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Crusaders Soccer continues to net success



Members of opposing 2011/2012 Crusaders Soccer teams challenge each other for the ball recently as it moves towards a goal. See story on [Page 8](#). (Courtesy photo)

SDSU students came out in droves for 2022 midterm election

By NATALI GONZALEZ

Young voter turnout in the recent midterm election was the second highest it had been in three decades. Some of those voters call San Diego State University home.

According to a report from the Center for Information and Research on Civic Learning and Engagement (CIRCLE) at Tufts University, some 27% of voters in the 18-29 age range voted last month. The previous high for that age grouping to vote in a midterm was approximately 31 percent in 2018.

Historically, young voters have consistently voted at lower rates

than older voters do, according to Kimberly Twist, a political science professor at San Diego State University.

"I think it's important for everyone to vote, not only college students, but it is true that younger voters - by turning out at lower rates - have less of a say in what happens in politics, even though many of the decisions taken at the local, state, and federal levels affect their day-to-day lives," said Twist. "We usually focus on federal election outcomes...but we shouldn't forget state and local elections. The California government takes

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Politics on the SDSU campus are a popular topic these days, especially in light of the recent midterms last month. (Photo by Karen Austin)

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SDSU politics

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actions that directly affect SDSU students, such as budget and curriculum decisions.”

At SDSU, students were encouraged to get involved in the election by the “Rock the Vote” campaign. “Rock the Vote” aimed to encourage civic engagement amongst students by helping them register to vote and providing them with ballot education information. This midterm season, they registered more than 500 student voters.

Various campus political organizations also encouraged students to get involved by hosting election activities. This included lobbying for candidates, phone banking for propositions, meeting with representatives, presenting midterm information, and hosting guest speakers.

Above all, the student leaders of these groups emphasized the importance of voting.

“I believe voting is, and will forever be, the strongest weapon of a democracy,” said Josh Rawson, president of the College Republicans. “Real change comes through the ballot box. If you want to see your community grow and become better, you have to vote.”

Cambria Head, the chair of external relations for SDSU Ignite, shared similar feelings about the power voting has.

“It is extremely important to vote, especially as a young



Among the groups on campus with political interests are Ignite and Turning Point, respectively. (Photo courtesy of Cambria Head and Kiarra Mapp)

person,” said Head. “The laws and rules implemented by our elected officials directly affect the lives of millions and, without participating in elections, American citizens lose their voice.”

Student political leaders said that abortion was one of the most important issues to them in this election. Abortion rights were brought to the ballot with Proposition 1, which would amend the California constitution to guarantee access to abortion. The Proposition ultimately passed with 67% of the votes in support.

“Prop 1 was the most important vote for me,” said Jazmyn Horton,

president of the SDSU Imperial Valley Planned Parenthood Generation of Action. “When there is something like Prop 1 open for debate, I feel it's even more important I show up to vote.”

Kiarra Mapp, president of Turning Point USA at SDSU, also said abortion was the most important issue for her in the midterm election.

“I am not in favor of on-demand, tax-payer funded, limitless abortions,” said Mapp. “So I watched the development of Prop 1 as closely as I could.”

Mapp also referred to election integrity as an important issue



for her and for many members of Turning Point USA.

“I have lost a substantial amount of faith and trust in the voting process in this country,” said Mapp. “If major news outlets are touting the phrase ‘free and fair elections’ then there ought to be accessible, numerous ways the average voter can prove it themselves.”

Rawson shared these concerns about fair elections.

“As Republicans, we are in a constant pursuit of truth, which is why we often question the narratives told to us by varying governmental and media establishments,” said Rawson. “The vile reception from the left and major

media outlets at even the suggestion of oddities found at several polling sites was bewildering. Our suspicions are raised and our trust in the voting process is put into question.”

Head, however, said she felt confident in the process.

“I feel there are steps individuals, organizations, and states have taken to ensure a fair election, leading me to feel more secure about the process,” she said.

Other issues important to SDSU political leaders included crime and land rights for indigenous peoples.

SEE SDSU POLITICS, Page 3

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Broom Baccharis in glorious bloom

Mission Trails Regional Park Foundation
By M. GIBSON, Trail Guide

One of Mission Trails Regional Park's most prolific bloomers, broom baccharis (*Baccharis sarothroides*), also known as desert broom, makes a showy appearance in the fall.

We see a forest of these large bushy plants edging the Visitor Center Trail and throughout the coastal sage scrub habitats. They provide late-year nectar for insects, plentiful ground cover for small animals, and nesting material for birds. They help to stabilize soils and the deep tap root helps to break up hard soil.

