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Some Del Cerro residents want answers to growing homeless encampment issue

By ELAINE ALFARO



Bicycles and other items belonging to homeless individuals are easy to spot in one local canyon area. (Courtesy photo)

Some Del Cerro residents are advocating for both cleaner neighborhoods and support for unhoused individuals.

San Diego's Regional Task Force on Homelessness (RTFH) reported a 10% increase in the number of unhoused individuals in San Diego from 2020 to 2022. And in neighborhoods like Del Cerro, this rising statistic has made an impact while the solutions are still in the works.

Within the past few weeks, Del Cerro residents Gene Erquiaga and Iris Fink noticed an encampment of unhoused individuals in the canyon behind their residential neighborhood. As neighbors who have lived in the College Area and Del Cerro for more than two decades (for Fink, three decades), they've routinely picked up trash to help keep the neighborhood clean. However, when they noticed the encampment, they became more concerned about the impact it was having on their neighborhood.

SEE **HOMELESS CANYON CLEANUP**, Page 9

PHHS fall sports teams are off and running

By DAVE THOMAS

With the fall sports season off and running, a number of Patrick Henry High School varsity teams are busy competing.

In **girls' golf**, the team under first-year head coach Christopher Sandeen looks to rebound from a challenging 0-12 2021 season.

Among the players Sandeen looks to this year will be starters Kimberly Lodge (sophomore), Sophia Pina (junior), Hayley McCarthy (sophomore), Liberty Johnson (sophomore), Katie Quin (sophomore) and Alex Hopkins (junior).

Among the junior varsity players are sophomore

Lydia Lopez, senior Christiana Keibally, and freshmen Grecia Hernandez, Emma Ramirez, Kaela McConchie, Milan Kiss Albee and Dublin Westrick.

"We are a developmental team at this point returning one senior," Sandeen stated. "Kimberly Lodge is an up-and-coming player and has a high ceiling for development," Sandeen noted. "Christiana Keibally is an excellent player looking to build on her awesome 2021 season."

In **girls' volleyball** action, Patrick Henry went 17-11 a year ago and lost in the first round of the CIF's.

According to head coach David Chau, a few key players

will be senior captains Libero/DS Analiese Gagliano and Devyn Cooper, as well as junior outside and opposite hitter Lauryn Mann.

"We will look to Analiese and Devyn to lead our defense and Lauryn for that aggression on offense," Chau commented. "All three have been on varsity since freshmen year and will take on huge leadership roles this season as they know what it takes to play at a high level. We have a lot of first-year varsity players and some young players in key positions."

Chau noted that goals include not taking a first-round exit at CIFs this fall.

SEE **PHHS FALL SPORTS PREVIEW**, Page 3



The 2022 high school fall sports season is off and running as Miriam Aguirre competes in a recent race. (Courtesy photo)

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Environmental impact report released for proposed All Peoples Church

Friends of  Del Cerro
By JAY WILSON

The big news for Del Cerro residents is the long-awaited Environmental Impact Report (EIR) for the proposed All Peoples Church has finally been released.

All residents have an opportunity to comment on the document, both pro and con for the next 45 days. A two-week extension can be granted if requested. Following the public comment period, the city will begin work on the final EIR which includes responding to issues raised through the public comment period. This can take several months. The link to view the draft EIR follows.

It is my understanding the traffic report is included in the EIR as an attachment. To view the document, go to sandiego.gov and in the search box in the top righthand corner, type All Peoples Church EIR or here is the link - sandiego.gov/sites/default/files/dsd_636444_-_draft_environment_impact_report_date_8-31-2022.pdf.

Jackie O'Connor, the president of the Friends of Del Cerro (FODC),

would like to remind everyone to be sure and use the City of San Diego's "Get It Done" APP to report city related problems or concern such as traffic signals, streetlights, graffiti, homeless encampments, potholes, overgrown sidewalks, faded street identification signs and much more. It is easy to use, and you will receive notification your item has been received and you will receive a progress report and when the item has been resolved or forwarded to the proper department.

To download the APP, go to The App Store for Apple phones or devices or the Play Store for Android phones and devices. The APP is also available through the City of San Diego's website at: sandiego.gov/get-it-done. Don't always assume someone else will report it. Take a minute to download the "Get It Done" app, and when you see something, take another minute to report it.

Our Fire and Rescue Department continues to emphasize the necessity of being prepared particularly if you live adjacent to a canyon. All the brush in our community is very dry and will continue to lose moisture

SEE FODC, Page 7

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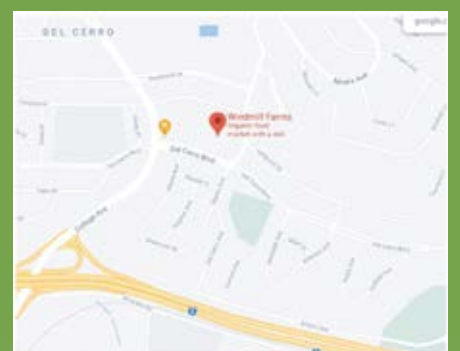
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PHHS fall sports preview

CONTINUED FROM Page 1

“So far we have not started off the season how we would have liked to, but we are remaining resilient and will continue to work hard to ensure a successful season,” Chau added. “It is still early in the season and I expect that toward the end, we will have everyone playing at the same level to make a run in the playoffs.”

