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# Benchley-Weinberger Elementary School given green light for turf project

By DAVE THOMAS



Kids and their parents at Benchley-Weinberger Elementary School have their sights set on outdoor improvements. (Courtesy photo)

Kids playing outside and having fun is a sight many people enjoy seeing.

A long-awaited project at Benchley-Weinberger Elementary School in San Carlos to install grass turf on the gravel fields received the green light with district approval. As such, kids will have a more enjoyable and safer setting before too long.

Taryn Gross is one of the parents who has been a driving force behind the outdoor upgrades. She serves on the foundation for the school.

According to Gross, the playing area for kids now is nothing more than dirt and gravel.

"It has been a dream for our community, teachers and parents to have grass fields for our students to safely play on for decades," Gross commented.

Gross stated there have been roadblocks to getting the setting both kids and parents want.

The roadblocks have included:

1. There is very little district funding available given the school is not a Title 1 school. All the education funding is raised via grassroots fundraising.

SEE **BENCHLEY-WEINBERGER SCHOOL**, Page 10

## Another successful school year winds down

By MICHELLE IRWIN

Well, can you believe it? Our school year has almost come to an end.

At Patrick Henry, we are very proud of the work taking place here to support all our learners to become thoughtful and productive citizens with a sense of purpose, integrity and a curiosity about the world in which they live.

The faculty and staff would like to congratulate the 562 seniors of the Class of 2022. We are so very proud of your accomplishments and we are so excited for you to start your new journeys.

Remember - once a Patriot always a Patriot. We are looking forward to learning about your new experiences. We will celebrate the graduates on Tuesday, June 14 at 5 p.m. in our stadium. The graduation ceremony will also be live-streamed. The link will be posted on our website.

This summer, we will have summer school for students who need to take courses for graduation. Students who are 16 and older will need a vaccine to participate in summer school.

In late July, PHHS students and parents will receive a welcome

SEE **SCHOOL YEAR**, Page 9



Members of the Patrick Henry High School NJROTC team. (Courtesy photo)

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# Grantville shopping center stalker sentenced to one year of probation

City Attorney Mara Elliott announced recently that a San Diego man accused of harassing women at a Grantville shopping center has been sentenced to one year of probation and ordered to undergo therapy.

Orlando Joseph Chavez was charged with false imprisonment and battery related to a series of events at a strip mall on Friars Road where he accosted women in the parking lot, sometimes by crawling underneath their cars so they couldn't leave. He told one woman, "You can flatten me out any time."

Chavez, 73, pleaded guilty to misdemeanor false imprisonment. In addition to probation, a San Diego Superior Court Judge ordered Chavez to spend a year enrolled in STOP (Stalking Treatment Options Program), and he was ordered to stay away from the shopping area parking lot. At his sentencing hearing, Chavez also pleaded guilty to a subsequent charge of soliciting prostitution.

Chavez had a documented history of approaching women in the parking lot of the same mall, telling them it looked like their cars were leaking, then crawling underneath the vehicles – effectively holding them captive. There were at least six known incidents involving Chavez between 2018 and 2020, when he was arrested and charged.

In one case he grabbed a woman by the arm. After she called her supervisor for help, he told them, "You girls are so pretty and should come with me," according to an affidavit for an arrest warrant filed with the Court. He approached one woman who worked in the shopping center on three occasions. When she refused to engage with him the third time, he followed her into her workplace and asked for her, according to the affidavit.

Another incident was observed by an off-duty San Diego police officer, who saw Chavez climb under a woman's car. The officer ordered Chavez to come out from under the car at least five times before he did. Chavez then yelled that he wasn't doing anything wrong, got into his truck, and drove off. At least twice Chavez reportedly harassed women and then followed them in his truck as they drove out of the mall parking lot.

He approached yet another victim as she waited to pick up her children at school. He was investigated for stalking that woman for nearly two years and for slashing the tires of her husband's car.

# PHHS boys' lacrosse scores another CIF title

The Patrick Henry High School boys' lacrosse team recently completed back-to-back CIF title victories.

Following the excitement of winning the Division II CIF championship in 2021 with a 6-4 win over Mt. Carmel High School, there was a strong sense that Patrick Henry would be able to jump up to Division I and raise the CIF banner once again after graduating only one player. They did just that, finishing the season with a 15-4 record and a thrilling 9-8 championship victory over Coronado.

Following a few heartbreaking one-goal losses early in the season to Westview and Carlsbad, the team was able to reflect on those losses, process their successes and failures and continue progressing

SEE PHHS LACROSSE, Page 9

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To assist homesellers, a new industry report has just been released called "27 Valuable Tips That You Should Know to Get Your Home Sold Fast and for Top Dollar." It tackles the important issues you need to know to make your home competitive in today's tough, aggressive marketplace.

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## Patrick Henry High badminton nets championship season

The 2022 Patrick Henry High School badminton team recently defended their league championship by defeating rival Mira Mesa High School 10-4 (three mixed doubles matches were no contest).

According to head coach Trustin Nguyen, it was a long awaited season as the squad slowly worked themselves back from the pandemic. With the leadership of Anthony-Hao Nguyen and Jennifer Diep (both seniors) leading the team this

year, practices, games, and tournaments were very well planned and organized.

Continuing from where they left off last season being league champs and CIF champs, the Patriots went undefeated to stand atop the Western Division with a record of 12-0, earning a fourth consecutive league title and number one seed (2018, 2019, 2021, 2022).

With the likes of Diep and Anthony-Hao Nguyen being this year's team captain, their

leadership role tremendously helped put together a strong 2022 roster. Diep stepped up in a big way by making a case for herself to earn a back-to-back team MVP (female) (2021 & 2022). Her work ethic and leadership has grown vastly over the years. Anthony-Hao Nguyen, on the other hand, has shown that he deservedly be this year's team MVP (male).

*Editor's note: Article and photo supplied by head coach Trustin Nguyen.*



The Patrick Henry High School badminton team netted a championship season. (Courtesy photo)



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# Quick tips to improve your home internet experience



As more households are working and learning from home these days, here are some easy tips to help improve your internet experience.

**Use audio instead of video for virtual meetings.** Video calls can be a strain on your service. Consider video for must-

see moments. Or turn the camera on only when you're speaking.

**Doorbell cameras and pet cams.** When you're home, lower the resolution on doorbell cams and pet cams. You can still effectively monitor the areas. And turn off pet cams if you're at home.

**Get a 360 View.** Cox Panoramic Wifi gives you wall to wall coverage, including those dead zones in your home. If you have Cox Panoramic Wifi, use the Cox Panoramic Wifi app to:

- Manage devices on your home internet;
- Pause the wifi on other devices (like the kids' iPad) when you're on important video calls.

**Computer Virus Protection.** Computer viruses and malware can slow down your internet. Use the free Cox Security Suite Plus powered by McAfee to protect your home computer. Cox Panoramic Wifi customers can turn on Advanced Security in the Cox Panoramic Wifi app.

**Secure your wifi.** Password protect your home wifi to keep out unauthorized users.

**Location, location, location.** Your internet experience may be slowed down if your wifi router or modem is in a bad location. Remember to:

- Elevate your modem or router on a shelf or tall piece of furniture (wifi signals travel outward and downward);
- Avoid placing your router near a microwave, mirror or fish tank, which can affect the signal.

For more tips, visit [www.cox.com](http://www.cox.com).





