

OCTOBER 2020

# Alpine Neighbors

AN EXCLUSIVE MAGAZINE SERVING THE RESIDENTS OF ALPINE

## Thinking Outside the Talks: Meet Christiana Silva, PhD



Best Version Media

What's Happening around  
Alpine and More!

PHOTOS BY STEPHANI DENNIS,  
STEPHANI DENNIS PHOTOGRAPHY  
& THE SILVA FAMILY







By Elyse Glickman  
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 Stephani Dennis Photography & the Silva Family

# Thinking Outside the Talks: Meet Christiana Silva, PhD

The mental health field has come such a long way that public perception about it has shifted from a way to deal with a hidden personal secret to an essential part of the bigger health care picture. This is thanks in part to professionals like Christiana Silva, PhD, 43, who took everything she's learned from her studies at UCLA, UCSD and Alliant International University to become a respected licensed psychologist helping others more effectively navigate life's setbacks, fears and emotional crises without judgement or prejudice.

"I think that now more than ever, we have a culture of speaking up and telling our truths," she says, regarding how the events of the past few months has impacted her professional life and outlook. "However, I want people to know that listening can be just as powerful. Listen to your neighbors and family and friends. Let's lean in to support and help each other, especially as we are all different and unique with different ideas. We can still have our personal ideas and beliefs yet also maintain support and love for our neighbors. We are all being challenged now to do both, and it's so important at this time to not get polarized into the 'us vs. them' situation. Instead, we need to lean in, listen to each other and be curious about different perspectives so we stay united."

While Christiana owns three corporations tied into mental wellness for a variety of patients, she is particularly proud of her work at the San Diego Center for Counseling ([www.sdcenterforcounseling.org](http://www.sdcenterforcounseling.org)) non-profit located in the Family Justice Center providing free counseling to kids who have been impacted by a traumatic event such as domestic violence or abuse. She also co-owns the SD Center for Neurofeedback that provides non pharmaceutical treatment alternatives for physical symptoms related to a mental health diagnosis (ex. ADHD/depression/PTSD).

Her newest endeavor, Fusion Care Group ([www.fusioncaregroup.com](http://www.fusioncaregroup.com)) is a general private practice with offices in Alpine, Santee and La Mesa (and more on the way in San Diego) offering in-person and tele-health therapy services to children, adults, couples and families in a way that makes addressing a variety of mental health and well-being issues easy and anxiety free.



The genesis of Fusion came at the end of her year-long treatment with Stage 3 Melanoma. Christiana stresses that her husband, Manuel (43), had done an extraordinary job protecting and supporting her and their children (Sebastian 17, Ethan, 16, and Samantha, 7) through a very frightening time. Even with a clean bill of health, she found surviving cancer had changed her. Like other cancer survivors, she realized the what if's and re-evaluations of life needed to be properly examined and dealt with in a healthy way.

"I honestly feel that my cancer was a blessing in that it allowed me to open up to the idea of getting support and not doing things alone," Christiana explains. "I started Fusion with my cousin, Scott Shainman, because I was battling with exhaustion and fear from treatment and my diagnosis and running SDPS was too much to do on my own. I realized I couldn't juggle everything happening! Luckily, Scott had the same epiphany around the same time and wanted to work in a field that had more altruistic effect. With a combined desire to help others cope with life's unpredictable nature and find more meaning within it, we decided to combine our skills and backgrounds--me in mental health, and him in business tied to the computer/tech field—to collaborate to support people through their life's journeys and have somebody there with the right qualifications when they need them."

Fusion, founded this past January, accepts insurance and cash pay and counts several military families among its clients. While it is dedicated to making mental health services more accessible to a greater number of people, the timing of its launch turned out to be auspicious, as the arrival of COVID-19 along with the uncertainty that came with it made its concept more timely than ever.