When in bloom, close observation reveals it is dioecious (having male and female flowers on separate plants), as the two flowers look quite different.

My observation is that the small male flowers open first.

A member of the Asteraceae (sunflower) family, the male, or staminate, flower heads lack rays but have a cluster of disk flowers that look like many tiny petals surrounding pale yellow pollen on stamens. The females, just prior to opening, look like tiny white paint brushes. Later, the female heads look like fluffy cotton. Pollination is by insects and the wind. The great purple hairstreak butterfly (*Atlides halesus*) especially favors broom and is frequently seen around the bushes.

Broom baccharis thrives in disturbed and dry soil, is considered a "pioneer" plant (first to fill in vacant land) and is considered invasive near landscaped areas. At maturation the seeds on the female plants are attached to silky fluff making the



Broom baccharis showing off its bloom.
(Photo by Mary Gibson)

bushes look like they are covered in feather down. The thousands of tiny seeds are carried on the wind everywhere without regard to anyone's determination that they stay in one area.

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SDSU politics

CONTINUED FROM Page 2

Twist explained that voters can be informed about these and other important issues by using ballot education resources, such as KPBS proposition coverage or Project Vote Smart, which provides non-partisan information about

issues and candidates. She also encouraged people to ask questions about what is on their ballot.

"My department, for example, had an election event in late October, open to the whole campus, and people could ask questions about anything election-related," said Twist. "We covered local, state, and national races and implications."

By taking advantage of opportunities like this, Twist said voters can better follow complicated political issues.

Editor's note: This article was written by Natali Gonzalez, an MA student in rhetoric and writing studies at San Diego State University. See more of her work at: thedailyaztec.com/staff_name/natali-gonzalez/.

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Local author talk at the San Carlos Branch Library set for Dec. 16

By DAVID EGE

Local Author, Matt Coyle, will visit San Carlos Branch Library to discuss the new book in his best-selling Rick Cahill crime series, *Doomed Legacy*, on Friday, Dec. 16, from 2 p.m. to 3 p.m.

Coyle always wanted to be a mystery writer after his father gave him a copy of *The Simple Art of Murder* by Raymond Chandler. Come learn about his new work and his journey to become the writer he always wanted to be.

On Saturday, Dec. 10, from 10 a.m. to 10:30 a.m., Youth Services Librarian, Ms. Erin, brings the

fun of the library to the Family Storytime at the San Carlos Community Garden. Storytime will feature books, songs, and interactive activities with a new gardening theme each month. Come ready to learn, laugh, and move together.

Artists, Sandie Seckington and Toby Scriba, will be displaying their watercolor paintings up to Dec. 30 in the Winer Family Community Room & Art Gallery. Join them for their Artist's Reception on Saturday, Dec. 17 from 12 p.m. to 2 p.m.

Do Your Homework @ the Library is available at the San

Carlos Branch Library. Our Homework Center is open to all K-8 students and provides free assistance with homework assignments. Tutor Learning Coordinators are available to guide and support student learning. The center is open on Monday to Thursday from 3 p.m. to 6 p.m.

Meditation is a great tool for learning relaxation techniques to reduce stress and cultivate calm. Join us for a free Meditation class on the second, third and fourth Saturday of each month from 9:30 a.m. to 10:30 a.m.

The San Carlos Friends of the Library Used Book Sales are back



San Carlos Branch Library. (Courtesy photo)

on the first Saturday of each month from 9:30 a.m. to 3 p.m. Come buy books and support the Friends of the Library. Ask for a membership envelope from the book sale cashiers to join or donate to the San Carlos Friends

of the Library. We are in need of your gently used book donations so think of us if you are doing any cleaning.

—David Ege is branch manager at San Carlos Branch Library.

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Allied Gardens resident among 2022-23 San Diego County Teachers of the Year

Five local educators representing schools in Del Mar, National City, Poway, San Ysidro, and Chula Vista have been named San Diego County Teachers of the Year. Among the winners was an Allied Gardens resident.

The honorees were announced at a reception earlier this fall as part of the 32nd annual "Cox Presents: Salute to Teachers," brought to you by San Diego County Credit Union in partnership with the San Diego County Office of Education (SDCOE).

The 2022-23 San Diego County Teachers of the Year includes Melissa Rains. The Allied Gardens resident teaches at Castle Park Middle School in the

SEE AG TEACHERS, Page 5

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San Carlos Area Council December mixer/social meeting cancelled

By MICKEY ZEICHICK

The next meeting of the San Carlos Area Council (SCAC) is Wednesday, Jan. 18, 2023, at the San Carlos Branch Library 7265 Jackson Drive.