# RWCNC proud to be part of educating voters



By WENDY HAUFFEN

Last month, the Republican Women of California - Navajo Canyon hosted a great candidate forum with more than 150 voters who came out to meet their Republican candidates.

We've seen the power our elected officials have, especially the last two years - and this is why we need to hold our elected officials and candidates accountable. RWCNC is proud to be a part of educating our voters

about the best candidates to vote for.

This month, we are excited to welcome Scott Walsh from Judicial Watch to our meeting. The meeting is slated for Tuesday, June 14 at the Legacy Resort and Hotel.

He joined Judicial Watch in May 2019 as the regional development manager/major gift officer for the Western United States. In his eclectic career Walsh has done many things, from sports writing to public relations and corporate communications, including 10 years in the golf industry—he has even had the honor of serving

on three White House advance teams.

We'll also be hosting Tia Quick, the district attorneys' office liaison to law enforcement, who will be speaking on the police role in school security. After the tragic events in Uvalde, we are intent on learning how to protect our schools and prevent them from being soft targets.

More importantly, we need to address the root of the problem.

We need to provide better mental health resources and empower the mental health community to address problems. We have seen over and over again that mental health and lack

of security are the common denominators in these tragic events. We need to help those who need help, rather than passing more gun laws to disarm law-abiding citizens.

RWCNC will be dark in July, but join us in August with guest speaker Sheriff Anthony Ray. Keep an eye out on our website for the location, and how to sign up.

To find out more about our club, or to become a member, visit: [www.rwcnavajocanyon.org](http://www.rwcnavajocanyon.org).

—Wendy Hauffen writes on behalf of the Republican Women of California – Navajo Canyon.

# Why Don't Republicans Value Americans' Lives AFTER They're Born?



By SEAN QUINTAL

Over the last several weeks, a grim and familiar American ritual has played out across the land.

Family members in Buffalo, N.Y., arranged funerals and grieved openly as they mourned loved ones who had been gunned down as they shopped in a supermarket, for no other reason than they were black. In Uvalde, Texas, church services, one after the other, centered around tiny caskets, as parents buried their nine- and 10-year-olds, who were shot as they sat in their classroom.

In a similarly ritualized response, most American people reacted with outrage and horror, and voiced the heartfelt demand that our government take some action, to do something, that might make these uniquely American tragedies less frequent or less deadly. But not all Americans. Republican officeholders have, as they do

after every mass shooting, offer empty platitudes of mourning for the victims' families, while steadfastly refusing to do a damn thing to prevent or lessen future tragedies. Right-wingers are quick to condemn calls for action as "politicizing" the tragedy.

The risible and unctuous Ted Cruz excoriated people for "politicizing" suffering after a massacre, even as he himself would stand at an NRA convention two days later, doing that very thing. So apparently "politics" should not be part of saving American Lives. Yet we know for empirical fact that sensible gun regulations save lives. State laws that require a permit, with a background check, to purchase a firearm are associated with 60 % fewer mass shootings. Similarly, research show that states with bans on large capacity magazines are associated with 38% fewer fatalities in mass shootings, and 77% fewer non-fatal injuries. And a 2019 study found that as many as 21 mass shootings in America could have been prevented by so-called "red flag laws," that allow police to

take firearms away from people who exhibit threatening behavior. If the GOP considers itself "pro life," why wouldn't they support these widely popular and commonsense proposals?

Because the Republican Party isn't "pro life," it's pro birth. At the same time Republicans turn a cold heart and a blind eye to the public massacres of innocent black folks and schoolchildren, they are steaming full speed ahead to "politicize" when and how American women choose to become mothers. But their stomach-churning hypocrisy is doubled when one considers that, even as they proudly become the "pro fetus" party, they are simultaneously pursuing laws that disregard the well-being of both new mothers, and those same fetuses, once they've become babies.

GOP-led states are passing laws that will increase unplanned pregnancies, while limiting access to healthcare and programs for mothers with babies. The U.S. has the highest maternal death rate in the developed world. But as Republicans gleefully pass legislation to force

women to give birth, they are limiting access the very services intended to save or help them. Federal Republicans fought the law requiring health insurers to provide no-cost coverage of FDA-approved contraceptives. They also steadfastly refuse to support efforts to institute paid parental leave, universal pre-kindergarten, and the Biden administration's expanded child tax credit to benefit the poorest mothers and their children. And the GOP-governed states that are most radically changing the laws to force women to give birth, are the same states the refuse to expand Medicare coverage, at no cost to them, which is how most low-income moms and their infants stay healthy and alive.

So Republicans tell us that we can't politicize the pain and loss of the mass murder of little children. But the GOP, at all levels, demands that we politicize some of the most difficult moments in a woman's life: when she faces a life-threatening pregnancy complication; if she has

SEE LMFDC, Page 7

# How to avoid rental scams

DA Notes

By SUMMER STEPHAN



Rental housing in San Diego County is a precious commodity and usually comes at premium cost. Now, bad actors are taking advantage of increased demand, by using popular payment apps and COVID-19 social distancing practices to scam trusting consumers and avoid detection.

Rental scams have historically been a problem for consumers and law enforcement. Fraudsters target hopeful renters using fake or hijacked

property listings with attractive pricing. In fake listings, scammers post pictures of properties they have no association with, then create a false advertisement to lure renters.

Hijacked property listings involve targeting an actual rental listing and reposting it with the scammer's e-mail and phone number. When a potential renter shows interest, fraudsters rely on high-pressure sales tactics to create a sense of urgency, requiring a deposit to hold the property. Once the scammer receives the money, they disappear.

In the past, it was easier to identify scams.

Scammers required money wires or cash, avoided in-person contact and refused to allow renters to tour a property without first paying a deposit – all red flags that would have derailed the scam. But now, those practices are normal and bad actors are taking advantage of the perfect storm that relies on electronic communication, the ease of electronic transactions such as Venmo or PayPal and avoids in-person interactions.

## HERE ARE WAYS SCAMMERS WORK:

- They place ads on websites such as Craigslist and Zillow and

social media apps, often listing the properties below market value to entice unsuspecting renters.

- They take advantage of social distancing protocols by avoiding in-person meetings and requiring electronic communication and money transfers.

- When potential renters ask for a tour prior to paying, scammers use technology to provide fictitious virtual tours or conduct video tours of a hijacked property listing.

As new methods for conducting business change, it has become more difficult to identify rental scammers, but there are still some telltale signs of fraud.

SEE RENTAL SCAMS, Page 9

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# Local reporter to speak at San Carlos Library about “How a book is born”

The author talks at San Carlos Library have finally returned after a two-year lapse due to the pandemic.

“We have all experienced difficulties these past few years so it is nice to bring back our in-person programming. Our Author Talks bring community members together to listen and engage in literature,” said Branch Librarian David Ege.

Local reporter and photographer Cynthia G. Robertson, author of *Where You See Forever* will be the first author at the free monthly event.

Scheduled for Friday, June 24 from 2 to 3 p.m., Robertson’s talk, “A Discussion on How a Book Is Born” will include tips on how to plan the plot line, sit down and write the book, and handle the surprises that happen within the writing process.

At the event, Robertson will do an interview-style Q & A as well as take questions from the attendees. In addition, she will give some tips on how to include autobiographical elements in a novel. Copies of her novel will be available for sale at the discussion.

“I’m very excited and grateful that I have been given the opportunity for this,” Robertson said.

