller, those dollars that once seemed so unnecessary are now becoming more and more important.

African Americans spend in excess of 4 trillion dollars a year in America and yet we demand very little in return. It is fascinating each year when we see the nation gearing up for Good Friday and yet, year after year, 99 percent of the merchants do not do business with our media outlets. We complain about how people treat us while we continue to do business with them. While the nation begins to wrestle with “affordability”, we the people of color have lived with and continue to live with the reality of never having enough. “We the people” have a real opportunity to change the dynamics of all that's happening in America. The reason for the healthcare scare is due

to the racism of those White members of Congress who have already drunk the Koolaid of Donald Trump’s hatred and racism while ignoring the Oath of Office; each of them swore to “Protect and Defend” the Constitution.

As we pray as intercessors, let us not forget to hold accountable those who are in office thinking about re-election and those who are thinking about seeking office. For peoples of color, let us first start with ourselves with more conversation and less ego. Let's help each other make wise financial decisions; let's spend less time on fast food outlets with rising prices for less; let's reconsider those cigarette purchases, sodas, chips, candy and liquor.

Let's substitute Jesus for Coca Cola's Santa and give Corporate America an opportunity to rethink "affordability" and whether they can really afford to do business without our dollars. Remember, our wallets represent a vote each and every time we open them. Let's help a lot of people think about “affordability” as we have had to do all along.

IT’S DIFFICULT BEING GRATEFUL DURING STRESSFUL TIMES



By Maurice Carroll  
None of us make it out of life without experiencing some stress. Let's face it, stress is one of those human traits that crosses all boundaries of faith, nationality, gender and age. There are studies dedicated to defining it and others dedicated to finding and sharing treatments for it.

As African Americans, it isn't a far reach to find demanding circumstances or mental or emotional strain. Stress is like another house-hold staple that is always present. This holiday season, though it might be challenging to acknowledge reasons to be grateful, it's not impossible.  
  
Are there outlets to help you navigate being grateful during stressful times? Of course. Absolutely! But the question

becomes “Are most of us actively seeking out resources or are we staying comfortable in our cycle of anxiety, depression and complaints?” If you are Team “latter example,” you can admit it and at least be aware that you're not the only one who gets stuck in that cycle. The paradox that I've learned to be helpful is something that you've probably heard before. That is “two things can be true at the same time.” You can experience stress, anxiety or depression and still find reasons to be grateful.

They say “every cloud has a silver lining.” It sounds cliché, but at its core meaning is something that we often overlook when we are in our stressful moments. Yes, sometimes life or situations may feel hopeless. Sometimes it may feel like you are buried under the weight of it all. Still, it is also true that, in those moments, there is something you can be grateful for.

Here are two easy to remember practices that you can think about when you are struggling to be grateful during stressful times.

First, stress isn't the problem—your judgement of it is.  
  
Viewing stress as a challenge and not as a threat, releases your perspective to shift into options vs. stagnation. Once you apply this technique, you'll want to move forward.  
  
Second, whatever you say, goes. Across many religions and spiritual practices you will find teachings about the power of words so start changing by simply saying and describing what you want to be vs what you are going through.

Gratitude doesn't erase the stress, it reframes it. It reminds you that while you may not be able to control the storm, you can decide to seek shelter as it passes. So, the next time stress shows up, don't just react. Respond with gratitude and notice the difference.  
  
*Maurice Carroll is a sound healing practitioner and longtime music producer in the D.C., Maryland and Virginia area.*



BEYOND THE BOYCOTTS: HOW AND WHY WE SHOULD #BUILDBLACK

By Dr. Melina Abdullah  
My inbox is teeming with social media posts: in separate reels, actress Jenifer Lewis and attorney Ben Crump are speaking direct to camera, “justice carolers” slow sales inside Home Depot to a snail's pace, crowds chant, drum, and stream in front of Target.

All over the country people are withholding their dollars from the companies that continue to disregard Black consumers as well as those enabling ICE. “We Ain't Buyin' It!” is a powerful message. Several major retailers are being targeted (pun intended) with the once-favorite retail giant of the working-class topping the list. Target's stock plummeted nearly 35% since January after the #BoycottTarget campaign was launched in response to the retail giant's discontinuation of its DEI programs.

Boycotts have proven to be one of the most effective tools in our organizing toolbox. In 1955, the 380-day Montgomery Bus Boycott brought segregation to its knees. A decade later, the United Farm Workers' grapes boycott took five years, but forced virtually all growers to accept union contracts. Black Lives Matter-Los Angeles' #Boycott24 resulted in the massive gym chain filing for bankruptcy.

The mass engagement that effective boycotts demand requires

that clear objectives be articulated and consequences for refused demands be apparent. The objective of the Montgomery Bus Boycott was the desegregation of the city's bus system; the grape boycott...union contracts; #Boycott24...police-free safety protocols. For #BoycottTarget it's to bring back the DEI programs. Boycotts are a potent tool in winning clear and measurable demands.

Popular activist Tamika Mallory, Pastor Jamal Bryant, and Black Voters Matter's Latosha Brown are doing a masterful job in holding Target to account for their clear affront to the Black community. The word is out and folks simply cannot shop at the massive retailer without being shamed.

Retailers should absolutely demonstrate respect for the communities that patronize them or we should stop giving them our dollars. The cancellation of Target's DEI programs has meant job losses for Black managers and executives and an end to Black-owned brands on Target shelves. It feels like more than disrespect. It feels like betrayal.

And...even if Target reinstitutes its DEI programs or...alternatively...if we shut them down, Black people still aren't free. We are still exploited and oppressed...because DEI never truly shifted power, it just built in some soft edges to the brutality that is white-supremacist capitalism.

For the last ten years, Black Lives Matter in its grassroots form has engaged in Black Xmas, recognizing that white corporations rely on police violence to protect their profits and steal Black life. The first tenet of the transformative effort is to #BuildBlack, which begins by shaking off the consumerist frenzy of the holiday season and refusing to spend at all.  
  
Rather than buying items that we often don't even need, we harness our economic resources and pour them into organizations that benefit our people. We can make contributions to worthwhile Black organizations in honor of our loved ones as holiday gifts and request that they do the same for us. BLMLA has made it easy in Los Angeles by preparing a list of 15 Black-led, Black-serving organizations all listed on blackxmas.org, where there are also downloadable holiday cards stating our commitment and intention.

So, yes...boycott Target...and also boycott them all. Refuse to give in to the white-supremacist capitalism that kills our people and build towards new, just, and shared economies that benefit our people.  
  
*Dr. Melina Abdullah is a contributing opinion writer for the L.A. Sentinel. This article originally appeared in the LA Sentinel.*  
  
**Read the full article online at [www.sdvoice.info](http://www.sdvoice.info)**

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619.264.1454 • [warnerdt1@aol.com](mailto:warnerdt1@aol.com)  
Sunday Bible Study 8:45 a.m.  
Sunday Morning Service 10:00 a.m.  
Sunday Bible Class 5:00 p.m.  
Sunday Evening Worship 6:00 p.m.  
Wednesday Bible Class 7:00 p.m.  
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## Macedonia Missionary Baptist Church



Pastor Melvin A.  
Watts

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San Diego, CA 92102  
619.263.4544  
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Sunday Morning Service 11:00 a.m.  
Tuesday Bible Study & Prayer Meeting 12:00 noon & 6:00 p.m.

## Mesa View Baptist Church



Pastor Dr. Darrow  
Perkins Jr.

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Rev. Jared B. Moten,  
Senior Pastor

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Email: [newassurancebaptistchurch@yahoo.com](mailto:newassurancebaptistchurch@yahoo.com)  
Sunday School: 9:30 a.m.- In person & Live Stream  
Sunday Morning Worship: 11:00 a.m.- In person & Live Stream  
Wednesday Night Bible Study & Prayer: 6:30 p.m.- In person  
& Live Stream

"A new Hope, A new Life, A new Way through Jesus Christ  
2 Corinthians 5:17 A change is coming"

## New Creation Church of San Diego



Pastor Brent & Lady  
Daviava Murphy

3115 Altadena Ave.  
San Diego, CA 92105  
Sundays 10am  
[newcreationchurchofsd.com](http://newcreationchurchofsd.com)  
Email: [info@ncc-sd.org](mailto:info@ncc-sd.org)  
Facebook & Youtube: New Creation Church of San Diego

## New Hope Friendship Missionary Baptist Church



Pastor Milton  
Chambers, Sr. & First  
Lady Alice Chambers

2205 Harrison Avenue  
San Diego, CA 92113  
619-234-5506 • Fax 619 234-8732  
Email: [newhopeadm@gmail.com](mailto:newhopeadm@gmail.com)  
10 A.M. Sunday Service Live Stream on Facebook, Youtube,  
Sunday School Lesson Immediately following service.  
12 P.M. Wednesday Bible Study Live Stream on Facebook,  
2P.M. on Youtube

I was glad when they said to me, "Let us go to the house of the LORD!" Psalms 122:1

## Phillips Temple CME Church



Pastor Nyla  
Barker

5333 Geneva Ave.  
San Diego, CA 92114  
619.262.2505  
Sunday Breakfast @ 8:00 AM  
Church Service 9:00 AM In-Person and on,  
Live Stream Facebook.com/PTCSanDiego  
& YouTube - Zoom Go to [ptcmesd@gmail.com](mailto:ptcmesd@gmail.com)  
Sunday School @ 10:30  
Wednesday Bible Study @ 6:00 PM In-Person and  
On Zoom ID: 81144203904 P: 867104

## Pilgrim Progressive Baptist Church



Pastor Donnell and First  
Lady Sheila Townsend

4995 A Street  
San Diego, CA 92102  
619.264.3369  
Sunday School 9:00 a.m.  
Morning Service 10:45 a.m.  
New Membership Orientation BTU 6:00 p.m.  
Wednesday Eve Prayer Service 6:00 p.m.

"To Serve this present age" Matt: 28:19-20

## St. Paul's United Methodist Church of San Diego



Rev. Dr. Eugenio D. Raphael

3094 L Street  
San Diego, CA 92102  
619.232.5683  
9:30 A.M. Sunday Service In Person, Live Stream  
on Facebook - [www.facebook.com/stpaulsumcsd](http://www.facebook.com/stpaulsumcsd)  
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Noon-2:00 PM & 4:00-6:00 PM  
Diaper Program 1st & 4th Thursday  
Noon - 2:00 PM & 4:00-6:00 PM

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William A. Benson,  
Pastor & Dr. Rachelle Y.  
Benson, First Lady

138 28th Street  
San Diego, CA 92102  
[www.totaldeliverance.org](http://www.totaldeliverance.org)  
Fax: 619.303.2008  
Mail: 7373 University Ave. Suite 217, La Mesa, CA 91942  
Sunday Early Morning Worship Service  
9:00 a.m. and 11:30 a.m.

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## Eagles Nest Christian Center



Pastor  
Dr. John E. Warren

3619 College Ave.  
San Diego, CA 92115  
619.266.2293 • [jwarren@sdvoice.info](mailto:jwarren@sdvoice.info)  
[www.facebook.com/EaglesNestChristianCenter](http://www.facebook.com/EaglesNestChristianCenter)  
Sunday Services: Bible Study: 9:00 a.m. • Worship: 11:00 a.m.

### Join Us via Zoom Meeting:

Online or Dial: 1(669) 900-6833

Meeting ID: 856 4577 6750 • Passcode: 461762

—  
<https://us02web.zoom.us/j/85645776750?pwd=YW-96ZVJBtUpWR3k4SUtHbzY1ViJlDQQT09>  
Meeting ID: 856 4577 6750 • Passcode: church

"We are waiting for You"



Pastor Asa A. McClendon

## True Light Apostolic Church

5400 Division Street  
San Diego, CA 92114  
619.262.6924  
12:00 P.M. Sunday Service In Person,  
Live Stream on Facebook  
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every Wednesday & Friday at 7:30 P.M.


Then Peter said unto them, Repent, and be baptized every one of you in the name of Jesus Christ for the remission of sins, and ye shall receive the gift of the Holy Ghost. Acts 2:38

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# OBITUARIES



Ann L.  
Felder King

SUNRISE  
10/27/1926

SUNSET  
11/16/2025

ARRANGEMENTS BY PREFERRED CREMATION & BURIAL

Service was held December 3, 2025,  
at Bethel AME Church.

Ann L. Felder King was born on October 27, 1926, in St. Mary's, Georgia, the youngest of three children born to Anna and Joe Willie Felder. Her family relocated to Jacksonville, Florida, during her infancy, where she and her siblings began their early education. They later settled in Woodbine, Georgia.

As a young woman, Ann began working as an educator in a small rural community outside Folkston, Georgia. The building where she taught served as a White church on Sundays and a school for Black children during the week. She also acted as principal, while the school's only other teacher doubled as the bus driver. Despite limited resources, Ann committed herself to the children of the community, many of whom worked to support their families.