Last year we enjoyed a bonus meeting in December which was social, however this year, with COVID and its variants looming about, and the hustle and bustle of the we will do a brief social (6 to 6:30 p.m.) at our January meeting and then go into our regular meeting; our guest speaker will be Councilman Raul Campillo.

TOY DRIVE: If you are looking for a way to give back to our community John's Automotive Care at 6267 Riverdale Street, San Diego 92120 is hosting a toy drive. The toys will be given to the Boys and Girls Clubs. Thank you John's Automotive Care for "caring" not only for out autos but for our kiddo's.

The Grantville-Allied Gardens Kiwanis Club has agreed to partner with us on this Toy Drive with John's Automotive Care.

At our November meeting Gary Blume (President and Founder of "Total Altruistic Project [TAP] provided how this organization is running its pilot program, the Total Altruism Project, at our neighboring Allied Gardens Community Park.

The project is about managing and eliminating litter in commonly used public spaces. The project is unique in that it taps into people's need to occasionally do "a random act of kindness". In conjunction with this project, Mesa College has their biostatistics class (Bio 200) collecting data to be able to scientifically show what effect the project has on the environment. Mesa finished their baseline/control study at the end of October so the installation of the project was Nov. 1. If studies show public support for this type of project, it is hypothesized that there will be a rippling effect of positive energy throughout the environment to the point that the project was named the Total Altruism Project. T.A.P. into it. If you would like to help with this project, contact their website at: TotalAltruismProject.org.

Somehow word of this "T.A.P." project was given to KPBS and they will be doing a special segment in their programming to highlight this project.

Our drive to collect needed items for our local elementary schools continues, there is always need for more Kleenex at Forster Elementary School.

Wishing everyone a happy holiday season and a safe, and healthy New Year!

If you would like to get involved in your Area Council, contact me at: SanCarlosAreaCouncilPres@gmail.com. We are in need of people to join our Board of Directors and also someone to tend to our "garden" Plot C-1 at the San Carlos Community Garden.

The SCAC meetings bi-monthly – odd months, at the San Carlos Branch Library on Jackson Drive.

—Mickey Zeichick is president, SCAC.

AG Teachers

CONTINUED FROM Page 4

Sweetwater Union High School District.

Rains, who is an eighth-grade science teacher, greets her students with a daily "Question of the Day" designed to gauge how they are feeling coming into class. The answers guide the first topic of conversation when class begins, and the group segues into a "mindful moment" before the science lesson of the day. Rains believes that her connection with her students is the foundation from which they can explore and appreciate science.

"One step into Melissa's classroom and you can feel the trust

among the students and the mutual respect that they share with their teacher," said Luis Lopez, equity and culture curriculum TOSA, Sweetwater Union High School District. "Melissa has mastered the art of being a 'warm demander,' the delicate balance of setting high expectations and the support in place for all students to achieve their highest potential. She has cultivated a culture and climate in her classroom that is exemplary of what all of us in education would like to see happening across the nation."

Candidates for 2022-23 County Teachers of the Year were chosen from among 40 teachers nominated by their school districts for their commitment to students, teaching, and lifelong learning.

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'Twas the month after midterms



By SEAN QUINTAL

'Twas the month after midterms, and all through the nation, the air resounded with Republican lamentations. Their mournful bellows echoed across the land, accompanied by the gnashing of teeth and wringing of hands.

Whatever despaired them so, to leave their spirits so trashed? It's because, you see, their hopes had been dashed. For two years, in hubris they had remained, certain that their electoral success was preordained.

About the President they sneered and spit. "He's senile," they said, "He's out of it." Biden already has one foot in the grave; he's an anchor around the Dems, so heavy they can't be saved. We don't need to hide our nut cases in a cave", huffed the GOP, "We're assured of a mighty red wave."

But on 8 November the votes were cast, and the American people had the say that was last. They chose to reject the Republicans' perfidy, and in so doing, they bucked the tides of history. The GOP had coveted the Senate to flip. But instead, their scary red wave turned out to be a sad, little drip.

The Republicans had hoped for a dominating majority, but their bilious plans collided with voters' priorities. Turns out Americans aren't as interested in a party that traffics mainly in

hate. They prefer a Congress that can actually legislate.

Because Biden, while not exactly youthful, has proven to be both effective and truthful. The President's legislative successes are numerous, making his critics' whining almost humorous. While Republicans agitated about culture war craziness, their own senators and representatives evinced nothing but laziness.