As a reporter, Robertson has specialized in writing articles

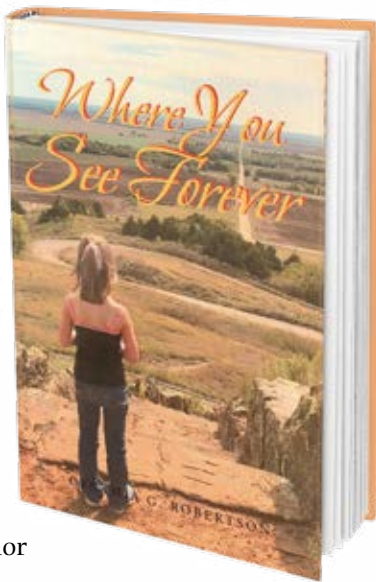
about the people and places of San Diego and how they have helped make San Diego the beloved city that it is. Her novel mentions some of these places as well as a walking group, in real life called Walkabout, International. Participating in that group helped give structure to Robertson’s life as well as provide inspiration for scenes in her novel.

Robertson’s writing life began in her teens, with teachers encouraging her to publish essays and stories she wrote in

class. During her college years, she took classes in creative writing at the University of San Diego, and then she discovered the joys of reporting at Mesa Community College. From then on, she immersed herself in journalism, mastering the art of the interview.

Currently, Robertson is working on putting together two nonfiction books, including a collection of essays from her blog about observations in nature and the spiritual lessons she has learned from them. Find out more at: [cynthiarobertson.com](http://cynthiarobertson.com).

For more information about Author Talks, call the San Carlos Branch Library at 619-527-3430.



Local reporter Cynthia G. Robertson to speak June 24 on creating a book. (Courtesy photo)

## LMFDC

CONTINUED FROM Page 6

a miscarriage; when she must decide whether to give up a baby she is unable to support, or even to face having to endure a pregnancy caused by rape or incest.

That is today’s Republican Party. An institution dedicated to protect the freedoms of a potential mass murderer, while actively working to deprive a woman of freedom over her most profound life decisions. An institution that professes concern for a fetus, but callously disregards the life of a little girl in her classroom. An institution that claims to support a ‘culture of life,’ but willfully refuses to act to protect or value human life, once it’s no longer encoined in a womb.

It is not “politicizing” to strive to use our political institutions to end our horrifying tradition of institutional indifference to the mass slayings of our citizens. It

isn’t “politicizing” to insist our political institutions recognize the value of a mother’s life, just as much as we value the life of her child. And it is not “politicizing” to demand our political leaders act to protect the lives and health of all Americans, not just when they exist within another citizen’s body, but when they’re alive and moving around, at the grocery store, or at school. If Republicans refuse to use politics for these basic purposes, then let’s “politicize” them the hell out of office.

The La Mesa Foothills Democratic Club meets the first Wednesday of every month. Join us for our in-person Club meeting on Wednesday, July 6, 6:30 p.m., at Harry Griffith Park in La Mesa, for our annual 4th of July Party in the Park. For more information, visit [lamesafoothillsdemocraticclub.com](http://lamesafoothillsdemocraticclub.com)

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

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# Congratulations PHHS Class of 2022!

*We are so proud of your accomplishments.  
We wish you the very best as you begin  
a new chapter in your lives. Go Patriots!*



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Aiden James Adamson ▲  
Roxanne Viviana Aguilera ▲  
Abdi Kadar Abdikadir Ahmed  
Amarissa Rose Ailey ♦  
Isabel Alba ♦  
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Amaya Raquel Allison  
Kaiah Rae Altmeyer ▲  
Isaac Alvarado  
Omar A. Alzamari  
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Natalia Noel Andal  
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Owen Curtis Bailey ▲  
Abraham Jacobs Barajas  
Erik Abel Barajas  
Darius Alexander Barker  
Vivian Poleth Barron  
Jake Biddle Barrows  
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Dominic Jacob Benami ▲  
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Katelyn Grace Bloxham ♦  
Cassandra Sophia Blust ♦  
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Ryan Vincent Bonner ▲  
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Gabrielle Piper Land ♦  
Ronald Frank Laseak ▲  
Gabrielle Alyssa Laureano ♦  
Anna Kim Le ♦  
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Emily Nguyen Le ▲  
Ivan Steven Le ♦  
Linda Ngo Le ▲  
McCain Le ♦  
Karmen Lee ♦  
Justin Connor Lemmon ♦  
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Tyrone Lee Lester  
Sydney Jessica Levenson ▲  
Andrew Paul Levikow ♦  
Nolan Patrick Levinson  
Ava Elann Lewison-German ♦  
Jade Tsung-Wei Li ♦  
Aidan Edward Livingstone  
Breahna Denise Lizarraga  
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Ian Parker Lovewell  
Jacob Michael Lozano  
Jacob Luna ▲  
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Ivy Nghi Boi Ly ♦  
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Semaj Elijah Marshall  
Hudson Scott Martinezz ▲  
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Ganna Awad Mohamed ▲  
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Arianna Maria Montoya-Fox ▲  
Samantha Helen Montufar Suarez  
Sean Pablo Mooney  
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Marco Antonio Morante Millan  
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Jacob Nguyen ♦  
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Jolene Ngoc Nguyen ▲  
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Lyna Huynh Nguyen ♦  
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Nicholas Nhan Nguyen ♦  
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Tho Huu Nguyen  
Tiffany Phuong Nhi Nguyen ♦  
Tiffany Thanh Nguyen  
Windy Bui Nguyen ▲  
Cecelia Jade Nowatnick ▲  
Marisa Cole Nowicki ♦  
Kyle Garrick Nugent  
Joseph Michael Nunez  
Jace Michael O'Rourke  
Keira Elizabeth Olive ■  
Kimberly Orozco  
Galilea Ozuna ▲  
Daniel David Padilla  
Miriam Ivana Palafox ▲  
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Helena Clay Parsons ♦  
Robert Donovan Parsons ▲  
Cassandra Jaye Pataky ♦  
Enma Victoria Pena ▲  
Jack William Peterson ♦  
Svea Augusta Peterson ♦  
Ethan Thien Khoa Pham ♦  
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Tracy Kim Pham  
Isabella Corinne Phillips ▲  
Destiny Pina Lopez  
Shantal Pintor  
Salvatore John Piraino ■  
Isabella Josephine Piranio ♦  
Nidhi Jain Prasad  
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Jordan Christopher Roesch ♦  
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Amberly Tran ♦  
Brandon Tran ♦  
Cody Lang Tran ■  
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▲ - Academic Distinction, Honor Roll    ○ - CSF (California Scholarship Federation)



# School year

CONTINUED FROM Page 1

letter to support students as they transition back to school in August 2022.

I would like to congratulate Jamie Jorgenson, principal at Hearst, and Susan Levy, principal at Pershing for their years of service within San Diego Unified School District and the Henry Cluster. Thank you for all your dedication and commitment to our students and families. I wish you the very best in your retirements.

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

\*\*\*

Congratulations to the Henry NJROTC for competing in the Navy's National Academic, Athletic, and Drill Championship in Florida this past March. The

PHHS NJROTC team came in seventh out of 582 high school teams.

\*\*\*

Congratulations to the National Merit Scholarship finalists:

- Elijah Kalal
- Robert Mack
- Thomas Miller
- Svea Peterson
- Justy Rice
- Emerson Utgaard
- Zsz Chung Yeung

\*\*\*

Congratulations. Patrick Henry High School is once again the first-place winner in the high school category of the 2021-22 SDUSD Recycling Challenge.