In the late 1940s, she gave birth to her first child, Clyde Windsor, who was raised by her mother, Anna Windsor, and stepfather, Thomas Windsor. Clyde went on to become a respected community leader and role model for his siblings.

While attending Tuskegee Institute, Ann met and married Clennon King. They had six children: Muriel, William, Lee, Earnest, Virginia, and Tanimola. After the family relocated to California, Ann later settled in San Diego as a single mother, where she raised her children with strength, love, and unwavering faith. After her divorce, she welcomed her eighth child, Gail Brown.

Ann found lasting support and community through Bethel AME Church in San Diego, where she remained a faithful and active member. She served in the Mary F. Handy Missionary Society, was honored as a CLEO Love member, and taught arts and crafts in Sunday School and Vacation Bible School.


In the 1960s, Ann worked in childcare for San Diego City Schools before earning her Licensed Vocational Nurse credentials at San Diego City College. She went on to serve for 25 years at UCSD Medical Center, retiring in the early 1990s.

Ann passed on November 16, 2025.

Ann was preceded in death by three of her children; Tanimola, Earnest, and Gail.

She is survived by her children; Clyde Windsor, Muriel King, William King, Lee King, and Virginia King, along with 17 grandchildren and 14 great-grandchildren.

Ann leaves behind a legacy of resilience, creativity, faith, and love—one that continues to live on in the hearts of those she touched.



Kenneth  
Wayne King

SUNRISE  
12/04/1951

SUNSET  
11/06/2025

ARRANGEMENTS BY PREFERRED CREMATION & BURIAL

Service was held December 4, 2025,  
at Mt. Zion Missionary Baptist Church.

Kenneth Wayne King was the eighth of nine children born to Myrtle and Arthur King on December 4, 1951, in San Diego, California. In 1954, while vacationing with his family in East Texas, Kenneth contracted Polio causing him to be hospitalized for over a year before being able to return to San Diego. He attended Knox Elementary, O'Farrell Junior High, and Wright Brothers Continuation School.

In 1961, Kenneth accepted Christ and was baptized by the late Rev. C. Johnson at Mount Zion Missionary Baptist Church in San Diego, California.

Affectionately called "Woo-Tang" by family and close friends, Kenneth's outgoing personality and 'gift of gab' formed many lasting relationships over the years. He loved animals (large and small) and raised anything from pigeons to snakes, he even had a skunk! He was an avid fisherman and was happiest when surrounded by his family, sitting on a lake or "slammin' bones" with friends. He will always be remembered for his famous phrase "and jive".

On Thursday morning, November 6, 2025, with his sister Betty by his side, Kenneth transitioned to eternal rest leaving a void that can never be filled.

He was preceded in death by his wife Carol, his parents; Myrtle & Arthur King, grandparents, brothers; Gene Arthur, Cecil, Bobby Eugene and Arthur L., sisters; Mary Lee, Barbara Ann and Shirley Marie, and grandson Bilal Abdullah.

Left to think of him often and smile is his daughter Tina Abdullah of Las Vegas, Nevada, son Kenneth King & his wife Davilyn of San Diego, California, seven grandchildren, seven great-grandchildren, sister Betty King of San Diego, California, aunt Ethel Owens of San Diego, California, his best friend Larry Miller (aka 'Snack Pack'), and a host of many nieces, nephews, cousins, and friends who will think of him often and remember him ALWAYS!..."AND JIVE"

The Lord is close  
to the brokenhearted  
and saves those who  
are crushed in spirit.

Psalm 34:18



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## To Honour You

By Connie F. Kiefer Byrd

To honour you...  
I get up every day and take  
a breath.  
And start another day  
without you in it.

To honour you...  
I laugh and love with those  
who knew your smile  
And the way your eyes  
twinkled with mischief and

secret knowledge.  
To honour you...  
I take the time to appreciate  
everyone I love,  
I know now there is no  
guarantee of days or hours  
spent in their presence.

To honour you...  
I listen to music you would

have liked,  
And sing at the top of my  
lungs, with the windows  
rolled down

To honour you...  
I take chances, say what I  
feel, hold nothing back,  
Risk making a fool of  
myself, dance every dance.

You were my light, my  
heart, my gift of love, from  
the very highest source.

So every day, I vow to make  
a difference, share a smile,  
live, laugh and love.  
Now I live for us both, so  
all I do,  
I do to honour you.

## ARTS & CULTURE

# Tia Mowry's New Series Encourages Cancer Talk Over Home-Cooked Meals

The actress learns family recipes from people touched by cancer and hopes the conversations will help fight cancer disparities in the Black community.

By Shernay Williams

Word In Black

Like many Black women, actress Tia Mowry has lost people she loves to cancer. Moreover, she had her own breast cancer scare last year when doctors found an abnormality during a routine mammogram.

"I was scared; I was overwhelmed," she said in a sit-down interview with Word In Black. "I ended up getting a biopsy, and everything ended up turning out fine. But I do know that's not the story for everyone."

Black people are more likely to die from breast and prostate cancer than any other racial group, according to 2025 findings by the American Cancer Society.

These mortality disparities, paired with personal experiences, have inspired Mowry to

host a new video series called "Rewrite the Recipe," launching Nov. 24. In the episodes, the actress, who calls food her love language, joins cancer survivors and advocates in the kitchen to talk through family recipes and their experiences with breast and prostate cancer.

"There were tears; there was laughter," she reflects. "We're in the kitchen. We're cutting up some collards – there's some catfish that's being fried, and there we are having some intimate conversations around what's sometimes a hard topic, which is cancer."

The series is part of the Changes the Odds initiative, a partnership between the American Cancer Society and Pfizer.

Mowry's goal, she says, is to encourage Black families to treat good food and good company at the dinner table as an opportunity to be vulnerable about their family history



Actress and culinary enthusiast Tia Mowry's new video series launches Nov. 24. PHOTO: Courtesy of Pfizer via Word In Black

with cancer.

"It is really important for us to know our family history and our family's connection to cancer and share it with our doctors so that

we can get the proper screenings," she says.

The series airs on cancer.org/changetheodds. The site also includes a directory of U.S. facilities offering free or low-cost cancer screenings.

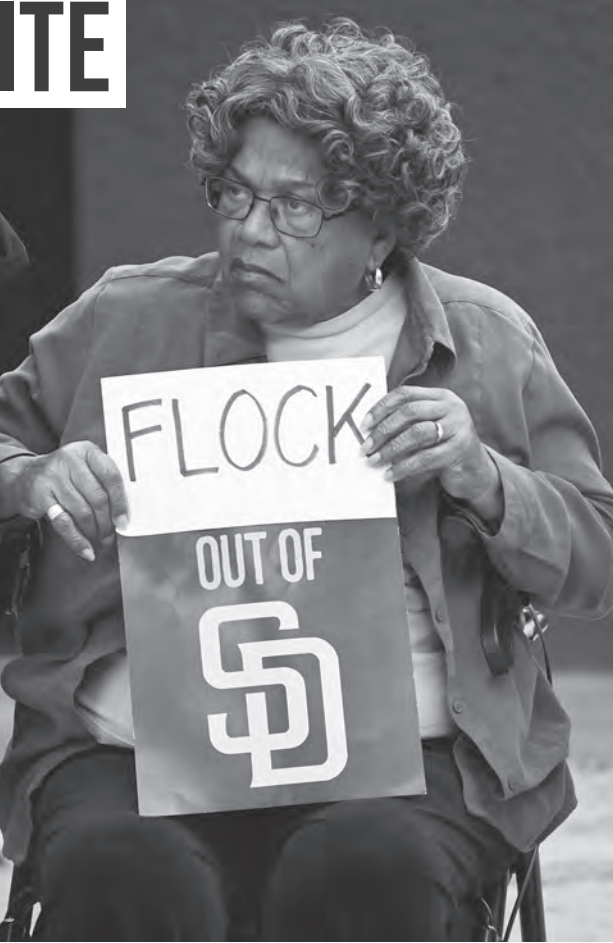


# IN MORE LOCAL NEWS

## TRUST SD COALITION AND 63 ORGANIZATIONS UNITE TO ‘GET FLOCK OUT OF SAN DIEGO’

By Tihut Tamrat  
VOICE & VIEWPOINT STAFF WRITER

Thursday, December 4th, at 10 am, the Trust SD Coalition, originally established in response to the widespread and secretive use of Smart Streetlights countywide, and 63 community, non-profit, labor, industry, religious, and small business organizations called on Mayor Gloria and City Council to “Restore TRUST, Remove FLOCK!”, as signs boldly proclaimed across the Civic Center plaza. The signs referred to Flock Safety, an American manufacturer and operator of security hardware and software, particularly automated license plate recognition, video sur-



veillance, and gunfire locator systems, which works in conjunction with Law Enforcement to track vehicle movements or identify stolen or suspect cars. If not used in an investigation, the data is required by a decade-old California law, Senate Bill 34, to bar local agencies from sharing ALPR data with federal or out-of-state entities, and is required to be deleted after 30 days, according to the San Diego Police Department.

But in February 2025, San Diego city staff formally submitted an Annual Surveillance Report, as required, but, in that report, they had improperly concealed the existence of a January 2024 data breach, which resulted in thousands of searches of San Diegans’ travel information by searchers outside San Diego, directly violating Senate Bill 34.

According to a press release sent out on December 3rd, 2025 by Seth Hall, co-founder of the community group, San Diego Privacy, and Ramla Sahid, Executive Director of the Partnership of Advanced New Americans (PANA), Flock’s ALPR system takes data about San Diegans’ routine travels and “stores them in an insecure manner that leaves our data open to breach and misuse, speed[ing] the hands of those who would unjustly detain, incarcerate, or deport our communities.” All 63 organizations, along with the SD Trust Coalition, signed a letter on December 4th addressed to

City Councilmembers, the Mayor, and the City Attorney stating that the City of San Diego has failed to maintain control of the Flock ALPR system since its installation, and are demanding that the City eliminate its use of the Flock ALPR system.

Earlier this summer, *The San Diego Voice and Viewpoint* published an investigative report on the controversial use of surveillance tools like automated license plate readers (ALPRs) to track San Diegans’ whereabouts.

City Council will deliberate whether or not to approve a resolution authorizing the continued use of all 54 surveillance technologies, including ALPRs used by SDPD, on December 9th, at 2 pm.

Stay tuned for more coverage on this story at [www.sdvoice.info](http://www.sdvoice.info).



Above and Center: Community members holding up signs at a press conference to address Flock Safety’s ALPR system, on December 3rd, 2025 at the San Diego Civic Center Plaza. PHOTOS: Tihut Tamrat/Voice & Viewpoint

PHOTOS: Tihut Tamrat/Voice & Viewpoint

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# Bishop Roy Dixon's 90th Birthday Celebration



Bishop Roy Dixon



PHOTOS: Voice & Viewpoint



By Voice & Viewpoint Staff

Saturday, December 6th, was more than just the 90th birthday of Bishop Roy Dixon, it was a celebration of a life of commitment and service. Bethel Baptist Church was the location, and the



church was filled with family, friends, church members from across the years, past business associates and friends. The whole event, according to the moderator, was slated to last only 90 minutes. A minute for each of his 90 years being celebrated. The event was both a church service of praise and worship, a reunion and an event that usually only occurs in that magnitude at a homegoing service. The difference this time, Bishop Dixon was alive and present, enjoying every

minute of song and recognition.

He has served San Diego for decades in a series of positions. He is a past member of the city's Civil Service Commission, a past member of the Greater Chamber of Commerce, and a businessman who owned a string of Taco Bell restaurants here at one time after moving to San Diego from Los Angeles, where he owned and operated a Fat Burger restaurant.

For Bishop Dixon, people in the ministry prepared a beautiful commemorative book covering his 50-plus years of ministry. It was available for a gift of \$10.00 a copy and contained salutes, praises and appreciations from the many who have walked with him over the years. He was the founder of Faith Chapel Church of God in Christ in 1985 and broke ground for what is the present-day building in 1987. From Faith Chapel, he moved to Greater Woodland Church of God In Christ. But his leadership was not limited to either the church nor the Boards and Commissions of the City of San Diego. He was an active participant with the San Diego Organizing Project, working on a number of efforts to help the community. We do not have space to tell the story of Bishop Roy Dixon, but the book is still being written as he moves forward in his 90th year.



## ARTICLE CONTINUATION

### HEALTHY:

Continued from cover



From left to right, Semise Daley, Dr. Crystal Cene, and Courtney Christian

#### PROPOSED SOLUTIONS AND THE PATH FORWARD

Speakers closed the luncheon with targeted solutions to reduce Black maternal mortality and strengthen the health of Black women:

- **Increase cardiovascular and chronic-disease screenings** before, during, and after pregnancy.
- **Invest and expand access to culturally competent maternal and mental health providers**, including Black physicians, midwives, and doulas.
- **Build neighborhood-based community support hubs** modeled after village networks, to reduce isolation and connect families to services.
- **Strengthen data collection and drive policy** based on equity and evidence.
- **Advocate for policies** addressing housing, food insecurity, transportation, childcare, and economic instability.