Biden and the Dems said, "Sure, go ahead and make fun. We'll be over here getting work done." It seems the calm and competent gentleman behind those aviators, really does know how to work with legislators.

Americans take voting seriously; it's not comedy. That's why Democrats found candidates of high character and quality. Republicans, on the other hand, seemed to have made recruiting lunatics their priority.

A TV doctor named Oz, was dismissed by voters for just cause. Calling vegetables "crudites" turned into a joke, and Pennsylvanians found phony the way he spoke. So when asked on election day, voters said, "No thanks, we'll take the guy who just had a stroke."

In Arizona, the GOP offered voters a Lake called Kari. The electorate, it seems, found her repulsive and scary. After she lost, she perpetuated her desperate election denial, screeching into the camera, spewing dyspeptic bile. Because Lake just can't let her defeat go, she slunk off to the only place that would have her: Mar-A-Lago.

A candidate in Georgia, Herschel Walker, proved to be an unintelligible talker. Words tumble from his mouth in a befuddling fall, making no sense or meaning at all. Republicans thought this problem they could forestall, because Herschel once carried a Georgia football. But voters can discern rank hypocrisy, and Walker's was plain for all to see. The candidate would shout, "Abortion can never be good," when for years, we now know, he was practically a chauffeur to Planned Parenthood.

And voters as well took heed, of the radical Supreme Court's misdeeds. To the Court's ill-begotten Dobbs decision, Americans responded clearly, with pointed derision. The Republican justices in that majority, did plainly abuse their constitutional authority. American women used the midterms to let loose their voice: "Not so fast, Republicans, you don't get to mess with our reproductive choice!"

But behind all the Republicans' current loss, looms the one thing they're unwilling to toss: it is, of course, their very own boss. In Florida, from his gauche and gaudy palace, he continues to belch with unrelenting malice. In the evening, morning or afternoon, he always hovers, the blubbery, orange parade float balloon. With the timbre of an off-key, flatulent bassoon, he insists on proving he remains a buffoon.

"The January 6 secessionists were patriots," he rants; "Reinstall me as king, and pardons to them all, I'll grant!

Suspend the Constitution," he cries, "the last election was tainted by lies! Ignore the facts, don't be a rationalist. I alone can make the government safe for white nationalists."

"In the House, we'll have McCarthy; he'll help us keep out all those immigrants swarthy. And we'll continue to limit voting in "those" neighborhoods. Did you see how long were the lines in which they stood? Soon, we won't even need to launder our own white hoods."

"I'm not a racist," whines the ex-Prez. Yet he entertains for dinner Kanye and Nick Fuentes. Trump refuses to denounce them, even as Kanye praises Hitler. And for the rest of the GOP? That remark barely measures a "1" on the scale of Richter. But for Republicans now, anti-semitism is de rigueur. Perhaps that will give Jared and Ivanka something to atone for on Yom Kippur.

But happily for America, our voters this year, made plain their preference for truth over fear. It's indeed a joyful holiday season, when America chooses not lies, but reason. With our democracy threatening to flounder, Americans affirmed the faith of our Founders.

So this December, let's imagine George Washington's voice as he speaks to the nation, his tone clear through the static. "Good holidays to all, and to all a good new year Democratic!"

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

Does the City really care about its older communities?



By JAN HINTZMAN

"Our community is dispensable."

That's the message handed down to the community in November at the Planning Commission Workshop to discuss the Update to the College Area Community Plan. Maybe we shouldn't have been surprised. But library patrons were. We naively thought we were special.

The College-Rolando Library was one of the first new branch libraries out of the gate identified in the 2002 Library Building Plan. We were important. Hooray!

And look at how glowingly our library is described by the city today. It's "...one of the busiest..."

COLLEGE-ROLANDO LIBRARY

Serving the communities of College Area, Rolando Village, Rolando Park, Darnall and Redwood Village.

When the College-Rolando Branch Library opened in September 2005, it replaced the outdated College Heights Library which was built in 1955 and located on College Avenue. Today, the College-Rolando Library is one of the busiest in San Diego with modern amenities to serve a diverse population and patrons of all ages. The astronomy-themed library building offers visitors a sense of privacy with separate reading areas and a computer lab, a multi-purpose community room with a kitchen and an outdoor patio.

The November Commission Workshop was a rude awakening.

Our library's future was disregarded, while libraries in other communities are highly regarded by the city. The new Mission Hills Library has expensive underground parking. The city is spending upwards of \$4 million to double the amount of parking at the Scripps Ranch Library. What is at play here?