- Waste Diversion: 60%
- # of Students: 2,556
- Trash Generated per Student/Month: 1.37 cubic feet

Special recognition for Campus Sustainability: Environmental Club, PHHS Surfrider Club, Aquaponics Club, Thrift Store Club, & Garden Club. Supported by: Cathy Murphy,

Plant Operations Supervisor; Community Service Club, Key Club, and ASB Environmental Commissioner.

\*\*\*

Congratulations to three of our students who competed in the National Association of Women in Construction Design/Drafting Regional competition. The students designed an integrated medical clinic building and submitted a set of architectural drawings which were judged by real architects.

- 1st place - Justin Runge
- 2nd place - Justy Rice
- 3rd place - Natalie Fitzsimons

\*\*\*

Congratulations to the Patricobs, our FIRST Robotics team - they traveled to Las Vegas last weekend to compete in a regional competition. The Patribots had a strong showing, ranking 16th out of 44 teams. Kudos to all the students for a fantastic build season, to all the parents for their amazing support and to Ms. Van

Loan for donating so much of her time and effort.

\*\*\*

Congratulations to the Patrick Henry counseling team. This year, 69 schools in 19 states received the Recognized ASCA Model Program (RAMP) designation. These schools will be honored during a special ceremony at the ASCA annual conference for making an exemplary commitment to their school counseling programs.

The RAMP designation, awarded for aligning with the criteria in the ASCA National Model, recognizes schools committed to delivering a comprehensive, data-informed school counseling program and an exemplary educational environment. Since the program's inception, nearly 1,200 schools have been designated as RAMP recipients.

This year, Virginia leads the number of RAMP designations, with 10 schools in the state receiving the honor. Thirteen schools, in California, Georgia,

Hawaii, Indiana, Minnesota, Pennsylvania and Virginia, will receive the RAMP School of Distinction award, honoring schools with exceptionally high-caliber school counseling programs based on rankings determined by a panel of RAMP reviewers.

Patrick Henry counseling team is the only RAMP winner in the County of San Diego.

\*\*\*

Congratulations to Kaylee Kloberdanz for participating in the Poetry Out Loud SD Regional Competition.

\*\*\*

A big thank you to teacher Terri Clark who was honored by the Center for Justice and Reconciliation and the City of San Diego for educating students and staff about human-trafficking prevention.

*Editor's note: Michelle Irwin is principal at Patrick Henry High School.*

## PHHS lacrosse

CONTINUED FROM Page 3

forward. Coach (Andrew) O'Neill urges his players to try new skills and tactics in practice and often uses the term "fail forward" which he believes will help the team learn and develop individual skills and improve their overall game IQ. Those early season losses were lessons learned and helped the team stay mentally strong in one-goal games in both the CIF semifinal over La Jolla and CIF final over Coronado. In both of those games, Patrick Henry held three-goal leads.

In the CIF semifinal against La Jolla, Patrick Henry was up 9-6 going into the fourth quarter and La Jolla fought back with three goals of their own to take the game to overtime, 9-9. All momentum going into overtime was leaning towards La Jolla, but Patrick Henry knew they controlled their destiny and had to focus on making a play at a time rather than letting the big moment and emotions settle in. Twenty seconds into overtime the game was over as Eli Kell picked up a loose ball following a penalty, beat a defender and scored with a bounce shot over the goalies' shoulder to send the Patriots to the finals, 10-9.

Similarly, in the CIF final, the Patriots were up 7-5 in the fourth quarter and gave up three straight goals to go down 8-7 to Coronado with less than five minutes to play. Following a big defensive save by senior captain Ethan Pham, the Patriots cleared the ball and pushed transition, leading to a game-tying goal by Jack Denton. Soon after, Hans Sweatt picked up a tough ground ball after a blocked shot and fed Connor Stagner for the game-winning

goal. Henry was then able to retain possession and run out the clock for the remainder of the game. Back-to-back CIF championships completed.

The Patriots attribute their successes to the strong bonds and cultural norms they've established within their lacrosse program. Each graduating class has left the program in a better place than when they found it and have continuously moved the needle of success in the right direction. The foundation was set and the Patriots triumphs the past two seasons are a result of following through on the standards and legacies of the players before them.

This 2022 team believed they were better friends off the field than any other team they were playing, so their on-field effort and relationships were simply stronger. Their leadership and standards are also seen in the classroom where the team holds an average GPA of a 3.5 with eight of the 11 graduating seniors finishing their cumulative GPA's greater than a 4.0. Seven of those seniors will be continuing their lacrosse careers in college as well as one playing hockey at the next level.

Jack Denton - San Diego State University (MCLA D1); Shane Ege - San Diego State University (ACHA Hockey); Jack Johnson - Louisiana State University (MCLA D1); Tommy Kenney - Colorado State University Pueblo (NCAA D2); Hudson Martinez - Arizona State University (MCLA D1); Ethan Pham - Cal Poly San Luis Obispo (MCLA D1); Jordan Roesch - Vassar College (NCAA D3); Connor Stagner - University of Oregon (MCLA D1).

O'Neill just completed his sixth season at Patrick Henry and has continued to grow and develop the lacrosse community



The Patrick Henry High School boys' lacrosse team has won back-to-back CIF titles. (Courtesy photo)

within the eastern San Diego and East County communities. During his time as head coach at Patrick Henry, the Patriots are 61-32 and have won two SDCC Eastern League titles, a Division II CIF championship, and a Division I CIF championship.

O'Neill is also the founder and boys director of Mission Trails Lacrosse Club (MTLC) which is a non-profit 501c3 serving the Patrick Henry cluster of elementary and middle schools and surrounding neighborhoods. From what started with a small youth program of 25 boys annual players in 2017, there's now nine teams consisting of over 150 boys and girls annually. O'Neill also coached the 5th/6th grade MTLC team that just repeated as back-to-back 5/6 A Division championships.

### PATRICK HENRY 2022 AWARDS:

**CIF Awards:**  
2nd Team All-CIF: Jordan Roesch (Sr); CIF Sportsmanship Award: Matt Kylstad (Jr).

**All SDCC Western League:**  
1st Team: Jordan Roesch (Sr), Tommy Kenney (Sr); 2nd Team: Connor Stagner (Sr), Ethan Pham (Sr); Honorable Mention: Jayden Davis (Sr), Shane Ege (Sr).

**Team Awards:**  
MVP: Jordan Roesch (Sr); Offensive Player of the Year:

Connor Stagger (Sr); Defensive Player of the Year: Tommy Kenney (Sr); Transition Player of the Year: Shane Ege (Sr); Play with Hart Award: Nathan Gross (Sr).

The Play with Hart Award goes to the player always putting the team first, having a relentless work ethic and being a team leader on and off the field. The award is in remembrance of Coach O'Neill's son, Jordan Hart O'Neill, who passed away shortly after birth due to a lethal condition in July 2019. Nathan Gross demonstrated his team-first attitude and mental toughness by playing in every game of the 2022 season despite having a torn labrum in each shoulder. Nathan is a cornerstone and vocal leader on defense and his off-field leadership was recognized as he led a campaign raising thousands of dollars for the Leukemia & Lymphoma Society (LLS).

**PHHS Awards:**  
Patriot of the Year: Nathan Gross (Sr); Senior of the Year: Jack Johnson (Sr).

**Player to Watch in 2023:**  
Matt Kylstad (Jr), Eli Kell (So), Hans Sweatt (So), Travis Brady (So), Ian Heimaster (Fr).