Dr. Cené leaves us with her concluding thought, "These disparities are not inevitable; they are the result of structures, policies, and practices we can change. When Black women thrive, communities thrive. We can choose to re-imagine and re-build a system



Dr. Akilah Weber Pierson.

PHOTOS: Tihut Tamrat/Voice & Viewpoint

that affords everyone the opportunity for health."

#### WAYS YOU CAN TAKE ACTION TODAY

- **Join a Health Study:** If you're an African American woman (18–64), born in the U.S., and living in Southern California, you may qualify for Semise Daley's research study. It takes 60–90 minutes and includes a brief health survey and a blood pressure check. Participants receive a free automated BP monitor (while supplies last) and a \$15 gift card. Contact Mrs. Semise Daley at (619) 438-0555 or at sdaley@apu.edu for more information.
- **Support a Local Senior Village:** Visit <https://serramesavillage.org/index.html> to learn how you can help Antoinette Miles launch a senior village in the 92114 community.
- **Protect Your Health:** Schedule an appointment with your physician to get screened for high blood pressure and reduce your risk of cardiovascular disease.

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By Darrel Wheeler  
CONTRIBUTING WRITER

On the first Saturday of December at St. Stephen's Cathedral Church of God in Christ, the community was treated to a free Christmas jazz, live recorded, concert featuring popular singing artist, Daneen Wilburn.

Daneen was accompanied by musicians Kamau Kenyatta, Toni Holmes, Richard Selers, Joanna Broussard, Ricky Giordano and Jordan Wilburn, to name some of the show's expert instrumentalists who put the groove down at the Happy Holidays event.

The lively crowd of concertgoers were treated to some of their favorite Christmas tunes, performed by Daneen Wilburn, the soulful vocalist, with the support of her skilled melodic background singers.



The special 6th Annual event was hosted by Dee Stanford, featuring a special message from Pastor Brent Murphy, MDiv of New Creation Church, and

the Invocation by Pastor James Moore of New Paradise Missionary Baptist Church.

"Tonight was out of sight, this definitely gets you ready for the holidays. Everybody was amazing," shared Mark Jenkins of Preferred Cremation.

Community contributors: Preferred Cremation and Burial, GOD-RADIO, San Diego Voice & Viewpoint Newspaper, Common Ground Theater and M.A.N.D.A.T.E. Records.

"This was really nice, this is the first time I have been to a live recording in years. I used to attend my mother's concerts when she was a jazz singer," attendee Blondie Sapp shared. "This was a fun and inspirational experience."

Mary Mobley had this to say about the Spirit of Christmas live recording concert with Daneen



## CITY OF LEMON GROVE

By Voice & Viewpoint Staff

Friday December 5th, was the date for the Annual Bon Fire, now held in Lemon Grove for more than two decades. The event was initiated years ago by former Mayor Sessions, and today was



celebrated by more than 5000 people coming to an evening of fun, music, visits with Santa at the Lee's House, face painting for the kids, and people of all ages mingling both in the circle surrounding the bond fair. The crowds had assembled long before darkness fell and the fire was initiated, but the people, vendors, multiple tents and stands were already present with Christmas

## Students Show Off Their Hard Work at Lincoln High School's 'Big Night'

CONTINUED FROM COVER

By Olivia Clark  
VOICE & VIEWPOINT STAFF WRITER

Students in the Small Schools — the School of Media Arts & Entertainment, the School of Health Sciences, and the School of Engineering & Design — each had their own sections of campus for students to show off their presentations and projects, a culmination of a semester of learning.

"How can I make my community a better place?" was the central question driving the projects of Lincoln students. Adam Armas, Community School Coordinator at Lincoln High, identified the importance of preparing students for a career and community-centric life after graduating from Lincoln. "We're trying to be more hands-on, real-life ready...we always say talent is equally distributed but opportunity isn't," he said.



After a free food-truck-catered dinner hosted in the Center Quad, the close to 300 students and family members congregated in the theater for a student-led and moderated opening presentation for the night. The presentation was complete with student projects ranging from robotic t-shirt cannons to hand-made quilts made from recycled materials to a report on the importance of mental health access for immigrant communities in San Diego County, and culminated in a raffle.

The evening was spent participating in something of a scavenger hunt as students and guests alike walked all around campus, seeking out new information and inspiring student projects. Maps were provided to those unfamiliar with the school.

From the Art Quad to the Center Quad, from the New Gym to the 500s Quad and Classrooms, the campus was alive and buzzing with excitement and relief of another semester of hard work coming to a close. The campus-famous Buzz Cafe sat right outside the library and acted as a mid-exhibition pick-me-up for families and students

that wanted a nice cup of coffee, hot cocoa, or a little snack. The mobile coffee cart was playing music and smiles were passed all around as students and teachers shared in the joy and fun of the night.

as he looked over his project, a tri-fold poster with hand-drawn illustrations and hand-written explanations, with pride.

Schephathia Dieujuste, a 12th grader, did her end-of-semester project for the school of Health Sciences on the importance of leg splinting. She giggled and smiled as she recounted how much fun she has working on her project in collaboration with her friends and with the help of her teachers.

The current semester ends on December 19. Students and teachers will now reflect on their projects and the processes of working on them. Now, teachers must ask and students must sit with new questions: how will they use these experiences to apply for jobs? To be active community members?

As the night wound down and families began to leave, there were pats on the back and high fives shared among teachers and staff. "It's pretty exhilarating, and I'm proud. I have to get used to this feeling," said Rachel Angeles, Instructional Coordinator at Lincoln and one of the main administrators that worked to put the student exhibition together. Angeles, a long-time project-based learning teacher, had taught at Lincoln for one year before jumping into her current administrative role five months ago. "I'm learning to be on the other end as an administrator and supporting all teachers versus being the one teacher who's just supporting my students in the project. So it's just, it's really powerful," she said with an incredibly infectious energy and joy.



One student, 11th grader Anthony White, did his Ethnic Studies project on the topic of colonization and its history in America. He stood right next to his poster in the library, ready to present to any and all who wanted to learn more and engage with his work. "I've been really nervous. I just have to remember that I have God by my side," he said with a smile



PHOTOS: Olivia Clark/Voice & Viewpoint



# Christmas Jazz Concert

PHOTOS: Darrel Wheeler



Wilburn: "I really enjoyed myself. Daneen and her band were awesome. Definitely a Christmas show worth attending."

There was a lot of love, peace and joy at the 6th Annual Spirit of Christmas Jazz concert.



## E HOLDS ANNUAL BONFIRE

lighting and decorations throughout the park area in which the event was held.

Mayor Allison Snow greeted everyone and thanked the many volunteers whose work was clearly evidenced in the festive presentation of events and excitement. Parking was the only real problem, but no one seemed to mind the walk, which came with attending the event.



PHOTOS: Voice & Viewpoint



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AROUND TOWN



★ December 13, 2025 ★


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#KeepMovingForward

LOCAL SPORTS

Prince Tavizon Signs With The Oregon Ducks



Prince Tavizon. PHOTO: Prince Tavizon via X

By Michael West  
Contributing Writer

Lincoln High's Ernesto "Prince" Tavizon signed a Letter of Intent to play football for the University of Oregon last Wednesday during College Football's Early Signing Period.

Tevizon joins Akili Smith Jr. as the second consecutive signee from Lincoln High's vaunted football program.

The coveted Defensive End, who committed to the Ducks this past June, was also recruited by elite programs like Notre Dame, Texas A&M, Miami, and the University of Texas. Tavizon emerged as a budding star in 2024 and quickly rose to one of the top recruits in the State of California.

Known for his pass-rushing skills, the fleet-footed Hornet is underrated as a power rusher. Defensive Ends are usually known for their quick burst off the Line of Scrimmage, but the talented Tevizon is also a bull rusher

who can push his opponent backwards. He demonstrates excellent fundamental skills and can excel at the Division 1 level of college football.

Most San Diego High School football fans were familiar with Akili Smith Jr. in 2024, yet only the die-hard fans recognized one of the premier up-and-coming stars from Lincoln's championship team. In fact, the Hornets sealed the 2024 CIF Division I State Championship on this play.

Yes, that is Prince Tavizon himself, sealing the victory on the last play of the game with a sack to preserve the Hornets' 28-26 victory over the Northern California powerhouse Pittsburgh Pirates. Tavizon was so impactful that he was recognized by Prep Redzone California as one of the top Defensive performers in the 2024 CIF playoffs.

After recording 90 total tackles in 2024 (including 15 tackles for a loss, 13 sacks and averaging 9.1 tackles per game), Tavizon decided to reclassify as a 2026 college foot-

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SATURDAY  
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& 6PM

SUNDAY  
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3PM

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10am - 3pm



Free Resources

- Diabetes Screening
- Blood Pressure Check
- Cholesterol Screening
- HIV & HEP-C Screening
- San Diego Humane Society
- Mammograms & Sign Up
- Breast Exams
- Vaccines Available
- Health Insurance
- Food Distribution
- Raffle Prizes

2026 Event Dates

- February 4th
- March 4th
- April 1st
- May 6th
- June 3rd
- July 1st
- August 5th
- September 2nd
- October 7th
- November 4th
- December 2nd

Dr. Suzanne Afflalo  
infoahealthierme@gmail.com

Wendy Shurelds  
info@mymssop.org

Healthfairsw@gmail.com

Recruiting Service	Grade	Rating	National Rank	DE Rank	State Ranking
On3	90	4 Star	295	30	25
247 Sports	90	4 Star	315	31	28
ESPN 300	81	4 Star	-	23	27
Rivals	90	4 Star	298	30	25

ball recruit after his impressive sophomore season. He parlayed that scintillating 2024 performance into 100 total tackles, 5 sacks and 15 additional tackles for losses in 2025.

Tavizon and his powerful Hornets followed up their 2024 title run with another deep run in the CIF playoffs. They compiled a 10-3 record and appeared in their third of the past four San Diego CIF Championship games, before falling to another San Diego local powerhouse - the Granite Hills Eagles.

Tavizon is a fairly generous soul, as he is known for posting the accolades of his former and current teammates and fellow highly touted opponents. But what is most impressive is the fact he founded his own foundation, Prince's Resilient Foundation, which offered Free Thanksgiving Meals the Tuesday before Thanksgiving this year.

Congratulations to the multi-faceted Ernesto Tavizon!

Here are some of his high school highlights: <https://www.hudl.com/video/3/16840535/674d7031ce73d8d9eca29123>



# INTERNATIONAL NEWS



PHOTO: who.int via Commercial License

## ESWATINI IS THE FIRST AFRICAN COUNTRY TO GET HIV PREVENTION SHOT

By Farai Mutsaka  
Associated Press

Eswatini on Tuesday [November 18] became the first African country to receive lenacapavir, the first twice-yearly HIV prevention injection hailed by global health officials as a game-changer in the fight against a virus that has killed tens of millions of people across the continent.

Developed by Gilead Sciences, lenacapavir has demonstrated near-total protection in clinical studies. Its rollout, initially planned for 10 high-risk African countries, is part of the U.S. President's Emergency Plan for AIDS Relief, or PEPFAR, in partnership with the Global Fund. By 2027, the initiative aims to benefit at least 2 million people in those countries.

Daniel O'Day, chair and CEO of Gilead Sciences, described the Eswatini rollout as “extraordinary” because “it’s the first time in history that a new HIV medicine is reaching a country in sub-Saharan Africa in the same year as approval of the United States” and because Eswatini “is the country with the highest incidence of HIV in the world.” The U.S. approved the drug in June.

The United States, whose deep cuts to foreign aid this year under President Donald Trump have severely impacted Africa’s health programs, initially planned to distribute 250,000 doses this year to the 10 countries. Zambia also received its first shipment Tuesday [November 18], while Gilead seeks regulatory authority in Botswana, Kenya, Malawi, Namibia, Rwanda, Tanzania, Uganda and Zimbabwe.

That was increased to 325,000 due to “early demand signs,” Brad Smith, senior advisor for the Bureau of Global Health Security and Diplomacy, told journalists.

The U.S. government has noted that over 25 million people across Africa are living with HIV.

In Eswatini, a tiny kingdom in southern Africa, about 6,000 high-risk people are set to benefit from the drug’s initial rollout, primarily to prevent HIV transmission from mothers to newborns. Home to roughly 1.2 million people, Eswatini currently has over 200,000 people living with HIV, with most receiving treatment funded by PEPFAR, Smith said.

Eswatini, the world’s last absolute monarchy with a documented record of human rights violations, is also among the African countries participating in Trump’s third-country deportation program, which has faced protests from rights groups.

In July, the World Health Organization approved lenacapavir as an additional HIV prevention option. UNAIDS has called long-acting injectables a “fresh option” amid concerns that foreign funding cuts could worsen infections.

South Africa’s health minister, Aaron Motsoaledi, recently called lenacapavir “ground-breaking” but raised concerns over limited supplies when South Africa begins its own rollout in April 2026.