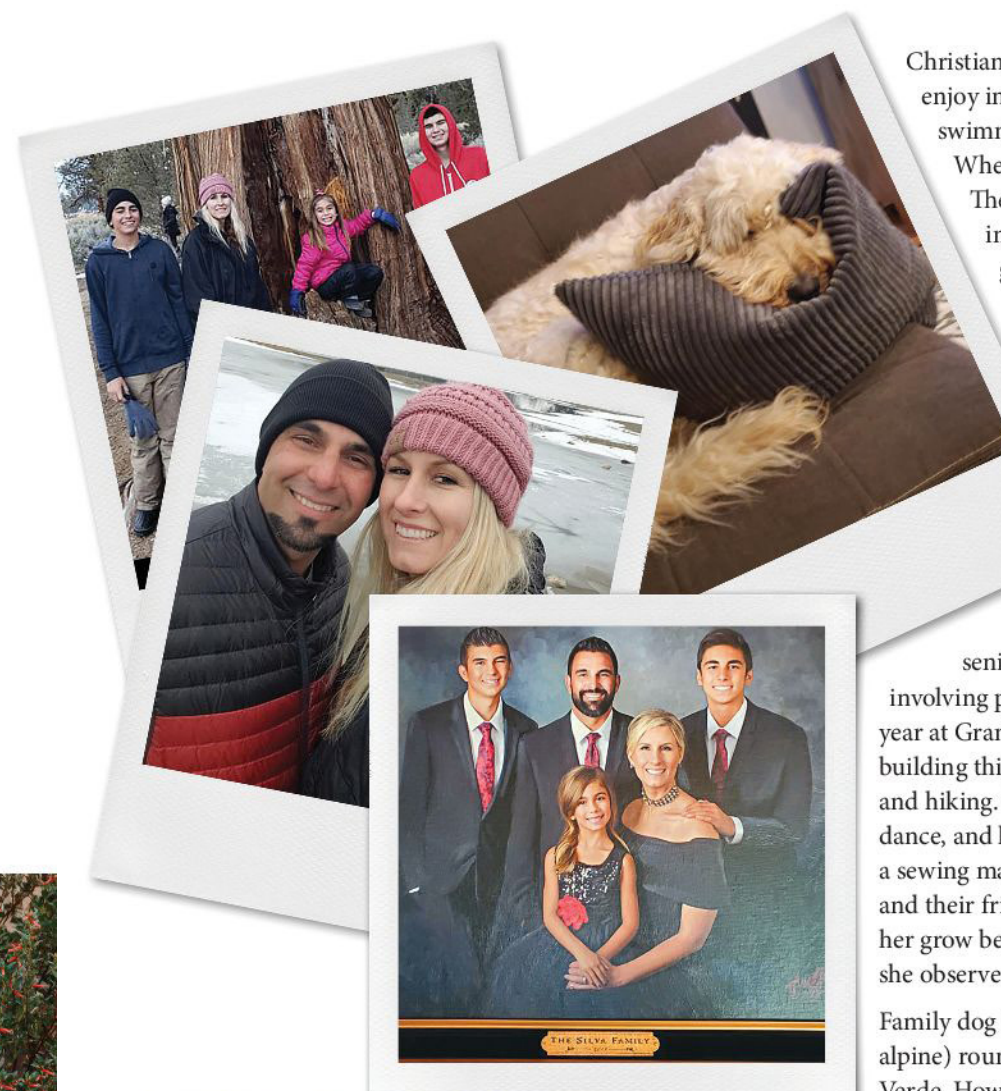
"We have been able to expand and hire on many more therapists because people are in desperate need," she says. "The current social and economic climate e current culture is creating an immense amount of fear, anxiety and depression. We want people to know they are not alone and we are here to help support them."

Although the family is staying closer to home these days, many favorite memories are tied to traveling with the kids and pushing them to unplug to be able to live in the moment. "One of our favorite trips was visiting Madeira Island, Portugal to visit Manuel's family and witnessing his mom visit with her sister whom she hadn't seen in about fifteen years. We also loved going to Puerto Vallarta with our neighbors and family and friends (a group of 20) because they are like family. In general, we enjoy sharing funny stories with our Alpine neighbors, such as almost getting bit by a snake or getting scratched by a bat. For city folk like us who now call ourselves 'country,' it is quite hilarious to us!"

Christiana, Manny and the kids this year are finding plenty to enjoy in their proverbial backyard, going down to the lake, swimming several times a week and doing family picnics. When she finds "me time," she enjoys Pilates workouts. The couple is enjoying more time to work on home improvement projects and having family barbecues. "It's great to see the kids growing up together and having such a blast," she muses. "I wish my childhood was this magical, and I try and remind them about how much of a blessing it is to live in our Alpine community. I think they know they are lucky...in fact, I don't know if they will ever want to leave home because Alpine is so great!"

She also sees her children as testament to everything Alpine has to offer. Sebastian, who recently took up piano and is looking ahead to applying for college as a high school senior, also enjoys drawing and art and academic subjects involving problem solving. Middle son Ethan, entering his junior year at Granite High School, is a hands-on kind of person who loves building things as well as outdoor activities such as deep sea fishing and hiking. Samantha, the baby of the family, enjoys cheer and dance, and has shown an early interest in fashion design (requesting a sewing machine). She also enjoys hanging with her older brothers and their friends. "It is such a beautiful thing to watch my boys see her grow because they will be amazing fathers when the grow up," she observes. "They are super attached to her and very nurturing."