*Editor's note: Article and photo supplied by head coach Andrew O'Neill.*

## Rental scams

CONTINUED FROM Page 6

### HERE ARE SOME TIPS TO EVADE RENTAL SCAMS:

- Be cautious of properties that are offered below market value. If it's too good to be true, it likely is.
- Use caution with ads that have significant grammatical errors or misspellings. A legitimate rental listing should be professional.
- Verify the rental by checking known real estate websites to ensure the home exists, is located at the listed address and is available as a rental.
- Do an online search of the rental company to see if there are any bad reviews or warnings of scams about it.
- Be cautious of high-pressure rental tactics requiring you to make a deposit or payment quickly. Speed and urgency are the fraudster's tools.
- Meet your landlord in person. Avoid a completely cyber transaction which could make it difficult to identify the other party.
- Never make a deposit or payment before seeing the property and signing a lease.
- Make sure the owner or agent has access to the rental unit. Tour the unit or have someone you trust tour the unit.
- Don't settle for an exterior tour.
- Never wire money or pay in cash, cryptocurrency, or gift cards. Wiring money is the same as sending cash and impossible to recover.

If you were the victim of a rental scam, report the incident to your local police agency or request a San Diego District Attorney real estate fraud complaint form at [realestatefraudcomplaints@sdcca.org](mailto:realestatefraudcomplaints@sdcca.org).

As your District Attorney, I'm committed to increasing communication and accessibility between the DA's Office and the public. I hope these consumer and public safety tips have been helpful.

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



# Benchley-Weinberger School

CONTINUED FROM Page 1

2. Such a project needs approval from the district. This involves a lot of time, red tape, patience and challenges.

3. The scope of such a project is expensive; estimated to be at \$300,000.

"Our school and our kids with gravel-scraped bandaged knees has been yearning for this seemingly impossible dream as long as all our families can remember," Gross added.

Longtime kindergarten teacher Sue Sward noted, "I was at a staff meeting in the fall of 1996 when the principal asked us how to spend \$10,000. I said 'GRASS! Let's plant grass!' the whole staff looked at me like I had lost my mind. The principal said, 'Grass is expensive. It would take a miracle for us to get a grass lawn.' These

parents are our miracle workers. They are making it happen and we are forever grateful all of the families who have supported our school community."

According to Benchley-Weinberger Foundation President Stephanie Stocking, the goal is to provide students with a safe place to exercise, make connections with peers, all the while engaging in outdoor learning.

"Our families have focused fund-raising efforts on installing nearly 40,000 square feet of artificial turf for a safe and beautiful place to play and learn," Stocking remarked. "The primary playground is the designated space for recess for grades 1-3, the space we gather for assemblies, the area used for our annual jog-a-thon, and the location for PE and other outdoor activities."

To her knowledge, Stocking said the school has never had a grass or turf field in the areas where the project is focusing on.

"We are approaching our project in two phases, and the first field – approximately 22,000

square feet – is scheduled to have turf installed in August – just in time for the students to return in the fall," Stocking commented. "Our goal is to continue the momentum and raise the funds needed to install turf on the second field – approximately 15,000 square feet – in summer 2023. We need to raise these funds in addition to the money we raise to fund enrichment programs, pay for a reading interventionist, support the media lab, and other ongoing commitments to the school."

As Stocking noted, "We are unfortunately the only school in our area without grass or turf, so we have been figuring this out as we go along. The Foundation is composed of 15 parents who are volunteering our time to help improve and enrich our school. We would love to have a green space like the other schools in the Patrick Henry cluster."

Stocking added that parents and others involved in the project would like to get some sponsorships.

"We would be really excited to have sponsorships from local businesses, and we have planned ways to recognize sponsors through banners on the school fences and inclusion in newsletters to our school community," Stocking remarked. "We would also be so grateful for direct donations to our project. This is an amazing neighborhood school in a fantastic neighborhood and community, and we believe that we can all come together to make this huge change to campus that will benefit students for years to come."



The Panda Turf Project will bring a new and improved look to the school. (Courtesy photo)

For more information, visit: [bwpta.org/bw-turf-project/](http://bwpta.org/bw-turf-project/)

—Reach editor Dave Thomas at: [dave@sdnews.com](mailto:dave@sdnews.com).

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# Patrick Henry High School students protest recent gun violence



Some Patrick Henry High School students said enough is enough when it comes to gun violence and held a peaceful protest June 7 at the school's amphitheater. Approximately 275 out of some 2,500 students walked out of classes in protest. Their message among others is that students should not be petrified of a possible shooting instead of focusing on furthering their education. (Photos by Michelle Irwin).

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# Allied Gardens/Grantville Community Council: Reflecting on coming to the community

By SHAIN HAUG

The other day as I was coming up Waring Road from I-8 I had a sudden rush of recall, the memory of the first time we came to this community.

We were frustrated with apartment living and had been looking for a house for almost two years, but our search had not brought us to or through Allied Gardens. On this day our realtor told us about some possibilities in the area, so here we were.

Our first look was the shopping center. Within walking distance from most residences and only a short drive from the rest, it had a variety of goods and services that made frequent trips out of the area unlikely. The composition of the stores has changed over the past 54 years, but only to adapt to the changing needs and tastes of our neighbors.

With that first look behind us we began working the open houses.

As we drove from block to block and visited house after house we learned how special these residences are.

Built in the late 1950s and early 1960s there were at least

five different building styles with varying orientations that, even before all the changes the owners made, avoided the drab sameness of so many subdivisions that preceded and followed. This subdivision was the first to use copper plumbing. It was the last to build the houses on foundations rather than on concrete slabs. It was the last to have interiors walls made with lath and plaster rather than with dry wall. And the last to complete the houses with high quality oak flooring. They are solid buildings made to last, structures ready for the additions and modifications we have made over the years.

The housing development provided for two elementary schools, a middle school, a library, an expansive park that nestled next to the extensive grounds of the middle school, provision for a swimming pool, and open space in the canyons. By the time we moved in the folks in the community had already raised many churches. More than 60 years after the first house was sold we still have those amenities. The really good things in life, and in Allied Gardens, don't change.

We quickly got to know our neighbors. Most were original buyers and many were working in the aircraft industry, then the pride of San Diego. Warm, caring, and welcoming folks, folks to whom we turned and who turned to us in times of need.

After we were settled in on this cul-de-sac street of 18 houses we counted 42 children, not counting those who had already grown up and left the street. Our daughter made it 43 and our son, born a month after we moved in, was number 44. We used to talk about curb-to-curb children. They were safe to play in the street and to stay out after the street lights came on. When it came to hide and seek or kick the can, every bush and back yard was fair territory. This is how it was throughout Allied Gardens.

Allied Gardens is well over 60 but really hasn't changed that much from what it was. There are a few first-time buyers still holding on, sometimes as occupants and sometimes as lessors. There are many who grew up here, moved on, and then

SEE AGGCC, Page 15



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# San Carlos Area Council holds annual elections

By PATRICIA MOONEY

The San Carlos Area Council (SCAC) conducted annual elections during our May meeting.

Congratulations to our new officers: Mickey Zeichick is president, Mark Schulze is vice president, Tamar Caspi is secretary and Paul Levikow is treasurer. We were able to conduct a “Hybrid Zoom” meeting which is a good thing, because after dodging COVID for two and a half years, the relentless pandemic “caught” former president and vice president Mark and Patty who turned over their reins virtually.