Many seasoned community advocates aren't surprised that the city is abandoning our

library parking. Failure to solve problems is "business as usual" in the older city. The College Area community has made do without parks for its entire existence. And we have no fire station. No community center.

And then came the bigger blow.

The city needs to solve its challenge of where to put growth; and how to address the demands of climate action. Where do they turn – concentrate it right here in the College Area, big time, creating more than four times the buildout capacity for housing than the 2020 baseline. What?

It doesn't matter if our library has no parking. It doesn't matter if we don't have a fire station. It doesn't matter if we are sorely lacking in public spaces and parks. It doesn't matter that the city can't provide the infrastructure for that unbelievable increase in density. We, somehow,



Attendees at a recent meeting hear about ideas for the library. (Courtesy photo)

are dispensable, while other communities get supported!

Well, it does matter to our library patrons. And the sustainability of our community does matter to all those who have invested time, energy and love here. We do not intend to be quietly thrown under the bus.

Let's remind the mayor and our councilmember of their commitment to equity and stand up for our community. Contact MayorToddGloria@sandiego.gov and seanelorivera@sandiego.gov.

—Jan Hintzman is president of the Friends of the College-Rolando Library.

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PENINSULA BEACON



PHHS winter sports teams have championships in mind

By DAVE THOMAS

With their seasons underway, a number of Patrick Henry High School winter sports teams are looking to secure league and CIF championships this season.

In girls' basketball action, the Lady Patriots finished 11-10 a season ago, finishing 1-10 in their non-league schedule. The team went 9-0 in league play and won the league. Patrick Henry won its first-round CIF playoff game before losing in the second round.

Head Coach Derrick Carter said the team is looking to several players to lead the way this season.

"Senior Chancis Allen is the backbone of our team," Carter stated. "She's a great teammate and leads by example. She's an outstanding defender, on both sides of the ball she puts pressure on the other team, never shy's away from a challenge and always makes plays for herself and teammates."

Carter also noted junior Maddox Weisskopf, stating, "She's a great teammate and provides instant offense and competes her tail off on defense."

Carter highlighted senior Mackenzie Nabors, noting, "She's a great teammate. She's our do it all player. She plays good defense, rebounds the ball well and runs the floor for easy points."

Senior Michaela Maier also received praise from her head coach. "She's the enforcer of our team," Carter commented. "She locks down on defense and grabs every rebound. She's very vocal on defense and makes sure people are doing their defense assignments."

When asked how the season should go, Carter noted, "I expect our season to go as far we allow it. I believe in this team so much. It's a true family atmosphere with our team and we'll never back down from a challenge. Our goal is to compete as hard as we can in each game and have fun doing it. Of course our other goal is to win a CIF championship, but we take it one practice and one game at a time."

* In rugby action, head coach Greg Chronopolos sees good things ahead for both the girls' and boys' teams.

The boys' team finished 9th out of 16 teams a season ago in the Southern California Youth HS 7's Division. "We were the last team to qualify for the postseason tournament and place six out of the nine teams entered," Chronopolos stated.

Among key players this season, Chronopolos highlighted senior Zach Witztum (wing/scrum half) noting, "Zach brings good senior leadership skills, quick with the ball in hand and very passionate about the game." Also gaining mention from Chronopolos was junior Conner Nicks (prop/hooker/center), who he labeled as a hard runner, great in contact, and a very tough kid; sophomore David Jetter (prop/center) who he noted has a nose for the tryline; freshman Adrian Pham (scrum half, fly half), who was tagged as a talented and skilled player with a high rugby IQ and tough.

"We need to get out and run," Chronopolos remarked. "The boys

are going to be outsized by many of our opponents, so we need to be smart and pick our spots. No predictions on wins and losses but I think we'll surprise a few teams out there."

On the girls' side, this is the first time in two seasons that there is a team at the school.

"This will be their fourth year competing in maybe the toughest 7's division in California if not the

U.S. (SoCal high school women's 7's)," Chronopolos commented.

The team has a new coach in San Diego native Karmin Macedo.

SEE PHHS WINTER SPORTS, Page 13



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PHHS roller hockey player David Weiss (right) looks for control of the puck while teammate and goalie Luke Shanks looks on. (Courtesy photo)

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Crusaders Soccer 2022 Grassroots season nets successful campaign

By JAY WILSON

Nearly 1,000 boy and girl soccer players finished their Crusaders Soccer 2022 Grassroots season on Dec. 3. This was all made possible because of over 150 dedicated parent volunteer coaches and division coordinators and our key sponsors; DIRECTV and 24 Hour Fitness. A very sincere thank you from the Crusaders Soccer Board of Directors.