In **girls’ field hockey** action, PHHS is led this season by new head coach Rosey Bryant and assistant coach Felix Humbeck.

According to Bryant, key players on varsity include seniors Danica D’Agostino (forward), Carmella Riso (defense), Payge Miller (goalie), Isabella Salas (midfield), Isabella Dean (forward), Sofia Ponce (defense), Tiffany Tran; juniors Britten Broatch (forward) and Emi Suzuki (defense).



Running back Caprece Pressley has defenders in pursuit of him during a recent contest. (Courtesy photo)

Junior varsity keys are sophomores Gabriella Anderson (forward), Zoe Colling (goalie), Haleigh Jenkins (midfield for junior varsity and varsity); freshman Hailey Yin (defense).

“This year Patrick Henry has the opportunity to field both a varsity and junior varsity team,”

Bryant commented. “This season’s focus will be on growing the team through implementing a junior varsity team to maximize playing time and game exposure for all players. Patrick Henry is focusing on rebuilding the team in hopes for a more successful season in the coming years.”

In **girls’ tennis** play, PHHS under head coach Karen Ronney (15th year at the school) went 11-7 overall a season ago, 5-6 in Western League play. The team finished tied for third place in league play and ranked eighth in the CIF San Diego Section. PHHS was the 2018 CIF San Diego Section Division II champion.

According to Ronney, some key singles players this season include junior Kate Prichard and senior Anna Pallencaoe. Leading the charge in doubles are seniors Kennedy Giammarinaro, Makayla Linfoot, Sophia Bresnick and Lucille Braunschweig. Prichard was the Western league singles finalist in 2021, while Giammarinaro was fourth in doubles in league play.

“We have a really strong team with a lot of depth and talent,” Ronney noted. “We have a majority of seniors who have years of experience. This is going to be an exciting year and we are going to be one of the top teams to beat.”

Editor’s note: All fall varsity sports head coaches at PHHS were asked to contribute information for this article.

—Reach editor Dave Thomas at: Dave@sdnews.com.



Junior Kate Prichard leads the girls’ tennis team into action this season. (Courtesy photo)

Why Homeowners Leave Thousands Behind When Selling Their Homes

San Diego – A new report has just been released which reveals 7 costly mistakes that most homeowners make when selling their home, and a 9 Step System that can help you sell your home fast and the most amount of money.

This industry report shows clearly how the traditional ways of selling homes have become increasingly less and less effective in today’s market. The fact of this matter is that fully three quarters of homesellers don’t get what they want for their homes and become disillusioned and worse financially disadvantaged when they put their homes on the market.

As this report uncovers, most homesellers make 7 deadly mistakes that cost them literally thousands of dollars. The good news is that each and every one of these mistakes is entirely preventable. In answer to this issue, industry insiders have prepared a free special report entitles “The 9 Step System to Get your Home Sold Fast and For Top Dollar”. To order your FREE copy of this report, call toll-free 1-800-270-1494 and enter 1000. You can call anytime, 24 hours a day, 7 days a week.

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Council:
Keeping the
trails clean

By SHAIN HAUG

On Aug. 18, we took action on the needs of Navajo Canyon.

Thirty-five volunteers of all ages cleaned up trash on the trail and the area surrounding the Adobe Falls Trailhead.

Our thanks to Nikolas Kennedy of I Love A Clean San Diego for hosting the event and to Friends of Navajo Canyon Leader Kim Morris for her leadership.

We cleaned up about 150 pounds of trash leaving the canyon a more enjoyable place to explore. County District 2 Supervisor Joel Anderson's Office recognized our volunteers and presented each a certificate of appreciation. The interest of our elected officials is deeply appreciated. And, our very special thanks to Jersey Mike's, 6545 Mission Gorge Road, for the generous donation of sandwiches to our volunteers.

The work became more exciting when a small brush fire broke out in the canyon near Adobe Falls and Waring Road. Fortunately we spotted and reported it before it spread.

Our firefighters were on the scene within minutes. No one was hurt and minimal damage was done. Our thanks to our wonderful firefighters and other first responders for protecting our neighborhoods. This fire started due to cigarettes and other trash that are frequently thrown out from cars. The event stresses the urgency and importance of keeping our neighborhood clean and protecting our natural spaces.

We all have a responsibility to be stewards of our native lands and protect precious native habitats such as Navajo Canyon. To learn more about I Love A Clean San Diego's upcoming cleanups, to request an educational presentation at your school or community group, and to invite them to your community event check them out at cleansd.org. You can also use wastefreesd.org to find recycling and HHW drop-off centers for items around your house.

I Love A Clean San Diego is always looking for cleanup hotspots. If you live near a City of San Diego canyon that could use some support, please contact them. They work with Think Blue San Diego and would love to partner with you to protect our watersheds. They will provide recruitment, supplies, and leadership. To learn

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San Carlos Community Garden making way for monarch butterflies

By JESSICA MILLS

As an official monarch waystation, the San Carlos Community Garden (SCCG) provides food and habitat for monarch butterflies to combat the impacts of climate change. With regularly blooming nectar sources, native milkweed plants and daily sunlight, the garden creates an environment conducive for butterfly survival.

In an effort to sustain and grow the monarch population, SCCG will be giving away free native milkweed plants (one per family) every Saturday from 9 a.m. - 11 a.m., while supplies last.