Family dog Delilah (who was adopted from Christy's Doodles in alpine) rounds out the family group living in the old ranch of Palo Verde. However, Christiana counts her neighbors as extended family. "The sense of community here is phenomenal," she affirms. "We all have enough breathing room and nature around us to not feel like we are squished together, but an immense sense of community where we enjoy gathering together, having laughs together, supporting each other through rough times."



## DO YOU KNOW A NEIGHBOR WHO HAS A STORY TO SHARE?

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## APPLE CRISP

By Madison Farkas



With tart apples and a rich, crumbly topping, this simplified apple pie is the ultimate comfort food. Serve it warm with a scoop of vanilla ice cream.

- 1 cup brown sugar
- 1 cup cold butter

### DIRECTIONS

1. Preheat oven to 350°F.
2. Layer apple slices into a baking pan.
3. Mix cinnamon, sugar and flour and add to apples, stirring until they are evenly coated. Sugar and cinnamon can be adjusted to taste.
4. In a large bowl, mix flour, oats and brown sugar, then add butter and combine with fork until mixture has a crumbly consistency.
5. Spread the mixture evenly over the apples. Bake for about 45 minutes until golden brown.

### INGREDIENTS

#### Filling

- 4-5 cups peeled, cored and thinly sliced apples
- 1/4 tsp. cinnamon
- 3 Tbsp. sugar
- 3 Tbsp. flour

#### TOPPING

- 1 cup flour
- 1 cup rolled oats

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Photo by Jessica Wells at Born Beautiful Photography

## CAPTAIN ADAM A. BEATY: A HOMESTEAD WITH HEART

By Carlette Anderson

Adam A. Beaty was born February 17, 1821 at Fort Gibson, Arkansas. He enlisted on June 13, 1846, and fought in the Mexican War as a private at Ellis County, Texas. During the war, he became partially blind in his right eye due to heat exposure. By then, he ascended to the rank of Captain and was honorably discharged in Monterey, Mexico on October 2, 1846.

On September 24, 1863, Captain Beaty married Norwegian descendant Caroline A. Johnson. The couple arrived in Alpine in 1869 and homesteaded 160 acres of land at Rancho del Sequan. By 1899, he built a two-story farmhouse located along the original Tavern Road with his own hands. This "I" house (nicknamed "Chiquita") was influenced by traditional British folk house architecture, which in turn was common in the Tidewater South of the United States prior to 1830. To find the Tavern Road of Beaty's day, take present-day Tavern Road south from Alpine Boulevard, turn left on Ballentine Drive and go about 440 feet until you see a white fence on your left.

Captain Beaty heard about Mr. Harbison's bees and was interested in becoming an apiarist. He bought 170 hives and made a small income from the honey. Although he and his wife never had children, he proudly served on the school board in 1888. By then, Alpine was on its way to becoming an established town, with its own school house, post office, general store and a blacksmith shop. After an 1890 fire destroyed all of his hives, he planted an olive orchard. You can still find some of those original olive trees in the neighborhoods around Balentine Drive and Camino del Sequan.

Adam Beaty became disabled around 1893 because of kidney and bladder disease as well as age. He owned four horses, one colt, one cow and a calf. He loaned out his horses and the colt to help pay for their feed. His only income was a small pension of \$8 per month, and he earned approximately \$25 a year from wages for chores he performed occasionally. In 1895, his pension was raised to \$12 per month. He died at his home on May 1, 1903 and is buried in the Alpine Cemetery.



The Beaty House now makes its home at the John DeWitt Historical Society Museum.

Photo: Carlette Anderson

In 1997, construction on new homes was planned where the Beaty house was located. Local residents, led by developer Ted Christensen and wife Donna, saved the Beaty house from being torn down. As they understood the house's historic value, they donated it to the Alpine Historical Society and paid for it to be moved onto the property of the John DeWitt Historical Society Museum, located at 2116 Tavern Road site. Today, it sits proudly among other historic buildings and landmarks.

Don't miss out on the opportunity to visit the storied Captain Beaty's farmhouse. You can visit it on the last Saturday or Sunday of every month from 2 to 4pm at the John DeWitt Historical Society Museum. For further information, visit [www.alpinehistory.org](http://www.alpinehistory.org).

To be continued... Carlette Anderson will submit further excerpts from her new book, *Our Alpine*, in the months to come. Although she wrote this book with children in mind, adults like it too. To purchase your own copy, email Carlette at [myalpinehistory@aol.com](mailto:myalpinehistory@aol.com) or pick one up at Alpine Garden & Gifts.