Several Boys and Girls 2009/2010 and 2012/2013 teams

participated in the I-15 Corridor League which included teams from seven youth soccer clubs.

Congratulations to the Crusaders Boys 2011/2012 team coached by Jon Hinkin and the Girls 2011/2012 team coached by Victor Lopez for winning their division in the Crusaders Soccer I-15 Corridor Invitational Tournament held Nov. 19-20.

Whether a soccer player is a goalkeeper, a forward or plays anywhere else on the soccer field, there are opportunities for all

players to improve their skills by registering for any of the Crusader Soccer Winter Camps being offered in December.

There are two, 3-day camps open to all boys and girls born 2009-2016 on Dec. 20, 21 and 22 and 27, 28 and 29 from 8:30 a.m. to 11 a.m. at the Pershing Middle School Fields.

Under the supervision of Victor Melendez (assistant director of coaching), these camps will focus on sharpening soccer fundamentals and learning new and exciting activities. With the help of our

professional coaches, we will provide a safe and fun environment where the players will develop new skills and have a fun experience. To register your player, see the registration information below.

There are also two goalkeeper camps. The Goalkeeper Camps are meant to develop goalkeepers to compete at the competitive and grassroots levels. The goalkeeper camps are led by Melendez and we are dedicated to providing a high level of training for goalkeepers. The goalkeeping camp is a great

opportunity for goalkeepers of any experience levels to improve tactical decision-making in the best game environments while also learning new and fun exercises. The first camp on Dec. 20, 21 and 22 is open to all goalkeepers born 2007-2016 and the second camp on Dec. 27, 28 and 29 is specifically for competitive team players born 2007-2010. The goalkeeper camps are from 11:30 a.m. to 1:30 p.m. at the Pershing Middle School Fields.

SEE CRUSADERS SOCCER, Page 9

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SDSU Athletics announces three-year deal with San Diego Zoo Wildlife Alliance

San Diego State Athletics recently announced a three-year agreement with San Diego Zoo Wildlife Alliance as a founding partner of Snapdragon Stadium at SDSU Mission Valley and San Diego State Athletics.

The West Club was re-branded as the San Diego Zoo Wildlife Alliance Club and was unveiled at the Nov. 5 football game vs UNLV.

Fans can expect iconic zoo photography and memorabilia throughout the space telling the story of their eco-regional conservation hubs across the globe. This space is exclusive for guests who have tickets to the area with premium food and beverage options and spectacular sight lines of the field. Fans in attendance throughout the stadium can help celebrate this partnership by participating in the Fans in the Wild fan

cam at every future home football game.

SDSU Athletics was represented by Legends and JMI Sports, which sourced and negotiated the partnership.

Snapdragon Stadium was completed on Sept. 3, when the Aztec football team faced Arizona in its 2022 season opener in front of 34,046 fans. The Aztecs finished their home regular season action Thanksgiving weekend with a loss to Air Force. SDSU plays Middle Tennessee State in Hawaii on Christmas Eve.

The venue has since announced a slew of events including San Diego Wave FC, San Diego Legion, Jimmy Buffet, Monster Jam, Supercross, World Lacrosse Games and more.

Individuals interested in getting more information on tickets are encouraged to visit snapdragonstadium.com.

Crusaders Soccer

CONTINUED FROM Page 8

The cost for each camp is only \$100 for players currently registered with the Crusaders Soccer Club and \$120 for players not currently registered with the Crusaders Soccer Club. For more information and to register, go to: crusaderssoccer.org. The top

graphic on the homepage is a slider and the various camps are continually rotating.

Tryouts are currently being held for the Crusaders Soccer Club's 2023 Competitive teams for players born 2012 to 2016. If you know a soccer player who would like to tryout for a competitive team, go to: crusaderssoccer.org/staff/ for more information and how to contact any one of our licensed and certified coaches, click on their photo.

Registration for the Crusaders Soccer Club's 2023 Spring Season will open on Dec. 15. Practices will begin in February and the eight-game season is scheduled for Sundays from March 5 through April 30 with no games on Easter Sunday. For more information go to crusaderssoccer.org.

If you are interested in being a volunteer coach for the Crusaders Grassroots 2023 spring season, contact me at: jay.wilson@crusaderssoccer.org.

SDSU to face Middle Tennessee State in Dec. 24 Hawaii Bowl

It will be San Diego State (7-5) from the Mountain West Conference vs. Middle Tennessee State of Conference USA (7-5) on Christmas Eve in the 2022 EasyPost Hawai'i Bowl. Kickoff is set for 5 p.m. PST. The game will be carried live on ESPN.