On Saturday, Sept. 10, children participating in 'Alphabet Soup', SCCG's monthly interactive story time event, will have the opportunity to plant milkweed in the Garden and will receive their own milkweed to plant at home. In partnership with the San Diego Public Library San Carlos Branch, Alphabet Soup is a free monthly event held in the Garden on the second Saturday from 10 a.m. - 10:30 a.m.

SCCG volunteer and plot gardener Mairs Ryan helped designate the garden as a monarch waystation in the spring of 2021 under the guidance of Xerces Society, a non-profit organization that protects wildlife and their

habitats. Ryan manages the butterfly beds and placement of milkweed in the Garden.

Much of the decline in monarch butterflies is due to a decrease in native milkweed plants from global warming and pesticide use. Milkweed plants are not only the monarch caterpillars' sole food source, but the adult butterflies' host plants for laying their eggs as well.

As one of the largest groups of pollinators, monarch extinction affects various ecosystems, pollinators and human food systems. Which is why planting milkweed in your home and community is important for the overall health of our planet.

"With this waystation recognition, the garden promises to provide an environment that promotes safe breeding and feeding resources for the monarchs," Ryan said. "Such as, planting native milkweed for the caterpillars and an abundance of flowering plants for the adults."

The community is encouraged to come and enjoy the Garden and take part in our monthly events held during open hours on Saturdays from 9 a.m. - 11 a.m.



Monarch caterpillar eating the native milkweed plant. (Photo courtesy of Jessica Mills)

Produce swaps are held every fourth Saturday of the month from 9:30 a.m. - 10:30 a.m. to swap fruit, vegetables, herbs, flowers and more with community members.

SCCG's upcoming workshops (advanced registration required, \$10 per person)

Sept. 17: Planning a Winter and Fall Garden

Oct. 15: Container Gardening

For more information about the garden and to register for a workshop, visit: sancarloscommunitygarden.com/.

—Mills is a volunteer for the SCCG and senior at the University of San Diego. She helps with communication and marketing projects for the garden and the Youth Ambassador program.



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Patrick Henry High puts major focus on campus security

By DAVE THOMAS

Various things have changed over time at Patrick Henry High School and in the country for that matter.

When it comes to the country, safety-related incidents on numerous school campuses have had a bigger spotlight cast on them in recent decades. As a result, many schools have had to make adjustments on how they go about protecting students, teachers, other staff, visitors and so on.

On a typical day, some 2,600 students are on the PHHS campus (opened in 1968), with around 200 staff and teachers in place.

According to Principal Michelle Irwin, the school employs three campus supervision aides (not officers), using site funds to employ these positions. The majority of the facility security items are paid for by the SDUSD general budget or by Prop Z—a taxpayer proposition to support the upkeep of all the school's facilities. Finally, the school's police department assigns an officer to the Henry cluster schools.

Mission Times Courier recently caught up with Irwin to talk about all that goes into keeping the campus as safe as possible.

MTC: When it comes to securing the PHHS campus, what have been some of the priorities in last couple of years?



Patrick Henry High School continues putting a big emphasis on campus security. This includes fencing outside to keep vehicles from going wherever they want on campus and guests signing in when entering the school. (Courtesy photos)

Michelle Irwin: We have added more security fencing and gates to secure our campus. You will notice we have A-frame gates at the entrance/exit. We added a gate and fencing between the 800 building and our East perimeter to stop people from driving onto campus and entering the main campus from the east. We have added small deterrents on Wandermere (Drive) to stop people from driving onto campus and ruining our grass and landscape and racing in our parking lots. We have worked with our district staff to add additional fencing to secure our campus by the fields/stadium/gym areas. We hope to have that fencing installed by early 2023. We have also upgraded all our security cameras on campus. Some have been damaged by vandals and

others just needed upgrades. Our cameras are very clear and can take video footage from multiple angles. Not only can PHHS admin view the cameras but our school police department can view them as well.

MTC: How often during the school year do students/teachers/staff train for live shooter drills, fires and other potential safety issues on campus?

Michelle Irwin: We train our staff/students on fire/earthquake and other drills about three to four times per year. We practice knowing the sound of the bells, exiting the classroom or area and evacuating to the correct area. We time the drills to ensure we efficiently exit the buildings safely.

We train our staff and only our staff on active shooter training about three times per

year. We train the staff not the students for many reasons:

- We do not want to stress our students on an active shooter drill;
- Too often in school shootings the perpetrator is a student or former student – we do not want to train a potential perpetrator what our actions are in event of such an incident. We have told students to follow the directions of the adult/teacher they are with.

MTC: If you're the parent of a PHHS student, how good should you feel about the security precautions school officials have taken?

Michelle Irwin: I would feel confident that PHHS/SDUSD are securing our school and keeping our students and staff safe.

SEE PHHS SECURITY, Page 15

To share or not to share: Location sharing apps and services

DA Notes

By SUMMER STEPHAN



Technology has made it easy to track your friends and family through location sharing apps, providing comfort for parents worried about their children or making sure your elderly parent made it to their doctor's appointment.

But there is a dark side to location sharing because bad actors have found nefarious ways to abuse the technology and technology companies collect that data, combine it, and sell or monetize it.