Motsoaledi also welcomed Gilead’s steep price reduction from over \$28,000 per person annually in the U.S. to approximately \$40 for lower-income countries.

The rollout has fueled debate over access and manufacturing rights. Civil society groups in South Africa, sub-Saharan Africa’s most advanced economy, have criticized Gilead for excluding local manufacturers from voluntary licensing agreements despite the country’s role in clinical trials.

## AFRICAN NATIONS PUSH FOR RECOGNITION OF COLONIAL CRIMES AND REPARATIONS

By Associated Press

African leaders pushed Sunday [November 30] to have colonial-era crimes recognized, criminalized and addressed through reparations.

At a conference in Algiers, diplomats and leaders convened to advance an African Union resolution passed at a meeting earlier this year calling for justice and reparations for victims of colonialism.

In his opening speech, Algerian Foreign Minister Ahmed Attaf said Algeria’s experience under French rule underscored the need to seek compensation and reclaim stolen property.

A legal framework, he added, would ensure restitution is seen as “neither a gift nor a favor.”

“Africa is entitled to demand the official and explicit recognition of the crimes committed against its peoples during the colonial period, an indispensable first step toward addressing the consequences of that era, for which African countries and peoples continue to pay a heavy price in terms of exclusion, marginalization and backwardness,” Attaf said.

International conventions and statutes accepted by a majority of countries have outlawed practices including slavery, torture and apartheid. The United Nations Charter prohibits the seizure of territory by force but does not explicitly reference colonialism.

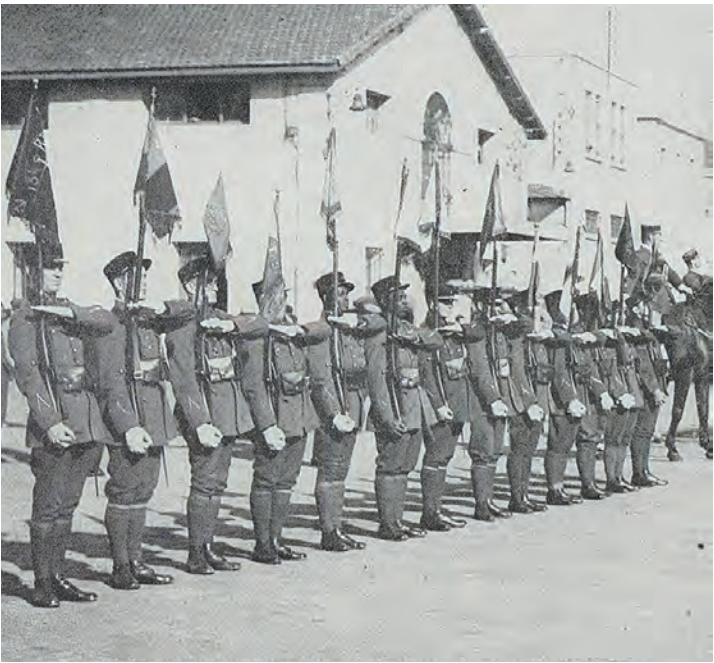
That absence was central to the African Union’s February summit, where leaders discussed a proposal to develop a unified position on reparations and formally define colonization as a crime against humanity.

The economic cost of colonialism in Africa is believed to be staggering, with some estimates putting the cost of plunder in the trillions. European powers extracted natural resources often through brutal methods, amassing vast profits from gold, rubber, diamonds and other minerals, while leaving local populations impoverished.

African states have in recent years intensified demands for the return of looted artifacts still housed in European museums today.

Attaf said it was no mistake that the conference was held in Algeria, a country that suffered some of the most brutal forms of French colonial rule and fought a bloody war to win its independence.

Its impact was far-reaching: Nearly a million European settlers held greater political, economic and social privileges, even though Algeria was legally part of France and its men were conscripted in World War II. Hundreds



Soldiers enter Algeria during the occupation of General Claudel's department, inspecting the general colonial groups. PHOTO: Wikimedia Commons

of thousands died in the country’s revolution, during which French forces tortured detainees, disappeared suspects and devastated villages as part of a counterinsurgency strategy to maintain their grip on power.

“Our continent retains the example of Algeria’s bitter ordeal as a rare model, almost without equivalent in history, in its nature, its logic and its practices,” Attaf said.

Algeria’s experience has long informed its position on the disputed Western Sahara, a former Spanish colony claimed by neighboring Morocco and the pro-independence Polisario Front.

Attaf on Sunday framed it as a case of unfinished decolonization, echoing the African Union’s formal stance even as a growing number of member states have moved to support Morocco’s claim to the territory. He called it “Africa’s last colony” and lauded the indigenous Sahrawis’ fight “to assert their legitimate and legal right to self-determination, as confirmed — and continuously reaffirmed — by international legality and UN doctrine on decolonization.”

Algeria has for decades pressed for colonialism to be tackled through international law, even as its leaders tread carefully to avoid inflaming tensions with France, where the war’s legacy remains politically sensitive.

French President Emmanuel Macron in 2017 described elements of the history as a crime against humanity but stopped short of issuing an official apology and implored Algerians not to dwell on past injustices.

Mohamed Arezki Ferrad, a member of Algeria’s parliament, told The Associated Press that compensation had to be more than symbolic, noting Algerian artifacts looted by France have yet to be returned. That includes Baba Merzoug, a 16th century cannon that remains in Brest.

## TRUMP ON TERMINATING LEGAL PROTECTIONS FOR SOMALI MIGRANTS IN MINNESOTA

By Associated Press

President Donald Trump said Friday [November 21] night that he’s “immediately” terminating temporary legal protections for Somali migrants living in Minnesota, further targeting a program seeking to limit deportations that his administration has already repeatedly sought to weaken.

Minnesota has the nation’s largest Somali community. Many fled the long civil war in their east African country and were drawn to the state’s welcoming social programs.

But how many migrants would be affected by Trump’s announcement that he wants to end temporary protective status could be very small. A report produced for Congress in August put the number of Somalis covered by the program at just 705 nationwide.

Congress created the program granting Temporary Protective Status in 1990. It was meant to prevent deportations of people to countries suffering from natural disasters, civil strife or other dangerous conditions.

The designation can be granted by the Home-

*“This is not just a bureaucratic change; it is a political attack on the Somali and Muslim community driven by Islamophobic and hateful rhetoric.”*

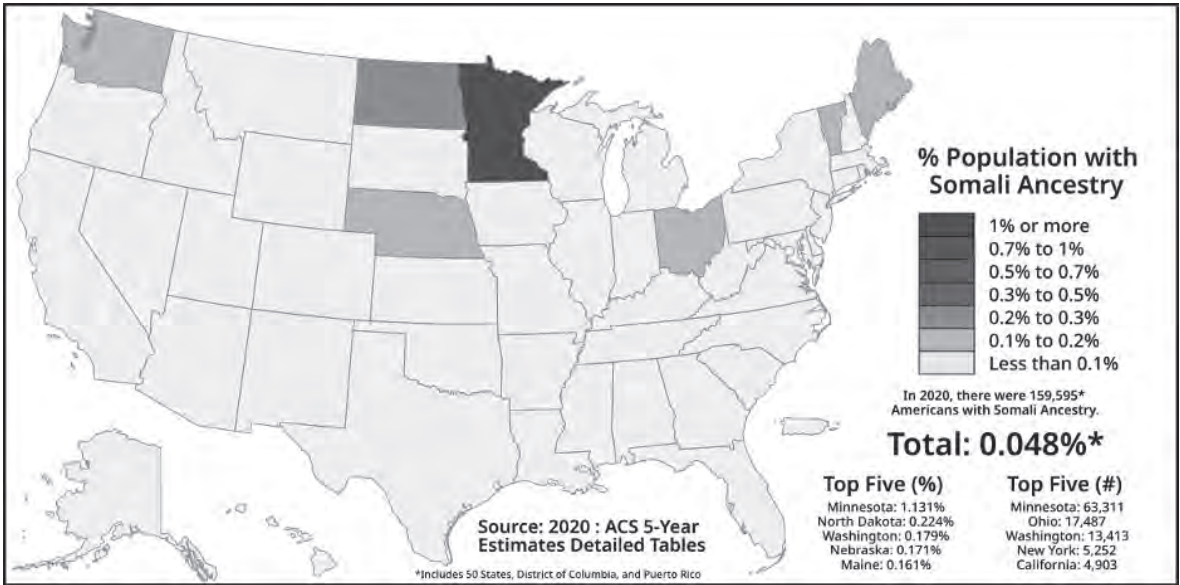
—Jaylani Hussein

land Security secretary and is granted in 18-month increments.

The president announced his decision on his social media site, suggesting that Minnesota was “a hub of fraudulent money laundering activity.”

“Somali gangs are terrorizing the people of that great State, and BILLIONS of Dollars are missing. Send them back to where they came from,” Trump wrote. “It’s OVER!”

The Minnesota chapter of the Council on American-Islamic Relations said Trump’s



Percentage of population with Somali ancestry by state, created on March 6, 2022. PHOTO: Wikimedia Commons, CC-BY-SA 4.0

decision “will tear families apart.” Executive Director Jaylani Hussein said in a statement late Friday [November 21], “This is not just a bureaucratic change; it is a political attack on the Somali and Muslim community driven by Islamophobic and hateful rhetoric.”

Trump promised while campaigning to win back the White House last year that his administration would deport millions of people. As part of a broader push to adopt hardline immigration policies, the Trump

administration has moved to withdraw various protections that had allowed immigrants to remain in the United States and work legally.

That included ending TPS for 600,000 Venezuelans and 500,000 Haitians who were granted protection under President Joe Biden. The Trump administration has also sought to limit protections previously extended to migrants from Cuba and Syria, among other countries.



# HEALTHY LIVING

## Support Your Child’s Mental Health: Medi-Cal Covers Therapy, Medication, and More

When children struggle emotionally, it can affect every part of their lives — at home, in school, with friends, and even their physical health. In many Black families, we’re taught to be strong and push through. But our kids don’t have to struggle alone. Medi-Cal provides mental health care for children and youth, with no referral or diagnosis required.

Through California Advancing and Innovating Medi-Cal (CalAIM), the state is transforming how care is delivered. Services are now easier to access and better connected across mental health, physical health, and family support systems. CalAIM brings care into schools, homes, and communities, removing barriers and helping children get support early, before challenges escalate.

### HELP IS AVAILABLE, AND IT’S COVERED

Under Medi-Cal, every child and teen under age 19 has the right to mental health care. This includes screenings, therapy, medication support, crisis stabilization, and help coordinating services. Parents, caregivers, and children age 12 or older can request a screening at any time, with no diagnosis or referral required.

### MEDI-CAL’S MENTAL HEALTH AND SUBSTANCE USE DISORDER PROGRAM

For children and youth with more serious mental health needs, including those in foster care or involved in the justice system, Medi-Cal offers expanded support,

- including:
- Family-centered and community-based therapy to address trauma, behavior challenges, or system involvement.
  - Wraparound care teams that help keep children safely at home or with relatives.
  - Activity funds that support healing through sports, art, music, and therapeutic camps.
  - Initial joint behavioral health visits, where a mental health provider and child welfare worker meet with the family early in a case.
  - Child welfare liaisons in Medi-Cal health plans who help caregivers and social workers get services for children faster.

### KEEPING KIDS SAFE FROM OPIOIDS AND HARMFUL DRUGS

DHCS is also working to keep young people safe as California faces rising risks from opioids and counterfeit pills. Programs like Elevate Youth California and Friday Night Live give teens mentorship, leadership opportunities, and positive outlets that strengthen mental well-being.

Through the California Youth Opioid Response, families can learn how to avoid dangerous substances and get treatment when needed. Song for Charlie provides parents and teens with facts and tools to talk honestly about mental health and counterfeit pills.

DHCS also supports groups like Young People in Recovery, which helps youth build skills for long-term healing, and the Youth Peer

Mentor Program, which trains teens with lived experience to support others. These efforts are part of California’s strategy to protect young people, prevent overdoses, and help them make healthier choices.

### SUPPORT FOR PARENTS AND CAREGIVERS

Children thrive when their caregivers are supported. Through CalAIM’s vision of whole-person care, Medi-Cal now covers dyadic services, visits where a child and caregiver meet together with a provider to strengthen bonding, manage stress, and address behavior challenges.

These visits may include screening the caregiver for depression or anxiety and connecting them to food, housing, or other health-related social needs, aligning with CalAIM’s Community Supports framework. Notably, only the child must be enrolled in Medi-Cal to receive dyadic care.

Family therapy is also covered and can take place in clinics, schools, homes, or via telehealth, reflecting CalAIM’s commitment to flexible, community-based care delivery.

Additionally, BrightLife Kids offers free tools, resources, and virtual coaching for caregivers and children ages 0–12. Families can sign up online or through the BrightLife Kids app. No insurance, diagnosis, or referral is required.

For teens and young adults ages 13–25, California offers Soluna,



PHOTO: Courtesy of CBM

a free mental health app where young people can chat with coaches, learn coping skills, journal, or join supportive community circles. Soluna is free, confidential, available in app stores, and does not require insurance.