This is San Diego State's 12th bowl appearance in the last 13 seasons. SDSU did not play in a bowl game during the 2020 COVID season.

Middle Tennessee State ended its regular season action with a 33-28 win over FIU. Another season

highlight was a win at Miami (Fla.). The Blue Raiders are making their 10th bowl appearance in the last 17 years.

"On behalf of the EasyPost Hawai'i Bowl Executive Committee, I congratulate both San Diego State and Middle Tennessee on successful seasons and we look forward to welcoming the players, coaches and fans of both universities to the Aloha State," executive director Daryl Garvin said. "Both teams had strong finishes to their respective seasons and we anticipate a



highly competitive match-up in addition to the one-of-a-kind atmosphere that fans have come to expect at the EasyPost Hawai'i Bowl."

This will be the first meeting ever for the two schools on the gridiron.

The 2020 and 2021 Hawai'i Bowl games were not played due to COVID-19.

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MTRP

CONTINUED FROM Page 3

It was interesting to me that I found the most mention of the invasiveness problem on Arizona websites, perhaps it is more of a problem in that state when they attempt to use it as a landscape plant. Removal of a well-established mature plant takes extreme measures. The actively growing plant should be sawn off to stump level and immediately saturated with environmentally safe herbicide so it will filter down the tap root. It is this tenaciousness that gives us our dense broom forests in MTRP.

Broom baccharis is not a plant used extensively by the Kumeyaay for medicinal reasons, but mostly to sweep, as bedding, and as cover on their 'ewaa if nothing else was available. The Seri indigenous people of Sonora made a decoction by boiling the twigs. The drink or wash was used for colds, aches, and sore muscles. Ongoing, modern studies, on other compounds found in the plant, such as flavonoid, cite minimal effects as cures. Broom baccharis is often blamed for allergies when the seeds fly, but there is no pollen present when the seeds are airborne. Ragweed often blooms at the same time and is more likely the cause.

Enjoy these beautiful blooms while they're here as they only last about a month.

See if you can find the male and female flowers on separate bushes.

—This article was provided by Mary Gibson, a trail guide with Mission Trails Regional Park.

Puesto takes Taco Tuesday to new level of satisfaction

By ROBIN DOHRN-SIMPSON

Tacos, tacos, and more tacos, each more delicious than the next. If you enjoy Taco Tuesday (or tacos any day really), tacos with layers and layers of flavor, try the innovative creations at Puesto Restaurant in Mission Valley.

Tacos are the specialty here. Every month a Taco of the Month is highlighted. December is Chile en Nogada, which features chipotle seco, rehydrated and wrapped around ground beef picadillo (containing roasted poblano, dried cranberries and sunflower seeds). Top this with a traditional Nogada sauce of Mexican Crema and walnuts, pomegranate seeds and parsley.

Besides the taco of the month, the regular menu offers a fun selection of unique tacos which will not disappoint.

A Filet Mignon taco topped with avocado and a spicy pistachio serrano salsa or a Grilled Tamarindo Shrimp taco topped with a Tamarindo Chile sauce and classic guacamole. They recommend three tacos, which is a lot. Start with two and see if you want one more.

Another favorite is the "Esquite" corn side dish. Mexican corn drizzled with cotija cheese, accented with a slice of lime if you so desire- best! You could make a meal out of this and a taco.

At Puesto, even the guacamole is elevated.

The Nogada Guacamole is a classic recipe with pomegranate, mango Pico de Gallo, Chile de Arbol and candied walnuts. That



There are plenty of tasty selections to choose from at Puesto, especially if you love tacos. (Photos by Robin Dohrn-Simpson)



sounds crazy. But the layers and layers of flavor are an absolute delight.

Did someone say Margaritas? They are insane.

Mango Margarita, Cucumber Margarita, Watermelon Margarita, or even try the spicy Hot Sauce Margarita. Others include Passionfruit, Fruit Cart (mango, pineapple, watermelon, cucumber, chamoy and Tajin), or the Good, Good Cadillac Margarita. So many tasty options.

If you're a Tequila or Mezcal sipper, they offer Blanco, Reposado, Anejo and Extra Anejo Tequilas and four different Mezcal.

The perfect ending to a fabulous meal is a single-origin Oaxacan coffee. Bold, and flavorful, not bitter.

This contemporary restaurant has stunning decor with bar shelves that go up and down on a pulley system. Beautiful bottles in a honeycomb formation line one feature wall. Another feature wall has a wooden design interspersed with soft lighting that changes colors.