By now, more than a million Americans have died from COVID. Many, including children, have also perished due to something that’s unfortunately rising in popularity – and that is, mass shootings. Many of us are still wondering “Why?” and “When enough is enough?” Life is too short, so enjoy it while you can and help make our world a better place.

What’s your passion? Is it music? Art? A sport? I myself have cycled through a hundred avocations throughout my lifetime. Knitting, video production, sewing, running on the beach, beadwork, writing poetry,

scuba diving, Karaoke, and I’ve loved all of these moments. We are so fortunate to live here in America’s Finest City. You can discover all sorts of fun at our San Carlos Branch Library as well as the Mission Trails Regional Park, and why not Lake Murray? There’s no reason to be inside a dark room when you could be out there enjoying these amazing amenities.

If you want to add more meaning to your life, there are volunteer opportunities galore through the local Elks Club, or Grantville-Allied Gardens Kiwanis Club which encompasses the neighborhoods of San Carlos, Del Cerro and East Mission Valley.

If you enjoy music, why not take advantage of all the summer concerts that are coming our way?

The Santee summer weekly concert series began on June 9 at their Community Park, featuring the Mighty Untouchables. El Cajon’s “Dinner & A Concert” series has already begun. We danced to the Best of Elvis last Friday night where Scot Bruce and his band charmed the crowd. Afterwards, we took a walk on Main Street where we discovered Sultan Baklava. We bought a sampler box of the best baklava we’ve ever had. Mark

is half Armenian, so he knows baklava.

Allied Gardens kicked off its First Friday concert series in June. The July 1 concert will feature the Jerry ‘Hot Rod’ Demink Band. These summer concerts are free and the perfect place to bring your family. Bring a lawn chair or a blanket; make it a picnic. Meet your neighbors. One of my greatest joys is watching the children dance to the music I grew up with. Truly it’s a wonder. So give yourself and your family some happiness. Enjoy your life. And don’t forget our Fourth of July celebration at Lake Murray. See you there.

Our next meeting will be Wednesday, July 20 at 6:30 p.m. in the San Carlos Library. If you cannot make it in person, join us virtually via Zoom at a link we will post on our Facebook page: facebook.com/sancarlosareacouncil.

If you would like to get involved in your town council, contact San Carlos Area Council Board Member, Patricia Mooney at paty@crystalpyramid.com.

—Patricia “Patty” Mooney is an award-winning San Diego video producer and partner at San Diego’s longest-serving video production company, Crystal Pyramid Productions.

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## BE SURE TO "FUND" YOUR TRUST AS PART OF THE ESTATE PLANNING PROCESS

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

You may have a beautifully prepared Declaration of Trust or Trust Agreement which sets forth your exact intentions and directions as to whom is to receive the property in your trust (in the trust estate) when you die.

However, unless you transferred your titled assets, such as a house, bank accounts, or stock brokerage accounts, at or after the time you created your trust, when you die these titled assets, depending upon their values, may well require a probate (long, costly court procedure) to enable their respective titles to be transferred into your trust, before your successor trustee can transfer these assets out of the trust to your intended trust beneficiaries. Simply listing these titled assets on a schedule attached to your Declaration of Trust is not enough. You must transfer your legal ownership in each such asset to yourself as trustee of your trust.




Typically at the time your trust instrument is prepared, your attorney will prepare the deed necessary to transfer legal title to your home into your trust, and you yourself will be responsible for transferring the other titled assets into your trust. This process is often called "funding" your trust. And it is somewhat of a hassle for some folks to do this. This is because you usually must personally visit your bank to change title to bank accounts and must correspond with stock brokerage firms and complete lengthy forms to transfer your brokerage accounts. But all your effort is certainly worthwhile, if by doing so you avoid a probate!

*The above statements are not to be taken as legal advice for the reader's particular situation. Richard E. McEntyre practices law in the area of estate planning and administration, having served the San Diego community as a lawyer for over 40 years. Chris von der Lieth is a lawyer who has worked with Dick for over 8 years. Affordable rates. Highest quality services. House calls available.*

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## Matilija Poppy has a long history

By NANCY STASSINOPOULOS, trail guide

You probably know that the California Poppy (*Eschscholzia californica*) is the state flower of California. But did you know that the Matilija Poppy (*Romneya coulteri*) was the runner-up in that contest?

In 1890, the California State Floral Society held an election to determine the state's signature flower. The contestants were the Mariposa Lily, the Matilija Poppy, and the California Poppy. The California Poppy won that election by a landslide. In 1903, the state legislature made the title official.

The Matilija Poppy did not fade away into obscurity, however.

The huge size and spectacular beauty of its flowers made it an ornamental garden favorite. It even became popular in England, where it gained the Royal Horticultural Society's Award of Garden Merit. In sandy soil in California, it grows via rhizomes, and thus it can grow under your house and come out the other side, under driveways, or consume your entire yard.

The Matilija Poppy may have gotten its name from Chief Matilija of the Chumash peoples whose ancestral lands were in present-day Santa Barbara and Ventura Counties and the Channel Islands.



The Matilija Poppy shows off its beautiful colors. (Courtesy photo)

Chumash descendant Julie Turnamalt-Stenslie wrote in *My Chumash Ancestral Legacy* about the story of Chief Matilija's daughter, Amatil, who was in love with a handsome warrior, Cocopah, who was tragically killed in battle. "Amatil's love was so deep and so pure that she laid upon her lover and there she died. What remained of that love was a beautiful flower with pure white petals symbolizing their love and a yellow center to represent the everlasting brilliance of their love. We know this flower as the Matilija Poppy."

The Chumash are reported to have used the plant for skin and gum problems and stomach upset. Fresh leaves and flowers were crushed and made into a poultice that was

SEE MATILIA POPPY, Page 19

## Trinitea Tea: Great stop for an afternoon refresher

By ROBIN DOHRN-SIMPSON

Let's talk tea.

Some trivia first - did you know that black, green, yellow and white teas as well as Oolong Tea all come from the same tea plant called *Camellia Sinensis*? They are processed differently to get different levels of oxidation.

Trinitea Tea, on the corner of Navajo Road and Lake Murray Blvd, by Grossmont College, is part of the trend in teahouses with a variety of teas for our experimentation. Sure, you can also get coffee and smoothies, but the main focus is tea.

A little back-story is necessary. Bubble Tea (also called Pearl Milk Tea, Bubble Milk Tea, Tapioca Milk Tea or Boba Tea) originated in Taiwan in the 1980's and made its way across the Pacific to America shortly thereafter. Now it has spread throughout the world and many people are enjoying bubble teas or Boba teas. Bubble teas come with or without milk, add a fruit flavor, a sweetener, and chewy textured tapioca pearls, which sink to the bottom of the cup. These tiny balls of deliciousness can be regular or popping, which burst in your mouth when you chew them.

"People come here because they want something a little different. They might need an afternoon pick-me-up or want to enjoy a smoothie or even a hot tea," said Leo Cotton, manager of Trinitea Tea. "Some people want a Taro Ice Slush which is purple and has no caffeine and some want a Vietnamese coffee that



Trinitea Tea has your drink of choice waiting for you. (Photo by Robin-Dohrn Simpson)

has six shots of espresso. Some like the snow Boba which is a cross between a smoothie and a milkshake." With a tea base, you can customize your drink a multitude of ways with sweeteners, toppings, Boba, milk or different types of milk.