CalHOPE also provides free emotional support to all Californians through a 24/7 support line at (833) 317-HOPE (4673), online chat, and culturally responsive resources.

### SUPPORT AT SCHOOL — WHERE KIDS ALREADY ARE

Schools are often the first place where emotional stress is noticed. Through the Children and Youth Behavioral Health Initiative (CYBHI), public schools, community colleges, and universities can offer therapy, counseling, crisis support, and referrals at no cost to families.

Services are available during school breaks and delivered on campus, by phone or video, or at community sites. There are no copayments, deductibles, or bills.

### MEDI-CAL STILL COVERS EVERYDAY CARE

Medi-Cal continues to cover everyday mental health care, including therapy for stress, anxiety, depression, or trauma; medication support; crisis stabilization; hospital care when needed; and referrals to community programs through county mental health plans and Medi-Cal health plans.

### HOW TO GET HELP

- Talk to your child’s teacher, school counselor, or doctor.
- In San Diego County call 1-866-262-9881 to contact your county mental health plan to request an assessment or services.
- If your child is not enrolled in Medi-Cal, you can apply at BenefitsCal.com or my.medi-cal.ca.gov.
- In a mental health emergency, call or text 988, the Suicide and Crisis Lifeline.

Every child deserves to grow up healthy and supported. Medi-Cal is working to transform care so it’s accessible, equitable, and responsive to the needs of every family.

# What Causes Night Sweats — And How to Stop Them Fast

Courtesy of Speakin’ Out News

Night sweats can hit men and women of all ages — often soaking clothes or bedding during sleep.

Waking up drenched in sweat isn’t just uncomfortable — it can also be your body’s way of saying something needs attention. While night sweats are often linked to menopause and hormonal changes, women of all ages — and men — experience them, and the causes can range from harmless to serious.

According to the Mayo Clinic, night sweats are episodes of excessive perspiration during sleep, sometimes enough to soak clothing or sheets. Menopause and hot flashes are well-known triggers, but medications, stress, infections, and even room temperature can also play a role.

### 10 COMMON CAUSES OF NIGHT SWEATS

Night sweats can happen for simple or medical reasons. Some of the most common include:

- Stress and anxiety, which disrupt temperature regulation
- Idiopathic hyperhidrosis, excessive sweating with no clear cause
- Medications such as pain relievers, antidepressants, and psychiatric drugs
- Sleep apnea
- Infections, including tuberculosis and bacterial illnesses
- Cancers, especially lymphoma
- Hypoglycemia
- Hormone disorders like hyperthyroidism
- Neurologic conditions
- GERD, which can disrupt sleep and trigger sweating



PHOTO: Freepik

Men can also experience night sweats related to hormonal changes.

es. UCLA Health reports that low testosterone—which affects up to 38% of men over 45—can trigger

temperature swings, hot flashes, and nighttime sweating.

### WHEN IT’S A RED FLAG

Occasional night sweats are normal. But if they’re persistent, accompanied by fever, weight loss, chronic cough, or diarrhea, it’s time to see a doctor.

### HOW TO REDUCE NIGHT SWEATS

- Avoid alcohol, caffeine, smoking, and spicy foods before bed
- Keep the room cool and flip your pillow for a cold side
- Sip water during the night
- Try deep breathing or light relaxation exercises

Night sweats aren’t always serious, but understanding what’s behind them can help you rest easier — and stay healthy.

# EDUCATION

## Her First Years, My Everything

BLACKPRESSUSA NEWSWIRE

*Pamela shared her story with ZERO TO THREE’s Believe In Babies national storytelling campaign. She reflected on the joy and growth of her daughter Ainsley while underscoring the vital need for love, presence, and support in the earliest years of life.*

When I think about my daughter Ainsley, the first thing that comes to mind is her smile. She is full of joy, and it doesn’t take much to make her laugh. Dancing is her favorite. Whenever we put on music and move around, she bursts into giggles and joins in. Those moments remind me of her bright spirit and playful nature.

Ainsley is also learning to talk, and it’s one of the sweetest parts of this stage. She’s been practicing the names of fruits—banana, apple, kiwi—and sometimes she corrects me when I repeat them. She’ll say, “Mommy, that’s not how you say it,” and insist on show-

ing me the right way. It’s funny, and it shows how quickly she’s growing and learning.

Our daily routines are full of joy. Mealtime is one of Ainsley’s favorite parts of the day. She always does something funny at the table that makes us laugh. But honestly, every moment feels special. Just being with her makes life better.

She has her favorites—her song is “La Vaca Lola,” which always makes her smile and sing along. And the sweetest milestone so far has been her first word: “Mamii.” Hearing her call me that filled me with happiness I can’t describe.

### CHALLENGES AND DREAMS FOR THE FUTURE

Like many parents, I’ve faced challenges. The hardest part has been being both mom and dad at the same time. It isn’t easy, and it has shown me how important support is for families. I’ve learned that babies don’t just need

food, clothes, or shelter. They need love, patience, and presence. Especially in these first three years, those things matter most.

I want to give her a good education and raise her in a way that helps her feel safe, loved, and truly happy. When people see her photo in this campaign, I hope they notice her beautiful smile and the light she brings into the world.

Ainsley reminds me every day why the earliest years matter so much. Babies grow and learn so quickly. By showing them love, patience, and care, we build the foundation for everything that comes after. Every baby deserves that chance. By believing in babies and supporting families, we can help children like Ainsley grow up with joy, confidence, and endless possibilities.

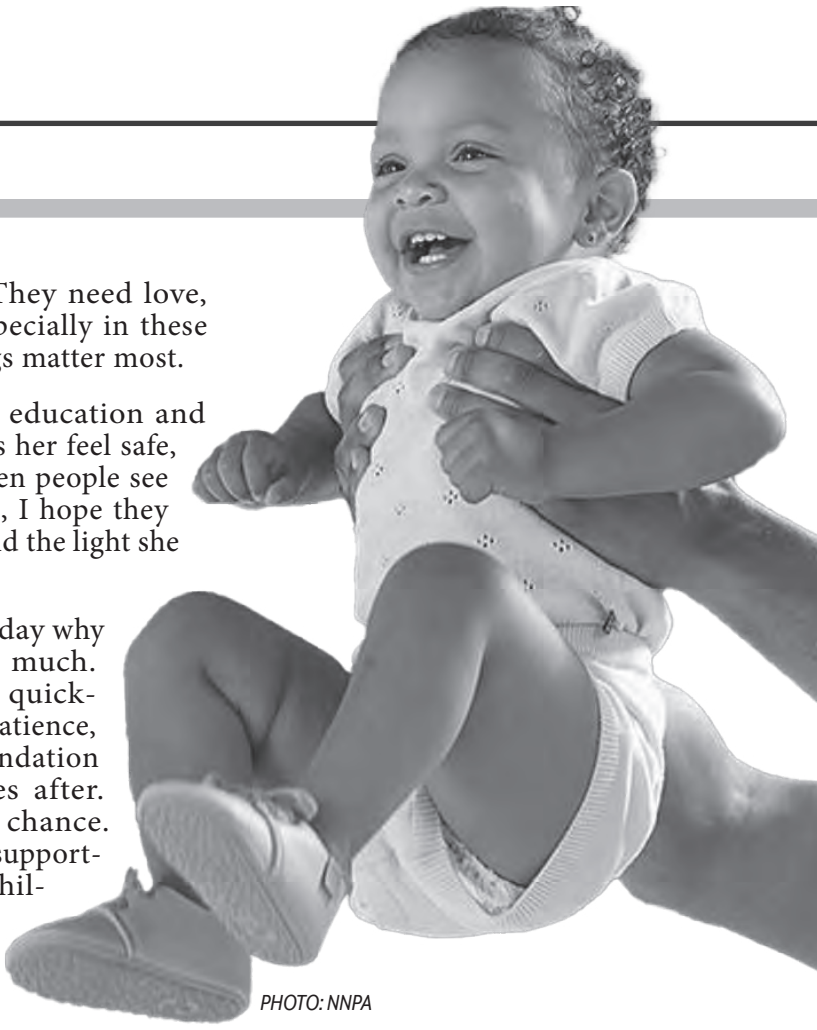


PHOTO: NNPA



BUSINESS & FINANCE NEWS

Report Highlights Ways Employers Can Support Employee Mental Health

VOICE & VIEWPOINT NEWSWIRE

A new report from Mental Health America (MHA) details actionable strategies, creative solutions, and industry best practices to support employees’ mental health and wellbeing in the workplace. The report provides insights and real-world examples from leading employers, and demonstrates how meaningful change in employee well-being is not only possible but also sustainable.

“Mentally healthy workplaces are achievable, sustainable, cost-saving, and essential to thriving communities,” said Schroeder Stribling, president and CEO of Mental Health America. “At Mental Health America, we’re proud to recognize employers who are leading the way, and to help empower others to strengthen their own workplace mental health efforts.”

Depression and anxiety cost the global economy an estimated \$1 trillion each year in lost productivity, and 90 percent of employees in unhealthy workplaces report that work-related stress affects their mental health – more than twice the rate of those in healthier workplaces. In addition, employees are navigating post-pandemic recovery, economic



PHOTO: Freepik

uncertainty, and record-high burnout.

To help employers address these challenges, the 2025 report shares data from MHA’s Bell Seal for Workplace Mental Health recognition program, the nation’s top certification for U.S. employers committed to creating mentally healthy workplaces. Since its launch in 2019, the Bell Seal program has

awarded more than 900 certifications with employers across 40 states and the District of Columbia, collectively impacting over 5.1 million employees.

Mental Health America identified five key themes that 2025 Bell Seal awardees have in common related to strengthening workplace mental health efforts:

- **Mental health as a core business strategy** — 99% of 2025 Bell Seal employers integrate mental health and well-being into their organizational strategy.
- **Transparent and accountable communication** — 94% have an internal plan to communicate major transitions and their potential impact on employees.
- **Financial wellness as mental health support** — 83% offer financial education, planning, and other resources to their employees.
- **Responsive, comprehensive benefits** — 79% offer support for employees across the mental health continuum, from maintaining well-being to addressing serious concerns.
- **Accessibility and belonging** — 96% review hiring practices for fairness for individuals with mental health or substance use conditions.

“Workplace mental health is no longer just an HR initiative, it’s a business and public health imperative,” said Suzi Craig, VP of MHA’s Workplace Mental Health program “Bell Seal certified employers are showing that investing in employee well-being is not only the right thing to do, it’s also a proven driver of retention, productivity, and business success.”

Read the full Workplace Mental Health in 2025 report at mhanational.org.

Property Is Power: Closing the Black Homeownership Gap

By Dr. Anthony O. Kellum

Word In Black

In the United States, property has always been more than land and lumber. It has been a proxy for power, access, and stability a silent determinant of who belongs and who prospers. Yet as of the second quarter of 2025, the Black homeownership rate stands at 43.9%, its lowest point since 2021, according to *Redfin*. By contrast, the white homeownership rate remains above 72%. That nearly 30-point gap is not just a statistic; it is a mirror reflecting how systemic inequality continues to shape economic opportunity in America.

THE LEGACY OF EXCLUSION

To understand why this gap persists, one must first acknowledge its historical roots. For generations, government policy codified racial exclusion from redlining maps that starved Black neighborhoods of mortgage capital, to the GI Bill that expanded suburban opportunity for white veterans while sidelining their Black counterparts. Even as explicit discrimination was outlawed, the residue of those policies hardened into new barriers, lower neighborhood appraisals, higher loan denials, and unequal access to financial literacy resources.

The *Center for American Progress* notes that homes in majority-Black neighborhoods are still undervalued by tens of thousands of dollars compared with similar homes in majority-white areas. That undervaluation limits equity gains, constrains mobility, and suppresses intergenerational wealth. Meanwhile, *iEmergent* data shows Black borrowers are denied mortgages at nearly twice the rate of white borrowers, even after adjusting for income and credit.

This is not a “market failure.” It is a reflection of the market working exactly as it was designed to advantage capital already in motion and penalize those still catching up.

A MODERN WEALTH DIVIDE

The consequences are profound. Homeownership remains the cornerstone of wealth in America, accounting for roughly 68% of total household net worth for the average family. When that pathway is obstructed, it doesn’t just limit where one can live it defines how one’s children will live.

According to the Federal Reserve’s 2024 Survey of Consumer Finances, the median net worth of white families now exceeds \$285,000, compared to just \$45,000 for Black families. That difference is not explained by work ethic, education, or aspiration it is the compounded effect of generations denied the tools of property.

CURRENT HEADWINDS

Today’s environment adds another layer of difficulty. Rising home prices and mortgage rates have placed ownership further out of reach for first-time Black buyers, many of whom carry

disproportionate student loan debt and less generational wealth to draw from.

High-cost insurance premiums, appraisal bias, and stricter underwriting further strain affordability. And while new lending programs exist, they often fail to reach those who need them most due to bureaucratic complexity or lack of outreach. In short the structural disadvantages of yesterday are meeting the market pressures of today.