Location sharing uses sensors on mobile devices to pinpoint their location and report back to the interested party. This is generally done via a combination of GPS, cellular radios, and Bluetooth radios. Often, the accuracy of the subject can be narrowed within a few feet. The area a device is in, as well as the state of the device will dictate how accurate the technology can get.

Location sharing can be a permanent in that it is always turned on, or it can be an option

that is activated for a specific timeframe or event. For instance, going to an amusement park? You may want to start sharing your location with your friends or children for the remainder of the day, so if you get separated you can find your way back to each other.

The benefits of being able to see where your loved ones are is obvious. However, understanding the potential trade-off is also important. There are several ways to use location sharing. These include offerings already on your phone such as Find My or Google Maps or third-party options such as the popular Life360.

As with any technology designed for good, there are scammers ready to take advantage. Location sharing technology can be used by stalkers and in abusive situations.

When using sharing your location keep in mind the following safety tips:

- Never authorize location sharing with someone that you don't know.
- Discuss location sharing with your kids, and make sure they understand how it works,

so that they do not share their location with would be bad actors.

- iPhones have a built-in service which will notify you if an unknown AirTag (location tracking device) is traveling with you, Apple also offers an app on Android which allows you to scan your area for any AirTag devices which may be surreptitiously tracking you.

In addition, consider the following when deciding to use location sharing:

- Larger more well-known companies are generally safer to trust.
- Read the fine print: most companies like Life360 publish their privacy policy on their website.
- Location sharing is a two-way street, at least as it applies to adults. Both parties should give consent to the location sharing before it is used.
- Consider all options when you activate location sharing and make sure it is setup in a way that works for you and gives you the features you want.
- Be aware of the principle on which certain location-sharing products work. Most apps offer the ability to share your current

location, but it also tracks your movements in real-time. Choose what is best for you.

- Think carefully before turning on geotagging in your tweets, blogs, or social network accounts.
- Apply location features selectively. Consider only allowing geotagging on photos when you specifically need to mark them with your location. Note that it's safer not to geotag photos of your children or your house.

Location sharing is a great example of technology that wasn't readily available a few years ago, but now offers piece of mind. Used appropriately it offers great options for safeguarding your family and friends.

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: sdca.org/office/contact/ to contact her.

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Volunteers work to keep the Adobe Falls Trailhead and surrounding area clean. (Courtesy photo)

AGGCC

CONTINUED FROM Page 4

more, e-mail Nik at nkennedy@cleansd.org with your location and helpful.

Our leader of the Friends of Navajo Canyon is taking maternity leave, so we need someone to take up her post. If you or someone you know may be interested, visit sdcanyonlands.org/friends-of-navajo-canyon. Just as we did for Kim, the Community Council will give you all of the support you need to carry out this vital function. Our Navajo Canyon monthly stewardship events (habitat restoration and cleanups) will resume in October, perhaps under your leadership.

The Water Conservation Garden in East County celebrates

the beauty of nature and promotes conservation of water in landscapes. The guest speaker at our Sept. 27 town hall meeting will be Pam Meisner, founder of Ms. Smarty-Plants™.

Meisner is a lifelong educator with more than 30 years of teaching and advocating interactive learning in nature. Her guidance can be the basis for a similar effort in our neighborhood. Join our mailing list by using the “Contact Us” page at aggccouncil.org to give us your email address and to consider joining our efforts in your neighborhood.

We can do only so much as the person-power of the Board membership allows, and there is a lot to be done.

—Shain Haug, is president AGGCC.

FODC

CONTINUED FROM Page 2

as we move into September and October.

The FODC is a 501 (c)(3) non-profit corporation. The FODC is a community organization of local residents and businesses committed to increasing the cohesiveness of Del Cerro and the surrounding communities by promoting and providing for safety, beautification and economic development.

We invite you to learn more about our organization, the many community projects that we are involved in to better our community, and to get involved – either by joining the Friends of Del Cerro as a supporting member or becoming a partner through sponsorship or donation.

Visit our website at friendsof-delcerro.org for more information and sign up for our newsletter.

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



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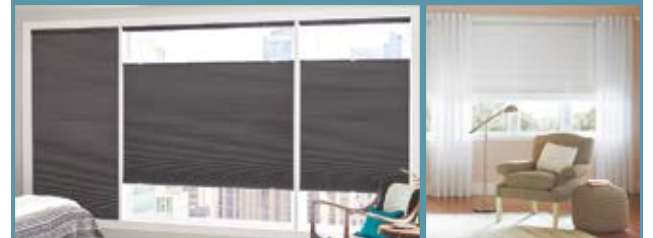
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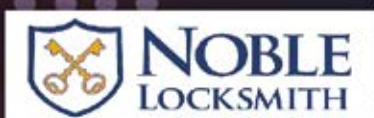
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Homeless
canyon cleanup

CONTINUED FROM Page 1

“It seems like the problem is getting worse and I really don’t know what the answer is,” said Erquiaga. “I think there’s got to be more involvement from the community regarding this issue. It just doesn’t seem like there’s a lot getting done.”

“There’s a lot of people that are pretty frustrated by the lack of clean-up and the homeless situation,” said Fink. “I know a lot of us get stressed out. I live in a beautiful area and I don’t want to see it like this.”

Brian Gruters, director of outreach at PATH — a housing support organization in San Diego — explained that connections among housing support organizations are improving but finding a resolution has been a more complicated process.