The lounge area is inviting with comfortable chairs. Grab a game or a table and chair to do some computer work. Purchase a tea, plug in your device and get to work.

Some intriguing drinks that sound scary but taste awesome are the Cheese Bobas. "The cheese foam tastes like cheesecake," Cotton said. "One of our popular teas is the Thai Tea which is an

orange tea with lavender milk and caramel snow Boba."

"We only offer one food item and that's an Acai or Dragon Bowl. It's a sorbet with fresh fruit topped with granola in a bowl."

Trinitea Tea is located at 8680 Navajo Rd #109, San Diego, 92119. They are open from 10 a.m. - 8 p.m. Call 619-337-2670 or order online at [triniteasandiego.com/order](http://triniteasandiego.com/order) and have your drink ready when you arrive.

Scoot over coffee houses, teahouses have bloomed all over and they are here to stay.

—Robin Dohrn-Simpson is a local food and travel writer. Reach her at [robindohrnsimpson.com](http://robindohrnsimpson.com).



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# Friends of Del Cerro works to address community requests, concerns

By JAY WILSON

Jackie O'Connor, the president of Friends of Del Cerro recently met with Anthony Hackett, Councilmember Campillo's senior community representative for the Navajo Community.

"It was a pleasure meeting with Anthony, discussing community concerns and providing him with a thorough overview of Del Cerro. He has been very responsive to community requests and concerns. Anthony emphasized the best way to report issues such as streetlights and road conditions, is to use the City of San Diego's 'Get It Done' app." Download the app by going to: [sandiego.gov/get-it-done](https://sandiego.gov/get-it-done). It is easy to use. If you need to reach Anthony, his email address is [HackettA@sandiego.gov](mailto:HackettA@sandiego.gov).

The next big community event is the July 4th Lake Murray Fireworks and Music Fest.

Melissa De Marco, chair of the event committee stated "Join us for a July 4th celebration to include a day of food, fun, bands, and fireworks. Please support this event."

Fireworks will be launched at Lake Murray and can be seen from anywhere you can see the lake. The music fest will be held on the San Carlos side of the lake at the Lake Murray Playground, and the La Mesa side will also be open throughout the day and evening for fireworks viewing. For more information and to support this spectacular event, go to [lakemurrayfireworks.org](https://lakemurrayfireworks.org).

The free "Movie in the Park" for your whole family returns to the Allied Gardens Recreation Center on July 8.

The movie will be Encanto, and it will be featured on a large outdoor screen in front of the Recreation Center in the area known as "The Peanut". The

fun will start 90 minutes before the movie which is scheduled to begin at sunset. There will be a jumper, arts & crafts, and movie snacks. Sit on the grass, bring a blanket or low seating chairs. Hope to see everyone there. For more information about all the activities for the Allied Gardens Recreation Center, visit [sandiego.gov/park-and-recreation/centers/recctr/allied](https://sandiego.gov/park-and-recreation/centers/recctr/allied).

The free First Friday Concerts in the Park at The Peanut at the Allied Gardens Rec Center has also returned. The next concert featuring the Jerry 'Hot Rod' Demink Band will be on Friday, July 1. All concerts are from 6 to 8 p.m. The final concert of the 2022 season will be Friday, Oct. 7.

For more information about Friends of Del Cerro, go to [friendsofdelcerro.org](https://friendsofdelcerro.org).

—Jay Wilson is a board member with Friends of Del Cerro.

## AGGCC

CONTINUED FROM Page 12

returned. There are so very many new young families who, like us back then, are getting started.

But for all it is the same, and for all we want it to be the

same, there are troubling winds a-blowing.

We are confronted with significant changes in our zoning laws and building codes, changes that will allow increased density by way of ADUs and min-dorms. There is always the possibility of development

of the shopping center into affordable housing. Not yet, but if the time comes we hope that all of us will care enough to stand up to be counted, to be heard, and to act.

—Shain Haug is president AGGCC.

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## Crusaders Soccer sees fall registration, festival play and more



The four players and their coach of team "CSC On Four" from the Crusaders Soccer Club, show off their medals after winning the Boys 2010 Division in the 3 V 3 Festival held at the Pershing Middle School fields on June 4.

By JAY WILSON

Registrations for Crusaders Soccer 2022 Fall Grassroots/Recreational season are off to a very good start.

Registration for the fall season is open through Sunday, July 31. There is a \$20 early registration fee discount through June 10 for boys and girls born between 2008 and 2018. As an introduction to Crusaders Soccer, the registration fee for boys and girls born in 2019 is only \$100.

Team practices will begin the third week of August 2022. Games will be played on Saturdays beginning on Sept. 10. The 11-game season is scheduled to end on Saturday, Nov. 19.

After a two-year hiatus due to COVID, the Crusaders Soccer Club 3v3 festival returned to the Pershing Field Complex on June 4.

Fifty-four teams from soccer clubs all over San Diego County participated. The games consisted of 12-minute halves on a small-size field which meant the games were very fast with 4' X 6' goals in each end. The winning and runner-up teams for each of the divisions received medals. The winner of the Boys 2010 Division was the Crusader Soccer Club's "CSC On Four" which was coached by Jason Nuckles. Every player of this 3v3 team is a member of a Crusaders Soccer Boys 2010 Competitive team coached by Lauren Johnson.

Director of Coaching, Rene Miramontes, announced three summer camps for players born between 2008 and 2015. Each camp is for 3 days. Summer camps #1 and #2 are open to any player interested in improving their soccer skills. Each of these camps will be held at Pershing Middle School from 8:30 to 11:00 a.m.

Summer camp #1 is set for July 19 to 21 – 8:30 to 11:00 a.m. Summer camp #2 is set for July 26 to 28 – 8:30 to 11:00 a.m.

Summer camp #3 is specifically for all Grassroots/Recreational level players born between 2010 and 2014, and is scheduled for Aug. 2 to 4 from 9 to 11 a.m.

For more information on all Crusaders Soccer programs, go to [crusaderssoccer.org](http://crusaderssoccer.org).

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		8						
		7	1	5				
		1			4		3	
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5			3				1	7

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		63										
			64						65			

48. Ethnic group of Laos and Thailand  
49. Atomic #77  
50. Where wrestlers work  
51. Northeast  
52. Type of lettuce  
53. Abstain  
54. Communication between two  
55. One who administers medicine  
56. Sun up in New York  
57. Having eight

45. Type of footwear
46. Most lucid
51. Exam
54. Extinct flightless bird of New Zealand
55. "Rule, Britannia" composer
56. Small Eurasian deer
57. "Within"
58. Insures bank's depositors
59. A pause for relaxation
60. Social insect
62. Expresses acidity

[illegible]

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



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Best in show was awarded to Mark Foreman for Cedar Waxwing Trio.

# Results are in on 28th annual MTRP Foundation's photo contest

By TAYLOR CROWLEY

At long last, the Mission Trails Regional Park (MTRP) Foundation's 28th annual photo contest results are in.

With eight categories, the highest-scoring photos took first, second, and third place, and we also awarded a best in show and people's choice. We'd like to thank all of the photographers who submitted their photos to this year's contest. We had a record-breaking number of submissions—295 from as many photographers—making it an incredibly competitive contest!