WHAT CAN BE DONE

The solutions must be as multidimensional as the problem.

1. **Community-Based Interventions:** Grass-roots organizations, churches, and non-profits must reclaim their traditional role as centers of economic education. Community-based homeownership programs offering down-payment assistance, credit repair, and group-buying strategies can close gaps that mainstream banks overlook. The Property is Power approach begins with knowledge, helping families see that ownership is not a distant dream but a disciplined strategy.
2. **Lenders and Policymakers:** Mortgage lenders must go beyond diversity statements and adopt measurable equity outcomes by rethinking underwriting standards, funding community development initiatives, and partnering with trusted



PHOTO: Freepik

- local entities. Policymakers can expand first-generation homebuyer tax credits, enforce fair appraisal oversight, and incentivize mixed-income development that doesn’t displace long-standing residents.
3. **Individual Preparation:** Ownership begins in mindset. Each potential buyer should approach the process not as a transaction but as a transformative decision one that requires budgeting, credit strengthening, and long-term vision. It means shifting from a consumption mentality to an asset-building mentality. Financial literacy and mentorship should not be optional; they are prerequisites for empowerment.

THE PATH FORWARD

Closing the Black homeownership gap is not charity it’s economic strategy. When Black families own property, entire communities stabilize. Schools improve, local businesses thrive, and civic engagement rises. Property ownership is the engine that turns income into equity, and equity into influence. The dream of homeownership cannot remain an exclusive club guarded by legacy and luck. It must become a standard of participation in the American promise one that extends not by rhetoric, but by reform.

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REQUEST FOR PROPOSALS

Request for Proposals  
Old Town to Downtown Rail & Multimodal Corridor Study  
Solicitation No.: SOL1501159 CIP 3300210 and 3323100 Federal Aid Project No.: 6066(218)

The San Diego Association of Governments (SANDAG) is seeking proposals from qualified firms for professional services for its Old Town to Downtown Rail & Multimodal Corridor Study project. There is no DBE goal for this project.

The Optional Pre-Proposal Meeting will be held virtually via Microsoft Teams on December 19, 2025, from 10:00 to 11:00 AM PST/PDT. The deadline for electronic Proposal submittal is January 20, 2026 by 4:00 PM PST/PDT unless otherwise stated in an addendum.

A copy of the solicitation documents and any communications or addenda can be accessed via [www.bidnetdirect.com/sandag](http://www.bidnetdirect.com/sandag).

INVITATION FOR BIDS

Invitation for Bids (IFB)  
Central Avenue Bikeway Project  
Solicitation No.: SOL1469517 CIP 1223054 Federal Aid Project No.: ATPL-6066(199)

The San Diego Association of Governments (SANDAG) is seeking contractors to deliver the Central Avenue Bikeway Project. Work generally consists of approximately 1.2 miles of bikeway and roadway improvements along Central Avenue between Landis Street and Monroe Avenue, and Terrace Drive between Monroe Avenue and Adams Avenue within the City of San Diego. Improvement features include pedestrian refuge islands and a Rectangular Rapid Flashing Beacon (RRFB) at Orange Avenue, a new cul-de-sac on Central Avenue just north of El Cajon Boulevard (which will allow for the conversion of the one-way street to a two-way street between El Cajon Boulevard and Meade Avenue), 150-feet of new Class IV bike path between Adams Avenue and the Terrace Drive cul-de-sac, speed cushions, concrete curb & gutter, curb ramps, sidewalk improvements, storm water BMPs, landscaping, irrigation system installation, street lighting, a metal beam guardrail, traffic signal modifications, signage, striping, and other traffic calming improvements. Work includes, but is not limited to, controlling for water pollution; traffic control; erosion control; clearing and grubbing; curb, gutter, integral colored concrete, and sidewalk work; roadway excavation; asphalt concrete pavement; landscaping; wayfinding signage; pavement markings and signage; street lighting; traffic signal modifications; and procurement of all materials and performing all other work necessary to complete the work in accordance with the project plans and specifications.

This project is federally funded. The Engineer's Estimate is \$2,601,661.50. This project is not subject to the Community Benefits Agreement (CBA).

The Optional Pre-Bid Meeting will be held virtually via Microsoft Teams on December 18, 2025, from 9:30 A.M. to 10:30 A.M. PST/PDT. The Deadline for Bid Submittal is January 28, 2026 by 2:00 P.M. PST/PDT unless otherwise stated in an addendum.

A copy of the solicitation documents and any communications or addenda can be accessed via [www.bidnetdirect.com/sandag](http://www.bidnetdirect.com/sandag).

ADVERTISEMENT FOR BIDS

Notice is hereby given that the San Diego Unified School District, acting by and through its governing board, will electronically receive bids for the furnishing of all labor, materials, transportation, equipment, and services for:

**CP26-0664-05-00-00 ROLLER SHADES AT GARFIELD ELEMENTARY SCHOOL**  
**A mandatory site visit is scheduled for 9:00 a.m. on THURSDAY, DECEMBER 18, 2025,** outside the main office of Garfield Elementary School, 4487 Oregon Street, San Diego, CA 92116. All attendees must preregister with the District prior to attending the site walk at [sandiegounified.org/siteswalks](http://sandiegounified.org/siteswalks). The Bid and Contract Documents may be downloaded free of charge at the District's online Planroom at [sandiegousdplans.com](http://sandiegousdplans.com). All bids must be received electronically via PlanetBids **before 1:00 p.m. on FRIDAY, JANUARY 9, 2026**. Prime contractors interested in submitting a bid must go to [tinyurl.com/SDUSD-PlanetBids](http://tinyurl.com/SDUSD-PlanetBids) then search under "Bid Opportunities" for "Invitation number" CP26-0664-05-00-00 Roller Shades at Garfield Elementary School. For new vendors, please register under "New Vendor Registration." The project estimate is between \$50,000 and \$65,000, inclusive of allowances. This is not a PSA project but requires the District's prequalification for projects estimated **under \$1 million**. The District requires that Bidders possess any of the following classification(s) of California State Contractors License(s), valid and in good standing, at the time of bid opening and contract award: C-61/D-52, or other appropriate license, subject to District approval. SAN DIEGO UNIFIED SCHOOL DISTRICT, George A. Harris III, Director, Fiscal Controls and Information Systems, Facilities Planning and Construction CP26-0664-05-00-00

LEGAL NOTICES

FICTITIOUS BUSINESS NAME

**FICTITIOUS BUSINESS NAME STATEMENT 2025-9021405**  
Fictitious business name(s):  
**AI MULTIMEDIA**  
4330 La Jolla Village Drive #3  
San Diego, CA 92122  
County of San Diego  
---  
8070 La Jolla Shores #528  
La Jolla, CA 92037  
This business is conducted by:  
A Limited Liability Company  
The first day of business was:  
09/22/2025  
This business is hereby registered by the following:  
Gopher Media LLC  
8070 La Jolla Shores #528  
La Jolla, CA 92037  
State of Incorporation/  
Organization  
Nevada  
This statement was filed with the Recorder/County Clerk of San Diego County on November 12, 2025  
This fictitious business name will expire on November 12, 2030  
12/11, 12/18, 12/25, 01/01/26  
-----  
**FICTITIOUS BUSINESS NAME STATEMENT 2025-9022291**  
Fictitious business name(s):  
**DESIS DOLLHOUSE**  
7733 Palm St Suite 213  
Lemon Grove, CA 91945  
County of San Diego  
---  
955 11th Ave Apt 2203  
San Diego, CA 92101  
This business is conducted by:  
An Individual  
Registrant has not yet begun to transact business under the name(s) above  
This business is hereby registered by the following:  
Eliana Marie Torres  
955 11th Ave Apt 2203

LEGAL NOTICES

San Diego, CA 92101  
This statement was filed with the Recorder/County Clerk of San Diego County on November 24, 2025  
This fictitious business name will expire on November 24, 2030  
12/11, 12/18, 12/25, 01/01/26

**FICTITIOUS BUSINESS NAME STATEMENT 2025-9022711**  
Fictitious business name(s):  
**SD VIBE VAULT**  
3030 Plaza Bonita Rd.  
Unit 2075, Suite 122  
National City, CA 91950  
County of San Diego  
This business is conducted by:  
An Individual  
Registrant has not yet begun to transact business under the name(s) above  
This business is hereby registered by the following:  
Elsy Carina Iriarte  
3030 Plaza Bonita Rd.  
Unit 2075, Suite 122  
National City, CA 91950  
This statement was filed with the Recorder/County Clerk of San Diego County on December 03, 2025  
This fictitious business name will expire on December 03, 2030  
12/11, 12/18, 12/25, 01/01/26

**FICTITIOUS BUSINESS NAME STATEMENT 2025-9022763**  
Fictitious business name(s):  
**GET IT DONE MOBILE NOTARY**  
8340 Jamacha Rd  
San Diego, CA 92114  
County of San Diego  
This business is conducted by:  
An Individual  
Registrant has not yet begun to transact business under the name(s) above  
This business is hereby registered by the following:

LEGAL NOTICES

Sherrice R. Williams-Ivory  
8340 Jamacha Rd  
San Diego, CA 92114  
This statement was filed with the Recorder/County Clerk of San Diego County on December 03, 2025  
This fictitious business name will expire on December 03, 2030  
12/11, 12/18, 12/25, 01/01/26

**FICTITIOUS BUSINESS NAME STATEMENT 2025-9022027**  
Fictitious business name(s):  
**LESOLE**  
3425 Hershey Street  
San Diego, CA 92115  
County of San Diego  
This business is conducted by:  
An Individual  
The first day of business was:  
11/19/2025  
This business is hereby registered by the following:  
Ryan Le  
3425 Hershey Street  
San Diego, CA 92115  
This statement was filed with the Recorder/County Clerk of San Diego County on November 19, 2025  
This fictitious business name will expire on November 19, 2030  
12/04, 12/11, 12/18, 12/25

**FICTITIOUS BUSINESS NAME STATEMENT 2025-9021974**  
Fictitious business name(s):  
**WILD BERRY PICKER**  
2017 Via Esmarca #1  
Oceanside, CA 92054  
County of San Diego  
This business is conducted by:  
An Individual  
The first day of business was:  
11/11/2025  
This business is hereby registered by the following:  
Nkwahnaki Naphas  
Lightbourne  
2017 Via Esmarca #1

LEGAL NOTICES

Oceanside, CA 92054  
This statement was filed with the Recorder/County Clerk of San Diego County on November 19, 2025  
This fictitious business name will expire on November 19, 2030  
12/04, 12/11, 12/18, 12/25

**FICTITIOUS BUSINESS NAME STATEMENT 2025-9021805**  
Fictitious business name(s):  
**SNAXICAN**  
2135 D Ave  
National City, CA 91950  
County of San Diego  
This business is conducted by:  
An Individual  
The first day of business was:  
11/17/2025  
This business is hereby registered by the following:  
Iltze Flores  
2135 D Ave  
National City, CA 91950  
This statement was filed with the Recorder/County Clerk of San Diego County on November 17, 2025  
This fictitious business name will expire on November 17, 2030  
11/27, 12/04, 12/11, 12/18

**FICTITIOUS BUSINESS NAME STATEMENT 2025-9020447**  
Fictitious business name(s):  
**MADMAN SNACKS**  
---  
**CONGEE HOUSE BYO**  
---  
**DOM'S SPAGHETTI**  
---  
**KNOME PAH**  
---  
**MUSUBI FACTORY**  
5421 El Cajon Blvd  
San Diego, CA 92115  
County of San Diego  
This business is conducted by:  
An Individual  
The first day of business was:  
10/23/2025  
This business is hereby registered by the following:  
Phidprakay Bobbie Deary  
5421 El Cajon Blvd  
San Diego, CA 92115  
This statement was filed with the Recorder/County Clerk of San Diego County on October 27, 2025  
This fictitious business name will expire on October 27, 2030  
11/27, 12/04, 12/11, 12/18

**FICTITIOUS BUSINESS NAME STATEMENT 2025-9020446**  
Fictitious business name(s):  
**BOWL'D FLAVORS**  
---  
**LUNAR BOWLS**  
---  
**SANG DAO EXPRESS**  
3425 Hancock Street #6  
San Diego, CA 92110  
County of San Diego  
---  
5421 El Cajon Blvd  
San Diego, CA 92115  
This business is conducted by:  
An Individual  
The first day of business was:  
10/23/2025  
This business is hereby registered by the following:  
Phidprakay Bobbie Deary  
5421 El Cajon Blvd  
San Diego, CA 92115  
This statement was filed with the Recorder/County Clerk of San Diego County on October 27, 2025  
This fictitious business name will expire on October 27, 2030  
11/27, 12/04, 12/11, 12/18