“On average it takes probably around 60 to 90 days to get people into a permanent home just because of the available resources,” said Gruters. “That’s moving as fast as we can. We put a high level of urgency on getting people inside, but you can only move as fast as housing is available.”

Fink and Erquiaga didn’t venture into the canyon to pick up more trash because the land that the encampment was located on is privately owned by a local church, All People’s Church. Kendall Laughlin, the executive pastor at All People’s Church, said the trash issues and encampment are something they are working to resolve.

“There is an encampment on our land. I know that that’s concerning to the community. That’s a concern to us too,” said Laughlin. “One of our big commitments, wherever we have a church location, is being a good neighbor to that community. We want to hear the concerns of Del Cerro residents. Actually, numerous ones have called me in the past couple of weeks about this. I’ve been in contact with residents trying to hear their concerns.”

Laughlin said the church has cleared brush, partnered with different service organizations and also partnered with the Adopt a Highway program to maintain a clean space on the highway.

But residents like Erquiaga and Fink are still concerned that not enough has been done.

“I was wondering why the church has signs posted that they’re cleaning the area or paid

to have the area cleaned, but I wasn’t seeing any action for weeks,” said Erquiaga.

According to Laughlin, the church is continuing to clear and clean the land in the canyon, but the freeway area the church has sponsored is out of their hands.

“That land is actually owned by CalTrans. It’s not our land,” said Laughlin. “Some of the people who are unsheltered and some of their stuff is on the CalTrans parcel. We actually donate to Adopt a Highway but they clean up the property. We are not allowed on the property because I guess there have been safety issues in the past.”

Regarding the encampment, Laughlin said All People’s Church also filed a GetIt Done report but is still awaiting support to help the unhoused individuals. Laughlin said All People’s Church reached out to the San Diego Rescue Mission to see if they could get support in approaching the people on the land, helping them get services and then transitioning them off.

While organizations like San Diego Rescue Mission and PATH are working to get support services to unhoused individuals in Del Cerro and beyond, Gruters explained that there is still a long way to go.

“It isn’t like making a request to fix a pothole. It’s like making a request to fix a pothole when there’s no material to fix the pothole,” said Gruters. “You have to wait for those materials to become available.”

The lack of housing is a concern for organizations like PATH. And for encampments like the one located on the private land of All People’s Church, Gruters said a larger team effort is needed to help these people get resources because these encampments are often their last resort.

“They’re living there because they have to have a place to live,” said Gruters. “They can’t find another place to live, or rather, they can, but it doesn’t solve the problem.”

As housing support and resource organizations continue to improve outreach, Erquiaga and Laughlin both said a community effort is needed to create the changes they want to see in their neighborhood.

“I think there needs to be involvement from the city, the police, the community, and the church,” said Erquiaga. “I should be more informed, and I will get more informed. I know there are a lot of people working on this and

I don’t want to sound like things aren’t getting done. I think there needs to be involvement from everyone.”

“My understanding is that this is a systemic need in our city,” said Laughlin. “I would love to see a response which is the city, non-profits, and faith-based communities partnering together in order to come up with creative solutions. That would be the ultimate dream.”

All People’s Church is still in the process of getting approval for construction, but, according to Laughlin, they do not plan to have a homeless ministry; rather, they intend to have partnerships with other outreach organizations.

PATH has a presence in the Del Cerro area and the greater San Diego area. Gruters said they have responded to referrals from other outreach teams, tips from 211, and GetIt Done.

To learn more about housing support services in the area or to get help, visit <https://211sandiego.org/housing-information/> or <https://epath.org/>.

—Elaine Alfaro is a journalism student at Point Loma Nazarene University and a former intern for the La Mesa Courier.

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Yard House Mission Valley: Offering the world’s largest selection of draft beer and many other drinks

By **ROBIN DOHRN-SIMPSON**

Have you tried drinking a yard of beer out of a yard ale glass? With the tulip lip, a long shaft and a bulb at the bottom it can be tricky. One slip up and you can spill your beer all down the front of you.

Yard House in Mission Valley boasts more than 130 beer handles serving approximately 90 beers. It is a constantly changing number and when they are gone, they are gone. Check out the fancy system on the ceiling of transferring the beer from kegs through pipes to the handles at the bar.

The Yard House features many local brews in pints, a pub glass or a half yard.

Some highlights include San Diego’s own Belching Beaver Nitro Peanut Butter Milk Stout, which has the taste of roasted coffee, chocolate and peanut butter. It may be a dark beer but it’s easy drinking. Try a Coronado Brewing Orange Ave Wit, a light-bodied beer with orange zest, coriander and orange blossom honey. It’s just so fun to try a few new brews. For the gluten-free crowd, they offer two different choices

for you. Just beware because when they’re out they’re out. You might have to try another beer.

Margaritas are another Southern California favorite. The Pink Dragon Margarita, made with Espolon Reposado Tequila, Grand Marnier, citrus agave, pink dragon fruit, and

black sea salt-rimmed glass, presented tableside with smoke is an impressive presentation and unique drink.