From the various categories, the first-place winning photos were Morning Reflection by Matt Jordan, Sublime

Sunset Salutation by Danielle Parsons, Tree Near Grinding Rocks Trail by Mickey Wilson, The Cedar Waxwing Trio by Mark Foreman, Lake Murray Sunset Reflections by Andrew McCall, El Camino by Lluvia Martinez, Wispy Seeds on Flower by Rhonda Epstein, and A Wonderful Day to Sniff Buckwheat by Dachel Fohne. Mark Foreman won Best in Show with his photo The Cedar Waxwing Trio and Peter Pham took the People's Choice Award with his photo Thumbs Up. The winning images as well as all the qualifying contest entries can be found on the park's website: [mtrp.org/photo-contest-2022/](http://mtrp.org/photo-contest-2022/)

The photo contest images will be on view at the visitor center through



First prize in the teens, landscapes went to Lluvia Martinez for El Camino. (Courtesy photos)

Friday, June 17. If you've already seen the photos in person and chosen a favorite, you're in luck. After July 1, photos that haven't been purchased by the photographer will be available to the public for purchase. The prints will sell for \$25, and all proceeds will benefit the MTRP Foundation.

Thank you to donors to the Mission Trails Regional Park Foundation for making the photo contest possible, to the community members who cast ballots for the people's choice award, and to the contest judges: Julia Dixon-Evans, Dolwain Green, and Rick Wiley.

For more information about the contest and other happenings at MTRP, visit our website at [mtrp.org](http://mtrp.org).

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# Home prices continue to rise despite rising interest rates

By SARAH WARD, REALTOR

The rise in home prices continues with little signs of a slowdown.

The College Area, San Carlos, Allied Gardens, and Del Cerro all have had significant increases in single family home prices since the beginning of this year. You have likely read that mortgage rates have greatly increased recently but historically, rates are still low, in the 5's for well qualified buyers.

Rates haven't had much of an effect on slowing down property inflation. If rates get into the 7 or 8 percent range, a greater slowdown is expected, but it's not clear how much further rates will increase. Back in the very late 1970's, mortgage rates were over 10%. That clearly resulted in a slowdown in the economy.

I have a buyer who is waiting for home prices to drop 20% like they did in 2008, but I let them know that scenario is unlikely as we are in a different environment than in 2008.

Our current economy is experiencing significant price inflation in everything from food, to energy prices, to services. Fundamentals of economics state that it typically takes many years to return to price stability. Also, San Diego lacks any meaningful new development.

Back in the 1960's, 1970's, and 1980's, there were huge new housing developments under construction all over the county. And in the 1990's, Carmel Valley was built out but today, there are very few new housing developments being created. I read that San Diego needs a minimum of 100,000 new housing units just in the short-term to keep up with natural population growth, but that is not happening.

Our housing supply is somewhat fixed or growing very slowly but with demand continuing to grow annually. Many people in their late 20's and 30's are making good money in San Diego (in healthcare and high tech jobs for example) and are searching for property ownership. Mortgage rates in the 5 or 6 percent range will not deter these buyers.

Many people are purchasing homes as rental properties in order to have an investment that protects against the inflation that may be occurring for quite a few more years, further increasing demand for housing.

Another issue is no one is selling.

People are holding onto their properties with mortgage rates in the 3's. Inventory is still ridiculously low. The United States Federal government is sitting on \$30 trillion in debt. As rates rise, interest in that debt greatly increases, causing more budget deficits, and more debt resulting in a weaker dollar and likely continued inflation. "A dollar won't be worth a dime." Expect home prices to continue to rise.

**MARKET REPORT** (single family homes): **92115 – College Area**, the median home price hit \$1,100,000 which is a 25% increase since the beginning of the year. **92119 – San Carlos**, the median home price for May was \$1,075,000, a 17% rise since the beginning of the year. **92120 Allied Gardens, Del Cerro** had a median price \$1,157,000, a 10% rise since the beginning of the year.

Call me for a no obligation chat about your real estate plans. 858-431-6043.

—Sarah Ward is a Realtor with Fine & Coastal Real Estate.

# San Diego County libraries extend hours

All 33 San Diego County library branches have extended their hours.

Supervisor Joel Anderson, whose district encompasses 15 County libraries, shared his excitement about the expansion of services: "Libraries bring our community together, especially in our East County cities and our unincorporated area. Our County libraries provide safe learning spaces, free internet, educational programs for our youth, and often act as a hub for important services like cool zones or polling places. I am

thrilled to see our libraries becoming even more accessible to the public."

San Diego County libraries are vital to the function of communities on many levels. For many residents, County libraries have become a dependable space to explore, connect, learn, teach, and create. Whether you are a student scanning the bookshelves, a parent looking for a safe and cool place for their child to learn and play, or a jobseeker needing computer access to fill out some applications, County libraries offer something for everyone.

San Diego County branches each have community-specific resources, programs and events available for all ages. For example, the Fletcher Hills Library offers a program called Comfy Crafters, where fellow crafters get together, learn from each other, and have fun.

These new hours will not just expand library services, but also expand opportunities to learn and connect with your community.

For more information on library hours and programming, visit [sdcl.org/](http://sdcl.org/).

## Matilija Poppy

CONTINUED FROM Page 14

applied to irritated skin. For gastroenteritis from bad food, an infusion was made from the leaves, floral parts, and smaller green stems. Despite the pleasant fragrance and medicinal uses, the plant contains strong chemicals to repel herbivores and mild saponins that can cause skin irritation and gastric issues in humans.

Romneya is a genus of flowering plants in the poppy family (Papaveraceae). There are two species in the genus Romneya, which was named for the Irish astronomer John Thomas Romney Robinson. Coulter's Matilija Poppy (*Romneya coulteri*) commemorates Thomas Coulter, an Irish botanist and explorer who first collected the Matilija Poppy in California in 1831-32. The Hairy Matilija Poppy (*Romneya trichocalyx*) has hairy sepals on the flower buds and is overall a smaller plant with smaller flowers.

Determining the range of the two species is difficult, because some authorities do not recognize *R. trichocalyx* as a distinct species, but rather as a variant of *R. Coulteri*. Moreover, the popularity of the Matilija Poppy led to the planting of both species, or hybrids of the two species, in many places throughout San Diego County, including in Mission Trails. To simplify matters, the term "Matilija Poppy" will be used to refer to both species.

In the wild, the Matilija Poppy has a limited range, extending from Ventura County south to northern Baja California, where it grows in dry canyons, in chaparral and coastal sage scrub plant communities.

It is a tall shrub that may exceed 2.5 meters in height. The inflorescence is a large solitary flower with six crinkly white petals, each up to 10 centimeters long. At the center of the flower is a cluster of many yellow stamens. The fruit is a bristly capsule 3 or 4 centimeters long containing many tiny seeds. The flower is the largest of any

species native to California. It is a fire follower. The California Native Plant Society's Rare Plant Inventory gives Coulter's Matilija Poppy (*R. coulteri*) a rank of 4.2 (a plant of limited distribution and moderately threatened in California). Hairy Matilija Poppy (*R. trichocalyx*) was considered but rejected for the Rare Plant Inventory.

There are several stands of Matilija Poppy in Mission Trails. One stand is off the Oak Grove Loop near Mission Gorge Road. There are other stands of Matilija Poppy near Old Mission Dam, along the Rim Trail near the 52 freeway, and near the East Fortuna Staging Area.

Look for the huge, beautiful flowers of the runner-up state flower in April, May, and June.

Would you have voted for the Matilija Poppy, or for its small orange cousin, the California Poppy?

*Editor's note: Article and photo provided by Nancy Stassinopoulos, a trail guide at Mission Trails Regional Park.*

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