**FICTITIOUS BUSINESS NAME STATEMENT 2025-9021859**  
Fictitious business name(s):  
**SOFIAS RANCH**  
11 Double K Rd  
Valley Center, CA 92082  
County of San Diego  
---  
809 Marjorie Dr  
San Diego, CA 92114  
This business is conducted by:  
An Individual  
The first day of business was:  
11/18/2025  
This business is hereby registered by the following:  
Marianna Lopez  
809 Marjorie Dr  
San Diego, CA 92114  
This statement was filed with the Recorder/County Clerk of San Diego County on November 18, 2025  
This fictitious business name will expire on

LEGAL NOTICES

November 18, 2030  
11/27, 12/04, 12/11, 12/18

**FICTITIOUS BUSINESS NAME STATEMENT 2025-9021899**  
Fictitious business name(s):  
**KORARIFT**  
1480 Broadway #2427  
San Diego, CA 92101  
County of San Diego  
This business is conducted by:  
A Limited Liability Company  
Registrant has not yet begun to transact business under the name(s) above  
This business is hereby registered by the following:  
Korarift LLC  
2108 N St, Ste C  
Sacramento, CA 95816  
State of Incorporation/  
Organization  
California  
This statement was filed with the Recorder/County Clerk of San Diego County on November 18, 2025  
This fictitious business name will expire on November 18, 2030  
11/27, 12/04, 12/11, 12/18

**FICTITIOUS BUSINESS NAME STATEMENT 2025-9021734**  
Fictitious business name(s):  
**E.M.A HANDYMAN**  
15941 Lyons Valley Rd  
Jamul, CA 91935  
County of San Diego  
This business is conducted by:  
An Individual  
The first day of business was:  
11/17/2025  
This business is hereby registered by the following:  
Ernie S Yorba  
15941 Lyons Valley Rd  
Jamul, CA 91935  
This statement was filed with the Recorder/County Clerk of San Diego County on November 17, 2025  
This fictitious business name will expire on November 17, 2030  
11/27, 12/04, 12/11, 12/18

**FICTITIOUS BUSINESS NAME STATEMENT 2025-9021740**  
Fictitious business name(s):  
**WEST COAST RECON WORKS**  
---  
**WEST COAST CAR RECON**  
2236 Crandall Dr.  
San Diego, CA 92111  
County of San Diego  
This business is conducted by:  
An Individual  
The first day of business was:  
11/17/2025  
This business is hereby registered by the following:  
Jan Paul Shawishian  
2236 Crandall Dr.  
San Diego, CA 92111  
This statement was filed with the Recorder/County Clerk of San Diego County on November 17, 2025  
This fictitious business name will expire on November 17, 2030  
11/20, 11/27, 12/04, 12/11

**FICTITIOUS BUSINESS NAME STATEMENT 2025-9021013**  
Fictitious business name(s):  
**FOXXY PHAT BROWN CLEANING SERVICE**  
7732 Shore Wood Dr  
San Diego, CA 92114  
County of San Diego  
This business is conducted by:  
An Individual  
The first day of business was:  
11/04/2025  
This business is hereby registered by the following:  
Latricia L Brown Brown  
7732 Shore Wood Dr  
San Diego, CA 92114  
This statement was filed with the Recorder/County Clerk of San Diego County on November 04, 2025  
This fictitious business name will expire on November 04, 2030  
11/20, 11/27, 12/04, 12/11

**FICTITIOUS BUSINESS NAME STATEMENT 2025-9021774**  
Fictitious business name(s):  
**JOIFUL CREATIONS 619**  
2140 Central Ave  
Spring Valley, CA 91977  
County of San Diego  
This business is conducted by:  
An Individual  
Registrant has not yet begun to transact business under the name(s) above  
This business is hereby registered by the following:

LEGAL NOTICES

Joi Mychelle Jenkins  
2140 Central Ave  
Spring Valley, CA 91977  
This statement was filed with the Recorder/County Clerk of San Diego County on November 17, 2025  
This fictitious business name will expire on November 17, 2030  
11/20, 11/27, 12/04, 12/11

**FICTITIOUS BUSINESS NAME STATEMENT 2025-9020167**  
Fictitious business name(s):  
**ADVANCE AUTO WHOLESALE**  
2275 Rolling Ridge Rd.  
Chula Vista, CA 91914  
County of San Diego  
This business is conducted by:  
An Individual  
The first day of business was:  
10/22/2025  
This business is hereby registered by the following:  
Rogelio Casillas  
2275 Rolling Ridge Rd.  
Chula Vista, CA 91914  
This statement was filed with the Recorder/County Clerk of San Diego County on October 22, 2025  
This fictitious business name will expire on October 22, 2030  
11/20, 11/27, 12/04, 12/11

**FICTITIOUS BUSINESS NAME STATEMENT 2025-9021759**  
Fictitious business name(s):  
**STREAMLINE AUTO CARE**  
6811 Alvarado Rd Unit 14  
San Diego, CA 92120  
County of San Diego  
This business is conducted by:  
An Individual  
Registrant has not yet begun to transact business under the name(s) above  
This business is hereby registered by the following:  
Mohamed Elabbassi  
6811 Alvarado Rd Unit 14  
San Diego, CA 92120  
This statement was filed with the Recorder/County Clerk of San Diego County on November 17, 2025  
This fictitious business name will expire on November 17, 2030  
11/20, 11/27, 12/04, 12/11

**FICTITIOUS BUSINESS NAME STATEMENT 2025-9021366**  
Fictitious business name(s):  
**DELA CONNECT GROUP**  
404 Camino Del Rio S Ste 210  
San Diego, CA 92108  
County of San Diego  
This business is conducted by:  
A Corporation  
Registrant has not yet begun to transact business under the name(s) above  
This business is hereby registered by the following:  
Delagroup Management Inc  
404 Camino Del Rio S Ste 210  
San Diego, CA 92108  
State of Incorporation/  
Organization  
California  
This statement was filed with the Recorder/County Clerk of San Diego County on November 08, 2025  
12/11, 12/18, 12/25, 01/01/26

**FICTITIOUS BUSINESS NAME STATEMENT 2025-9021193**  
Fictitious business name(s):  
**INGRID'S PARADISE OF INCENSE**  
1668 Glencoe Dr.  
Lemon Grove, CA 91945  
County of San Diego  
This business is conducted by:  
An Individual  
The first day of business was:  
06/01/2016  
This business is hereby registered by the following:  
Ingrid G. Garcia  
1668 Glencoe Dr.  
Lemon Grove, CA 91945  
This statement was filed with the Recorder/County Clerk of San Diego County on November 06, 2025  
This fictitious business name will expire on November 06, 2030  
11/20, 11/27, 12/04, 12/11  
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**FICTITIOUS BUSINESS NAME STATEMENT 2025-9021370**  
Fictitious business name(s):  
**ALWAYS A TRAVELER**  
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LEGAL NOTICES

**BLACK BRANCHES**  
8761 Lake Murray Blvd #4  
San Diego, CA 92119  
County of San Diego  
This business is conducted by:  
An Individual  
The first day of business was:  
09/17/2025  
This business is hereby registered by the following:  
Raychelle Lee  
8761 Lake Murray Blvd #4  
San Diego, CA 92119  
State of Incorporation/  
Organization  
California  
This statement was filed with the Recorder/County Clerk of San Diego County on November 10, 2025  
This fictitious business name will expire on November 10, 2030  
11/20, 11/27, 12/04, 12/11

**FICTITIOUS BUSINESS NAME STATEMENT 2025-9021477**  
Fictitious business name(s):  
**DREACUTZ**  
5483 Adobe Falls Rd  
San Ado, CA 92120  
County of San Diego  
This business is conducted by:  
A Limited Liability Company  
The first day of business was:  
10/18/2024  
This business is hereby registered by the following:  
Dreacutz LLC  
5483 Adobe Falls Rd #16  
San Diego, CA 92120  
State of Incorporation/  
Organization  
California  
This statement was filed with the Recorder/County Clerk of San Diego County on November 13, 2025  
This fictitious business name will expire on November 13, 2030  
11/20, 11/27, 12/04, 12/11

**ABANDONMENT OF FICTITIOUS BUSINESS NAME**

**STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME 2025-9023040**  
Fictitious business name(s) to be abandoned:  
City Care  
Located at:  
6470 El Cajon Blvd #231  
San Diego, CA 92115  
County of San Diego  
This business is conducted by:  
A Limited Liability Company  
The Fictitious business name referred to above was filed in San Diego County on: 01/25/2022  
and assigned File no. 2022-9001990  
The fictitious business name is being abandoned by: City Roadside Assistance LLC  
6470 El Cajon Blvd #231  
San Diego, CA 92115  
State of Incorporation/  
Organization  
California  
This statement was filed with the Recorder/County Clerk of San Diego County December 08, 2025  
12/11, 12/18, 12/25, 01/01/26  
-----  
**STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME 2025-9021731**  
Fictitious business name(s) to be abandoned:  
Alpha & Omega:  
Professional Flooring  
Located at:  
3537 Kenwood Dr  
Spring Valley, CA 91977  
County of San Diego  
This business is conducted by:  
An Individual  
The Fictitious business name referred to above was filed in San Diego County on: 05/21/2024  
and assigned File no. 2024-9010837  
The fictitious business name is being abandoned by: Glendy Daney Cisneros Lagarde  
3537 Kenwood Dr  
Spring Valley, CA 91977  
This statement was filed with the Recorder/County Clerk of San Diego County November 14, 2025  
12/11, 12/18, 12/25, 01/01/26  
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**NAME CHANGE**  
**SUPERIOR COURT OF CALIFORNIA**

LEGAL NOTICES

**330 W. Broadway San Diego, CA 92101 Hall of Justice Courthouse**

**Case Number 25CU063825C**

Petitioner or Attorney:  
Halima Jama Ahmed

To All Interested Persons:  
Petitioner  
Halima Jama Ahmed  
filed a petition with this court for a decree changing names as follows:

a. PRESENT NAME:  
Halima Jama Ahmed

PROPOSED NAME:  
Saadia Jama Ahmed [first][middle][last]

THE COURT ORDERS that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.

**NOTICE OF HEARING**  
Date: January 21, 2026  
Time: 8:30 A.M.  
Dept. 61

(To appear remotely, check in advance of the hearing for information about how to do so on the court's website. To find your court's website go to [www.courts.ca.gov/find-my-court.htm](http://www.courts.ca.gov/find-my-court.htm))

**NO HEARING WILL OCCUR ON THE DATE SPECIFIED IN THE ORDER TO SHOW CAUSE.**

The court will review the documents filed as of the date specified on the Order to Show Cause for Change of Name (JC Form #NC-120).

**If all requirements for a name change have been met** as of the date specified, and no timely written objection has been received (required at least two court days before the date specified), the Petition for Change of Name (JC Form #NC-100) will be granted without a hearing. One copy of the Order Granting the Petition will be mailed to the petitioner.

To change a name on a legal document, including a birth certificate, social security card, driver license, passport, and other identification, a certified copy of Decree Changing Name (JC Form #NC-130) or Decree Changing Name and Order Recognizing Change of Gender and for Issuance of New Birth Certificate (JC Form #NC-230) may be required. Contact the agency(ies) who issue the legal document that needs to be changed, to determine if a certified copy is required.

A certified copy of Decree Changing Name (JC Form #NC-130) or Decree Changing Name and Order Recognizing Change of Gender and for Issuance of New Birth Certificate (JC Form #NC-230) may be obtained from the Civil Business Office for a fee. Petitioners who are seeking a change of name under the Safe at Home program may contact the assigned department for the information on obtaining certified copies.

**If all the requirements have not been met** as of the date specified, the court will mail the petitioner a written order with further directions.

**If a timely objection is**



LEGAL NOTICES

filed, the court will set a hearing date and contact the parties by mail with further directions.

**A RESPONDENT OBJECTING TO THE NAME CHANGE MUST FILE A WRITTEN OBJECTION AT LEAST TWO COURT DAYS** (excluding weekends and holidays) **BEFORE THE DATE SPECIFIED. Do not come to court on the specified date. The court will notify the parties by mail of a future hearing date.**

Any **Petition for the name change of a minor *that is signed by only one parent* must have this Attachment served along with the Petition and Order to Show Cause, on the other non-signing parent, and proof of service must be filed with the court.**

The address of the court is:  
330 West Broadway  
San Diego, CA 92101  
12/04, 12/11, 12/18, 12/25

**SUPERIOR COURT OF CALIFORNIA**  
330 W. Broadway  
San Diego, CA 92101  
Central Division, Hall of Justice

**Case Number**  
25CU061033C

Petitioner or Attorney:  
Sagara N. Vidanage/Ishani H. Vidanage on behalf of minor

To All Interested Persons:  
Petitioner  
Sagara N. Vidanage/Ishani H. Vidanage  
filed a petition with this court for a decree changing names as follows:

a. PRESENT NAME:  
Theshini Chelsea Vidanage

PROPOSED NAME:  
Chelsea Theshini Vidanage  
---

b. PRESENT NAME:  
Jashini Kaitlyn Vidanage

PROPOSED NAME:  
Kaitlyn Jashini Vidanage

THE COURT ORDERS that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.