### Hey, Kids! Free advertising!

If you are a neighborhood youth with a business or interest in babysitting, yard maintenance, pet or plant-sitting, house watching, etc., contact [eglickman@bestversionmedia.com](mailto:eglickman@bestversionmedia.com) to place your ad in Alpine Neighbors! Parental permission will be obtained. Please be advised that all communication regarding Kid's Classifieds will be directed through a parent or guardian.

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# Take Advantage of Your Neighborhood Magazine!

## Alpine Neighbors

Alpine Neighbors is all about bringing people together and fostering a closer-knit community! Check out the many ways that you can contribute to and take advantage of your monthly neighborhood magazine:



### RESIDENT FEATURES

Get to know your neighbors and community one resident at a time. We enjoy featuring residents from all walks of life. Make the magazine your own by submitting nominations of families or individuals who you would like to see highlighted – could be the newest or longest-living residents on the block, your friends next door, the hobbyist, entrepreneur, etc. Help us honor those people who make this community a great place to live, work and raise a family. Or use this feature as a way to share your own story with neighbors. See page 4 for one example of a resident feature.

### SOCIAL SCENE

What's happening in the neighborhood? If you're part of a book club, social group or charity organization promoting fun or service in the community, share your experiences and photos, and invite others to join you!

### ASSOCIATION UPDATES

If your neighborhood has a ratepayers association, we offer an open invitation to post information to your neighbors through this publication for free. Saving association money and putting it towards ways to improve your subdivision is important, so we create customized RPA sections, saving you time and money.

### YOUTH CLASSIFIEDS

Budding entrepreneurs can submit free classifieds advertising their services to the community. With parental permission, youth can grow their babysitting, lawn care, pet care and other small business services by submitting a free ad.

### SCHOOL AND EXTRACURRICULAR ACTIVITIES

Showcase budding athletes, artists and actors among us by submitting photos and details on your kids' accomplishments, as well as information on school events and fundraisers that your family is involved in.

### SHARE YOUR PIX!

Do you have photos from your latest vacation? Have you captured a nature scene or a touching moment that begs to be shared? Let us help preserve your memories!

### PET CORNER

Share your love for your precious pet by introducing him/her to the community! Whether your friend is of the feline, canine, amphibian, avian or other species, we recognize the uniqueness of your pet and are happy to share his/her quirks, habits, favorite activities and more.

### BULLETIN BOARD

Celebrate life's milestones and events! Post announcements such as engagements, weddings or anniversaries, hats off to graduates, military recognition, new baby announcements, retiree congrats, neighborhood garage sales and more.

# OCTOBER 2020

Keep this handy for fun for the whole family. Please submit future events for our calendar to [eglickman@bestversionmedia.com](mailto:eglickman@bestversionmedia.com). We'd love to feature your local, family or charity-oriented events!

Like everything else, we've had to rethink Halloween, Dia de los Muertos and other fall celebrations. However, some of California's most interesting museums have done some of the work to deliver seasonal thrills, chills, tricks and treats to your living room!



### SEASONAL HIGHLIGHTS

#### TECUAN: THE WILD BEAST

##### @The Mexican Museum

This San Francisco museum focused on Pre-Hispanic cultures encourages you and your family to create traditional masks to wear and share. As you color and cut, you'll learn that masks in ancient civilizations served to conceal the soul, appearance and personality of the mask wearer and transform him or her into a mystical state to influence the powerful forces in nature. It just goes to show you that some traditions don't change, but can evolve for the times.

Cost: free

[mexicanmuseum.org/tecuan-mexican-masks](http://mexicanmuseum.org/tecuan-mexican-masks)

#### 360° TOMB TOUR

##### @Rosicrucian Egyptian Museum

Take a journey into the mysterious and legendary underground tombs of Ancient Egypt, thanks to the magic of this Northern California museum's website. Learn about the funerary practices on this tour, whose backdrops are inspired by the tomb of Khnumhotep II, a nomarch (provincial administration officials) during the Middle Kingdom (2066 – 1650 BCE), at the Beni Hasan cemetery site in central Egypt.