If you enjoy Mule drinks, try the Hawaiian Mule, which is New Amsterdam Pineapple



Whether you have beer on your mind or a little something different, the Yard House is the place to go. (Photos by Robin Dohrn-Simpson)



Vodka, ginger beer, pineapple and mint. The Grey Goose Strawberry Mule made with Grey goose vodka, fresh strawberries, ginger beer, lime and mint is equally tasty. Alternatively, if you are a mule purist try the Moscow Mule made with New Amsterdam Vodka, ginger beer, lime and mint. You can’t go wrong with any of these.

In the refreshing section a fruity wine cocktail of a Sunset Sangria with Merlot wine, New Amsterdam Vodka, Aperol, Moscato, Citrus Agave and passion fruit or the Midnight Sangria with Pinot Noir, Hennessy v.s. Cognac, Midori Melon Liqueur, citrus agave and

clover honey topped with a black cherry.

The wine list is small, but does offer wines from Italy, France, New Zealand as well as California. For the sparkling wine lovers, you can’t go wrong with a tasty French Veuve Cliquot (½ bottle) or a Roederer Estate Brut from the Anderson Valley in Northern California.

They have a late night Happy Hour from 10 p.m. - close Sunday through Thursday, for drinks only, over and above the regular 3 – 6 p.m. Happy Hour that includes appetizers and pizzas.

What is very wonderful for those who want to talk with their companions is that you do not have to yell over the loud music.

They have a sophisticated sound system that has loud enough music yet offers the ability to talk. It is very refreshing.

Yard House is located in the Mission Valley Mall at 1640 Camino del Rio North. For hours and more information go to: yard-house.com/locations/ca/san-diego/san-diego-mission-valley-mall/8363.

Editor’s note: We will be reviewing area establishments from time to time to highlight the best places to go for a drink.

—Robin Dohrn-Simpson is a local food and travel writer. Reach her at robindohrnsimpson.com.

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It was a banner season for the San Carlos Little League 10-under All-Stars. Not only did they make some history, they had fun doing so. (Courtesy photo)

San Carlos 8-10u LL All-stars make historical run to So Cal State Tournament

The San Carlos Little League 10-under All-stars set history this summer with a magical and exciting undefeated All-star run through District 33 and sectional competition. This was the first sectional title for SCLL at the 10-U level.

This SCLL 10u All-star team earned a berth as one of the top 10 teams in the Southern Cal State Tournament. Both San Carlos and Chula Vista Little League were the only represented teams from San Diego County at the state competition. In the first round of competition, SCLL was able to notch a comeback victory against Glendora American LL by a score of 11-8. SCLL fell just short in a very close game losing 4-3 to Palos Verdes Little League. Palos Verdes LL also ended up continuing on to win the So Cal Title. The benefit of being this strong at 10u is that this group of youth athletes will have a chance to compete again at 11u next season and ultimately at the 12u level which offers a broader opportunity past state and potentially into the Little League World Series.

The SCLL 10-under roster includes: Diego Castro, Ryder Karlson, Noah Kreisler, Jack Bakke, Jackson Masuhr, Rocco Merrill, Owen Newlands, Vinny Vitale, Jackson Walker, Koen Rydell, Cashton Hazlewood, Gage Weisskopf, Hudson Gendron; Manager Cory Hazlewood; Coaches: Jared Merrill, Mario Vitale; Assistant Coaches: Jason Bakke, Nick Weisskopf.

“This was great team of talented, focused young athletes to manage,” Cory Hazlewood commented. “Having the support within the community, our Little League and from the families helped keep this team on track. These boys have more left in the tank and I believe they are hungry for what is next.”

It also was a memorable mustache summer for San Carlos Little League.

In today’s youth sports, competition has become a fierce part of the game and at times can place too much pressure on youth athletes and eventually derail a team’s momentum. But not this SCLL team.

With some motivated parents, fans and coaches, the mustache

look was developed to be a key part of the clubhouse excitement, humor and rally tool with focus in “keeping the games fun during highs and lows”. “It was our team’s dugout tradition and swag chain celebration,” Cory Hazlewood stated.

This motivational humor and fun could be heard within the dugout during games with chanting “Mustache, Mustache, Mustache”. Keeping any sport fun is sometimes missing in sports today, and with MLB teams reminding kids it’s good to celebrate with your own style, this SCLL team took the mustache along with a honey badger as their rally tool. The support of the coaches, families and community made this possible as they all too rocked

mustaches right into the Little League state competition.

BASEBALL HAS A HISTORY IN THIS COMMUNITY

While history was made this season for the 10u team, this is nothing new to SCLL.

This season, San Carlos also swept the entire District 33, earning three titles at all three age levels (10u, 11u, 12u). Over the last decade, SCLL has become a baseball powerhouse for the community, sending multiple 12-under teams into the state tournaments. In fact, the 2021 SCLL 12u team made an incredible run being just edged out by Torrance. Torrance LL ended up competing in the Little League World Series.

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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.

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Local connection, fellow Kiwanis Club members welcome home U.S.S. Abraham Lincoln

By DAVE THOMAS

You never know where life will take you and who you will reconnect with many years later.

For one local woman, the chance to reunite with a former student she taught back in the 1970's in upstate New York was too good to pass up recently.

As Kathy Butterstein from the Smoke Tree community of San Diego noted, it was 1973 and she was the only biology teacher at Chatham High, in upstate N.Y.