**NOTICE OF HEARING**  
Date: December 29, 2025  
Time: 8:30 A.M.  
Dept. 61

*(To appear remotely, check in advance of the hearing for information about how to do so on the court's website. To find your court's website go to [www.courts.ca.gov/find-my-court.htm](http://www.courts.ca.gov/find-my-court.htm))*

**NO HEARING WILL OCCUR ON THE DATE SPECIFIED IN THE ORDER TO SHOW CAUSE.**

The court will review the documents filed as of the date specified on the Order to Show Cause for Change of Name (JC Form #NC-120).

**If all requirements for a name change have been met** as of the date specified, and no timely written objection has been received (required at least two court days before the date specified), the Petition for Change of Name (JC Form #NC-100) will be granted without a hearing. One copy of the Order Granting the Petition will be mailed to the petitioner.

To change a name on a legal document, including a birth certificate, social security card, driver license, passport, and other identification, a certified copy of Decree Changing Name (JC Form #NC-130) or Decree Changing Name and Order Recognizing Change of Gender and for Issuance of New Birth Certificate (JC Form #NC-230) may be required. Contact the agency(ies) who issue the legal document that needs to be changed, to determine if a certified copy is required.

A certified copy of Decree

LEGAL NOTICES

Changing Name (JC Form #NC-130) or Decree Changing Name and Order Recognizing Change of Gender and for Issuance of New Birth Certificate (JC Form #NC-230) may be obtained from the Civil Business Office for a fee. Petitioners who are seeking a change of name under the Safe at Home program may contact the assigned department for the information on obtaining certified copies.

**If all the requirements have not been met** as of the date specified, the court will mail the petitioner a written order with further directions.

**If a timely objection is filed**, the court will set a hearing date and contact the parties by mail with further directions.

**A RESPONDENT OBJECTING TO THE NAME CHANGE MUST FILE A WRITTEN OBJECTION AT LEAST TWO COURT DAYS** (excluding weekends and holidays) **BEFORE THE DATE SPECIFIED. Do not come to court on the specified date. The court will notify the parties by mail of a future hearing date.**

Any **Petition for the name change of a minor *that is signed by only one parent* must have this Attachment served along with the Petition and Order to Show Cause, on the other non-signing parent, and proof of service must be filed with the court.**

The address of the court is:  
330 West Broadway  
San Diego, CA 92101  
11/20, 11/27, 12/04, 12/11

**SUPERIOR COURT OF CALIFORNIA**  
330 West Broadway  
San Diego, CA 92101  
Hall of Justice Courthouse

**Case Number**  
25CU061463C

Petitioner or Attorney:  
Huynh Anh Vu Nguyen

To All Interested Persons:  
Petitioner  
Huynh Anh Vu Nguyen  
filed a petition with this court for a decree changing names as follows:

PRESENT NAME:  
Huynh Anh Vu Nguyen

PROPOSED NAME:  
Andy Nguyen

THE COURT ORDERS that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.

**NOTICE OF HEARING**  
Date: January 08, 2026  
Time: 8:30 A.M.  
Dept. C-61

*(To appear remotely, check in advance of the hearing for information about how to do so on the court's website. To find your court's website go to [www.courts.ca.gov/find-my-court.htm](http://www.courts.ca.gov/find-my-court.htm))*

**NO HEARING WILL OCCUR ON THE DATE SPECIFIED IN THE ORDER TO SHOW CAUSE.**

The court will review the documents filed as of the date specified on the Order to Show Cause for Change of Name (JC Form #NC-120).

**If all requirements for a name change have been met** as of the date specified, and no timely written objection has been received (required at least two court days before the date specified), the Petition for Change of Name (JC Form #NC-100) will be granted without a hearing. One copy of the Order Granting the Petition will be mailed to the petitioner.

To change a name on a legal document, including a birth certificate, social security card, driver license, passport, and other identification,

LEGAL NOTICES

a certified copy of Decree Changing Name (JC Form #NC-130) or Decree Changing Name and Order Recognizing Change of Gender and for Issuance of New Birth Certificate (JC Form #NC-230) may be required. Contact the agency(ies) who issue the legal document that needs to be changed, to determine if a certified copy is required.

A certified copy of Decree Changing Name (JC Form #NC-130) or Decree Changing Name and Order Recognizing Change of Gender and for Issuance of New Birth Certificate (JC Form #NC-230) may be obtained from the Civil Business Office for a fee. Petitioners who are seeking a change of name under the Safe at Home program may contact the assigned department for the information on obtaining certified copies.

**If all the requirements have not been met** as of the date specified, the court will mail the petitioner a written order with further directions.

**If a timely objection is filed**, the court will set a hearing date and contact the parties by mail with further directions.

**A RESPONDENT OBJECTING TO THE NAME CHANGE MUST FILE A WRITTEN OBJECTION AT LEAST TWO COURT DAYS** (excluding weekends and holidays) **BEFORE THE DATE SPECIFIED. Do not come to court on the specified date. The court will notify the parties by mail of a future hearing date.**

Any **Petition for the name change of a minor *that is signed by only one parent* must have this Attachment served along with the Petition and Order to Show Cause, on the other non-signing parent, and proof of service must be filed with the court.**

The address of the court is:  
330 West Broadway  
San Diego, CA 92101  
11/20, 11/27, 12/04, 12/11

**SUPERIOR COURT OF CALIFORNIA**  
330 West Broadway  
San Diego, CA 92101  
Hall of Justice Courthouse

**Case Number**  
25CU061024C

Petitioner or Attorney:  
Thi Chin Huynh; Quan Sang Nguyen on behlaf of minor

To All Interested Persons:  
Petitioner  
Thi Chin Huynh; Quan Sang Nguyen on behalf of minor  
filed a petition with this court for a decree changing names as follows:

PRESENT NAME:  
Huynh Thy Nguyen

PROPOSED NAME:  
Hari Nguyen

THE COURT ORDERS that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.

**NOTICE OF HEARING**  
Date: December 29, 2025  
Time: 8:30 A.M.  
Dept. 61

*(To appear remotely, check in advance of the hearing for information about how to do so on the court's website. To find your court's website go to [www.courts.ca.gov/find-my-court.htm](http://www.courts.ca.gov/find-my-court.htm))*

**NO HEARING WILL OCCUR ON THE DATE SPECIFIED IN THE ORDER TO SHOW CAUSE.**

The court will review the documents filed as of the date specified on the Order to Show Cause for Change of Name (JC Form #NC-120).

**If all requirements for a name change have been met** as of the date specified, and

LEGAL NOTICES

no timely written objection has been received (required at least two court days before the date specified), the Petition for Change of Name (JC Form #NC-100) will be granted without a hearing. One copy of the Order Granting the Petition will be mailed to the petitioner.

To change a name on a legal document, including a birth certificate, social security card, driver license, passport, and other identification, a certified copy of Decree Changing Name (JC Form #NC-130) or Decree Changing Name and Order Recognizing Change of Gender and for Issuance of New Birth Certificate (JC Form #NC-230) may be required. Contact the agency(ies) who issue the legal document that needs to be changed, to determine if a certified copy is required.

A certified copy of Decree Changing Name (JC Form #NC-130) or Decree Changing Name and Order Recognizing Change of Gender and for Issuance of New Birth Certificate (JC Form #NC-230) may be obtained from the Civil Business Office for a fee. Petitioners who are seeking a change of name under the Safe at Home program may contact the assigned department for the information on obtaining certified copies.

**If all the requirements have not been met** as of the date specified, the court will mail the petitioner a written order with further directions.

**If a timely objection is filed**, the court will set a hearing date and contact the parties by mail with further directions.

**A RESPONDENT OBJECTING TO THE NAME CHANGE MUST FILE A WRITTEN OBJECTION AT LEAST TWO COURT DAYS** (excluding weekends and holidays) **BEFORE THE DATE SPECIFIED. Do not come to court on the specified date. The court will notify the parties by mail of a future hearing date.**

Any **Petition for the name change of a minor *that is signed by only one parent* must have this Attachment served along with the Petition and Order to Show Cause, on the other non-signing parent, and proof of service must be filed with the court.**

The address of the court is:  
330 West Broadway  
San Diego, CA 92101  
11/20, 11/27, 12/04, 12/11

**PROBATE**

**NOTICE OF PETITION TO ADMINISTER ESTATE OF**  
Pedro Manuel Dammert Coronado

Case Number:  
25PE003068C

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the will or estate or both, of **Pedro Dammert, Pedro Dammert Coronado**

A Petition for Probate has been filed by **Priya C. Singh** in the Superior Court of California, County of San Diego.

The Petition for Probate requests that **Priya C. Singh** be appointed as personal representative to administer the estate of the decedent. The petition requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by the court. The Petition requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the

TODAY IN

BLACK HISTORY

1926

**WILLIE MAE “BIG MAMA” THORNTON IS BORN**  
Willie Mae “Big Mama” Thornton, born on December 11, 1926, was a powerhouse blues singer and songwriter best known for her original recordings of “Hound Dog” and “Ball ‘n’ Chain.” Born in rural Alabama, she left home at 14 to perform with the Hot Harlem Revue and later launched her recording career in Houston, where her 1953 “Hound Dog” became a No. 1 R&B hit.

As musical trends shifted, Thornton revived her career in the 1960s, recording new albums and performing at major festivals. Despite declining health, she continued touring into the early 1980s. Thornton died in Los Angeles at 57, leaving a lasting legacy in blues music.

1964



**SAM COOKE PASSES AWAY**  
Sam Cooke, born in 1931, was one of the most influential rhythm and blues singers of the 20th century, blending gospel roots with soulful pop. Born in Mississippi and raised in Chicago, he sang with the Highway QC's and later led the Soul Stirrers before crossing into R&B.

With hits like “You Send Me,” “Chain Gang,” and “A Change Is Gonna Come,” Cooke shaped modern soul and launched his own label. He died on December 11, 1964 at 33, leaving a lasting musical legacy.

Holiday Shopping Begins, Remember to Double-Check Your Receipts

VOICE & VIEWPOINT NEWSWIRE



PHOTO: Freepik

The holiday season is back; the bells and the cash registers will soon be ringing. That means it's the perfect time to remind everyone to always double-check your receipts to make sure you're not accidentally overcharged by faulty cash registers and price scanners.

While buying online has become a normal part of daily life, most of us are still heading to the stores and the shopping malls to buy a lot of the things we want. The U.S. Census Bureau's Quarterly Retail E-Commerce Sales report for the 2025 second quarter, shows that online sales make up about 16% of all retail sales. That means that eight of every 10 of us are still going to, and spending money in, the malls and stores where we face cash registers and price scanners.

And overcharges can and do happen.

The County's Department of Agriculture, Weights and Measures inspects more than 1,620 local businesses and 23,900 price-scanning devices every year to make sure customers are being charged accurately. That includes scales that charge for items by weight, and other price-setting equipment.

And every year, even the best businesses have occasional overcharges.

Between January and August this year, 19.2% of every business inspected — nearly one out of every five — had overcharge errors. And the average overcharge was \$1.94. An extra two bucks doesn't sound like much. But even tiny overcharges can add up to make big dents in your wallet or purse, especially during the holiday shopping season.

So do yourself a favor. Be like Santa! Check your receipts; check 'em twice. That will keep your “ho-ho-hos” from turning into “oh-no-no's!”

Here are some other tips to help you shop smartly and safely:

**PROTECT AGAINST OVERCHARGING:**

- Always verify receipts and immediately notify store management of any price discrepancies.
- Stores are required to display the price of an item, as you are buying it, before the transaction is complete. Watch the display screen as your items are scanned.
- Take sales advertisements with you when shopping to verify prices.
- Know that stores cannot legally charge more than their lowest advertised, posted or quoted price.

**SHOP SMART:**

- Plan ahead. Start watching for store sale flyers, flea markets, garage sales, clearance sales, etc.
- Make a list of what you need.
- Comparison shop with at least five different sources for the best values.
- Don't buy everything at once. Establish a spending plan and timetable to buy what you need over several weeks or months to take full advantage of future sales and true bargains.

Download and use the County's Tell Us Now app to contact Agriculture, Weights and Measures, or call AWM at 1-888-TRUE SCAN (1-888-878-3722) or email to [wm.awm@sdcounty.ca.gov](mailto:wm.awm@sdcounty.ca.gov) to report overcharges you can't resolve with a store.

For more information, go to Agriculture, Weights and Measure's Consumer Protection webpage.

Source: County of San Diego Communications Office





Support local businesses with every goal.



As the Official Bank of FIFA World Cup 2026™, Bank of America is on your corner and in your corner. Because with the right team, San Diego businesses thrive and communities prosper.

*Mark*

Mark Kremers  
President, Bank of America San Diego

#1 Business Lender in America	\$2.3B in loans to San Diego businesses	3,700+ local business specialists
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Let’s get to work on your next goal. Contact one of our business specialists in San Diego at [bankofamerica.com/localbusiness](https://bankofamerica.com/localbusiness)

What would you like the power to do?®



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