[egyptianmuseum.org/tomb-tour-exhibit](http://egyptianmuseum.org/tomb-tour-exhibit)

#### WINCHESTER MYSTERY HOUSE IMMERSIVE 360° TOUR

##### @Winchester Mystery House

If haunted houses inspired by the American West of the 19th Century are your thing, mozy on down (via the Internet) to the Winchester Mystery House based in San Jose. Its all-new Immersive 360° Tour allows guests to independently roam each level of the mansion, while exploring many rooms previously inaccessible. This mythically haunted mansion was commissioned by Sarah Winchester, who headed west after the deaths of her husband and daughter. Legends of this house run the gamut from her being instructed to build this home by a psychic to the home becoming co-occupied by ghosts of those felled by the "Gun that Won the West" that her husband invented. While the Winchester Mystery House is now open for self-guided Garden Tours, the Video Access Tour is available to rent or purchase, bringing the Wild West to anywhere you happen to roam.

Cost: \$8.99

[winchestermysteryhouse.com](http://winchestermysteryhouse.com)

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### ONLINE ADVENTURE

#### IDEA LABS

##### @The San Diego Public Library Online

As the fully spelled-out name implies (innovate, discover, experience, achieve), the purpose of this unique program is to inspire an interest in science, technology, design, and 21st century skills in the people who are served by the library. Kids (and kids-at-heart) can enhance their studies in this safe space, working together, alone, or with library staff on creative projects. Check out the library's other unique reading and learning programs, too!

Cost: free

[sandiego.gov/public-library/idea](http://sandiego.gov/public-library/idea)

#### SDMA AT PLAY

##### @The San Diego Museum of Art Website

Take a field trip to creativity anytime! SDMA Education team is here to bring emerging and established art students of all ages inspired at-home activities, crafts, writing prompts, videos, podcasts, and more inspired by the SDMA collections. Explore creating in all-new ways and to share your work on your favorite social media platform. Activities are arranged by Hands on Art Making Activities, Videos and Tutorials, Creative Expressions and Story Time at SDMA: A Podcast!

Cost: free

[sdmart.org/sdma-at-play/](http://sdmart.org/sdma-at-play/)

#### SAN DIEGO ZOO GLOBAL

##### @The San Diego Zoo Global

Going back to school virtually and social distanced doesn't have to be a "bear" when you can catch all kinds of natural science and wildlife action one of the greatest zoos in America. Wildlife cams installed at the San Diego Zoo and San Diego Zoo Safari Park provide real-time views of animals from around the world as they explore, eat, swing, roll, pounce, scratch, and play through their day. Footage from the Panda Cam archives is available, too, to relive the adventures of giant pandas Bai Yun and Xiao Liwu during their time at the San Diego Zoo, before returning to China. Parents seeking to inspire and inform their children about the wonders of nature and hundreds of species will find a variety of educational materials just a click away.

[SanDiegoZooGlobal.org](http://SanDiegoZooGlobal.org)

### LIVE STREAMING YOGA CLASSES + VIDEOS

##### @Yoga With Adriene

Gyms and fitness studios are closed all over the Valley, but many of them are offering classes online for their paid members. However, if you have never tried yoga (but have always wanted to), visit this award-winning site designed by instructor Adriene Mishler. The site provides information about access to her YouTube channel as well as 35+ hours of videos, including some especially for kids, expectant moms and seniors.

Cost: free

[yogawithadriene.com](http://yogawithadriene.com)

### VIRTUAL VISITS TO THE WORLD'S GREATEST MUSEUMS

##### @VirtualiTeach.com

Thanks to technology and the efforts of educators like Steve Bambury, an Apple Distinguished Educator and a Microsoft Master Trainer, you can visit some of the greatest museums in the U.S. and the world from the comfort of your living room. Highlights include glimpses into the Louvre in Paris, several branches of the Smithsonian in Washington, D.C. and the Metropolitan Museum of Art in New York City.

Cost: free

[virtualiteach.com/post/2017/08/20/10-amazing-virtual-museum-tours](http://virtualiteach.com/post/2017/08/20/10-amazing-virtual-museum-tours)

### COSTA MESA VIRTUAL VACATIONS

##### @Travel Costa Mesa

Costa Mesa, a place which embodies the internationally-coveted Southern California lifestyle, is alive, well and looking forward to welcoming visitors a few months up the road. Speaking of which, some of its favorite institutions are serving up a hearty taste of what you and your family can expect, from its hip retail scene to yoga and wellness classes by local studios to virtual cooking classes with Costa Mesa's very own "Top Chef" contender Amar Santana. Explore everything that makes it the "City of the Arts," including highlights from last year's Pacific Symphony Orchestra concerts, a visit to the Orange County Museum of Art ([ocmaexpand.org](http://ocmaexpand.org)) and the Costa Mesa Art Walk.

Cost: free

[travelcostamesa.com/costa-mesa-virtual-vacation](http://travelcostamesa.com/costa-mesa-virtual-vacation)





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