"It was a struggle making lesson plans and grading papers," Butterstein said. "I was only six years older than my students. I was lucky they gave me the benefit of the doubt and we basically all learned together. Some of my first students and I have kept in touch over the years, and I have even attended some of their weddings and reunions."

Butterstein pointed out that 'Debbie T.' was in her very first class. According to Butterstein, the young girl was one of her favorite students.

"I actually drove her and another student to visit Cortland State University during their senior year," Butterstein went on to say. "Deb decided to attend Cortland and returned to Chatham High after graduation as a substitute teacher. Eventually, she joined the New York State Troopers, and became the top ranked woman trooper."

Flash-forward years later and Deb's daughter, Kelsey, is a Navy



Local Kiwanis Club members were on hand recently to welcome the return of the U.S.S. Abraham Lincoln. (Courtesy photo)

doctor serving aboard the aircraft carrier U.S.S. Abraham Lincoln.

The Lincoln recently returned from deployment, docking in Hawaii. Deb and her husband flew to Hawaii to meet Kelsey. The Navy sponsors a "Tiger Cruise" for family members who have been out to sea once their tour ends. So, Deb and her husband boarded the Lincoln and sailed with Kelsey back to San Diego.

Butterstein (current president of GAGKC) and a number of her fellow Grantville-Allied Gardens Kiwanis Club members were down on Shelter Island recently when the Lincoln cruised into San Diego Bay.

"You never know where life will take you," Butterstein added. "When Deb walked into my classroom 49 years ago, both of us nervous at the start of our first year as student and teacher, we could never have guessed that we would meet again as she sailed into San Diego alongside her daughter, a Navy doctor."

—Reach editor Dave Thomas at: Dave@sdnews.com.

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Mission Trails Regional Park Foundation presents Second Nature, Sept. 10 through Oct. 21

The Mission Trails Regional Park (MTRP) Foundation presents its next art exhibition, Second Nature, from Sept. 10 – Oct. 21.

This exhibition will feature seven local artists working a range of media: Joanna Collier, Otto Kruse, Deirdre Lee, Dana Levine, Roz Oserin, Philip Petrie, and Meera Ramanathan.

The public is invited to a reception in honor of the artists on Sunday, Sept. 18, 2 p.m. to 4 p.m.

The artworks featured in the exhibition will be available for sale with a percentage of the purchase benefiting the park through the MTRP Foundation.

About the artists:
Joanna Collier – Oil Pastels - Collier lives in San Diego and works throughout Southern California. She has studied art since childhood and has garnered awards for both her drawings and paintings. Her plein air oil pastels are done quickly in a single session, creating a more intimate connection between the viewer and the subject.

Otto Kruse – Photography - Kruse is a native San Diegan, an engineer by trade, and discovered photography was a perfect medium for him to create art. Kruse regularly travels and explores, and through the camera he became a more patient observer. For him, time slows down when he picks up the camera, and his photographs provide a vehicle to share his experiences with others. Photography allows Kruse to connect with people and tell their stories in a way that is authentic.

Deirdre Lee – Ceramic Tiles - Bold vibrant color and a strong graphic style blend in Lee's distinctive collection of hand-glazed tiles. Her love of animals, nature, and color inspires her designs. Her work has included many tile commissions that bring joy to her clients' lives. Over her career she has worked with many art mediums including printmaking, clay sculpture, painting, and for years was an art director/graphic designer.

Dana Levine - Photography - When Levine retired as a biochemist and science educator, she resumed her interest in painting and photography. She creates impressionistic, atmospheric images. Her aim is to express



Among the pieces of work at the Second Nature exhibit is this Sunset Fields piece from Joanna Collier. (Courtesy photo)

the richness of nature and the human form by infusing light and mystery into the work, creating beauty from things we may never notice. Levine is a nationally recognized artist who has won numerous awards for her paintings and photographs.

Roz Oserin – Mixed Media - Oserin took up art in 2007, originally training under Jack Jordan, a well-known artist and retired art teacher. Oserin works with acrylic, oil, mixed media and watercolor, feeling that sometimes the subject matter dictates the medium or the feeling she is trying to convey. She's a member of the San Diego Watercolor Society (SDWS) and has received awards for her paintings in juried shows.

Philip Petrie – Oil Paintings - Petrie is a painter working in oils on canvas. Petrie's process is automatic—each painting evolves as it goes along often taking a radical change in direction. Landscape is at the heart of his endeavor, but it is an imagined landscape which draws equally from visual perception and his imagination. He is especially pleased to be exhibiting at Mission Trails because the park is a major source for his work.

Meera Ramanathan – Paper Collage - Ramanathan is a paper collage artist. Her works deal with subjects which are often considered ordinary; things that we look at every day and take for granted. Her aim is to raise these items to a higher level as she believes that there is so much beauty and uniqueness in them. She thinks of her paper collages as an ode to the normal and typical and strives to elevate these objects.

The Mission Trails Regional Park Visitor Center is located at 1 Father Junipero Serra Trail, and it is open daily from 9 a.m. – 5 p.m. and admission is always free.

For more information about the MTRP Art Program, visit: mtrp.org/art.

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Factors affecting home buyers this fall

By SARAH WARD, REALTOR

Thank you all for reading my real estate column each month. My goal is to provide up-to-date insight into the real estate market. As always, feel free to reach out to me with any questions.

I recently met with a couple of first-time buyers and a question came up of the government raising interest rates of late and how that might affect mortgage rates going forward.

One of the most important directives of our central bank (The Fed) is to contain inflation.

As we are all aware of, the price of seemingly everything has been rising. One primary tool, among others, for The Fed to fight inflation is to raise the fed funds rate, the rate banks themselves borrow money from each other. But the mortgage rate is not directly tied to this rate. The mortgage rate is determined by many factors including perhaps the most significant determinant of simply the supply and demand for loans by borrowers.

So as The Fed increases their rate for banks, the economy typically slows and the demand for mortgage funds is reduced. As a note, the prime rate is typically tied to the fed funds rate, so some adjustable-rate credit cards and HELOC rates can rise. But primary mortgage rates are not tied to the fed funds rate. The mortgage rate can actually drop when the fed funds rate rises!

Just recently The Fed raised the fed funds rate by 3/4 of a percent (75 basis points) and the rate on a 30-year conforming mortgage then dropped by over a half of a percent, down to 5.13% as of Aug. 18,

2022. So mortgage rates are now dropping.

Another issue currently on the table is the November election.

Two years ago, the pending election did cause a bit of a slowdown in the real estate market as buyers were in a wait and see mode but only a few months later demand picked up again. I feel that once again the upcoming election is causing a small headwind in the real estate market as some buyers do stand on the sidelines now. However, I do expect a strong market to continue in 2023 here in San Diego.

Once the election is settled, and with mortgage rates still fairly low in the 5's, I expect buyers to once again start looking for property. There are a ton of well qualified first-time buyers out there in their 20's and 30's working at our local tech and biotech companies that are tired of renting and want to lock in a fixed housing payment and own real estate here in San Diego.

I told my buyers last week that with the mild slow down currently, we should continue the property search as with less offers coming in on listings, it's a little easier to find a dream house versus 2023 when I expect another acceleration of buyers into the market. Plus, real estate is an excellent hedge and protection from the ongoing inflation problem.

Feel free to contact me with any questions regarding local residential real estate whether you are a buyer or seller. I am very knowledgeable on the local real estate market and would be happy to speak with you on the phone.

Call me at (858) 431-6043.

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

Mission Hills resident named to board of Downtown San Diego Lions Club

The Downtown San Diego Lions Club recently named Douglas Wahl as the new president to take over the reins with a renewed vision of "WE SERVE," the club's motto. In addition to Wahl, they have elected a new board of directors to usher them into the next 100 years.

Among the board members is third vice president Maire Hunt of Mission Hills.

For more than 100 years, the Downtown San Diego Lions Club has served the San Diego community in almost all the major downtown projects in San Diego since its inception. Wahl's vision is to

bring that giving and commitment to the forefront once again to serve the community and to work with his new foundation board to enter the chapter of the club's next 100 years.

For more information on the Downtown San Diego Lions Club, visit: sandiegolions.org/.

PHHS security

CONTINUED FROM Page 6

While it is always concerning to think about mass shootings and the uptick in mass shootings, we all need to be mindful, observant and support each other by saying something if something seems off or concerning. It takes a village.

MTC: How much focus do you put on see something/say something both when students/teachers/staff are on campus and also anything they might see or hear on social media off campus?

Michelle Irwin: We always encourage our students, parents and community members to notify us if they see/read/notice anything that is concerning. As a school community, we are all responsible for keeping all students and staff safe. We are very thankful for those who have seen threats towards staff/students on social media such as NextDoor, Instagram, Snapchat. We always notify our school police department and together we investigate all threats against our school, students or staff. For example, we recently

were notified by several community members that someone on NextDoor posted they would shoot any PHHS student or staff member who wears a mask with water to protest mask wearing. We were very concerned and notified school police. Thankfully, the NextDoor administration took down this threat against our students and staff. Regardless, we have requested additional police assistance as we begin school.

MTC: Do you look at what other high schools locally or nationally do with security measures in considering what might work well for PHHS?

Michelle Irwin: Yes. I always take notice of what was in place at a school, synagogue or church and think about what we need to do to make PHHS safer. For example, one area we are going to implement this upcoming year is to ensure all our students wear their ids while on campus. As a staff and/or district staff, we have name badges that we wear daily so we can identify any adult. (We have visitor badges for any visitor/parent who visit campus.) However, we have not instituted such safety measures with our students. Since we have

over 2,600 students, we believe having our students wear their ids will help us ensure that everyone on campus is supposed to be there.

MTC: As tragic as these school shootings are nationwide, do they help to educate you and everyone else at PHHS when it comes to hopefully preventing such an event on campus?

Michelle Irwin: Yes. It is so tragic to hear about school shootings or mass shootings at places of worship or at movie theaters. Unfortunately, we have become used to analyzing what we need to do and bringing new information to our staff and students on the 'what if... I firmly believe PHHS is safe for many reasons:

- Extra fencing
- Upgraded cameras
- Students, staff and parents who notify us of what is being shared in social media or things that are overheard in carpools or at various school events
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—Reach editor Dave Thomas at: Dave@sdnews.com.


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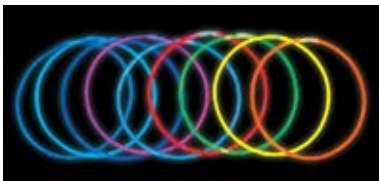


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