Taco Tuesday starts at 3 p.m. with dine-in-only discounts.

Happy Hour is Monday through Friday from 3 to 5 p.m. for dine-in only. They're open daily Sunday, Monday, Wednesday, Thursday 11 a.m. to 9 p.m.; Tuesday, Friday-Saturday 11 a.m. to 10 p.m.

Puesto Restaurant is located at 5010 Mission Center Rd.

Call (619) 333-2167 or make reservations online at Open Table.

Find the complete menu at: eat-puesto.com/.

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



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All FIRST LEGO League teams in the Patrick Henry Cluster are off to great start

FIRST LEGO League (FLL) season qualifying events were held over two weekends in November; more than 400 teams from all over Southern California took part. Eight local teams represented the Mission Trails Community.

Dailard Elementary fielded three squads of fourth and fifth graders from the Mechanical Dolphins team: The Superbots (FLL #20358), the Digital Dolphins (FLL #28375), and the TECHNO DOLPHINS (FLL #34264). The teams nominated Bob Cagle, Dailard's program co-founder and longtime volunteer robotics mentor, for a Coach/Mentor award—which he won. Congratulations, Coach Bob. Thanks for all your time and effort. Way to go, Dailard Mechanical Dolphins.

The Pershing Middle Robotic Panthers team also sent three squads to the competition: The Panther Bytes (FLL #55271), the Solar Satellites (FLL #55272), and the Teknodogs (FLL #55273). Additionally, the Teknodogs won first place for “Innovation Project.” They presented to a panel of judges a proposed solution to a current energy problem: A bicycle dynamo capable of charging a cellphone. Great job, Pershing Panthers.

The sixth graders on the community team Mechanical



The Garage Engineers Team (with a slice of pickles) demonstrate their robotics project which won the Core Value Award at the Regional Robotics Tournament on Dec. 3-4. They advance to the State Championship in Riverside on Dec. 17. All the members of the Garage Engineers (with a slice of pickles) are 8th graders attending either Pershing or Lewis Middle School. (Courtesy photo)

Meatloaf (w/a side of pickles) (FLL #50899) won first place for Core Values, for their fantastic attitude and teamwork ability. Hooray for Meatloaf. Finally, this qualifier marked the fifth and final season for the eighth graders on the all-girls community team

Garage Engineers (FLL #50739). They earned the event Champions Award for strength in all areas and placed in second place for the Robot Game. Congratulations, Garage Engineers. We can't wait

SEE FIRST LEGO LEAGUE, Page 14

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You can go to: <https://forms.gle/yE47dcRg9XGyG4bL9> to vote.

The deadline to vote is Dec. 14. The deadline to purchase an ad is Jan. 13, 2023.

The Best of Mission Times will publish Feb. 10, 2023.



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PHHS winter sports

CONTINUED FROM Page 7

Among the players Chronopolos believes will be keys includes senior Katy Liddell (center/wing) who he defined as a team leader with good ball skills and quick around the pitch; senior Jordan Ogilvie (prop) who is a quick study of the game and looks to be an impact player; senior Kianna Kotas (prop/center) noted as being very athletic. Freshmen Allison Kesling and Carmen Haugland-Taitano were both labeled as being the future of the club.

“We’re very proud to have both men and lady ruggers competing this winter,” Chronopolos added.

* The wrestling team under head coach Sam Litvin has 25 wrestlers with 10 returning from last year. As of last week, the Patriots were 2-2 with wins over Mar Vista (60-18) and West Hills (40-32) and losses to Torrey Pines and San Marcos.

As for last season, Patrick Henry went 14-5 during the season, placing second in the league, fourth in City standings and 12th overall in CIF. The Patriots had six CIF placers with three Masters qualifiers and three alternates.

According to Litvin, key wrestlers to watch this year include senior Elijah Vinoray (220 pounds), who was third at CIF in 2021, second at League, City champion, ranked top 20 in California last year; freshman Ethan Vinoray (108 pounds), senior Mikey Krause (113 pounds), who was a 2021 CIF runner-up and placed second at League; junior Alex Adler (120 pounds), is a two-time

CIF placer and Masters alternate; junior Francisco Saroldi-Gonzalez (125 pounds), a CIF placer and Masters qualifier; and senior Dominic Perez (195 pounds), a Masters alternate.

“Our team goal is to place Top 3 at CIF as a team, Top 10 at Masters, qualify at least one wrestler for state and place at state,” Litvin commented. “Our program goals are to start a Middle School program and a girls wrestling program by 2023. Wrestling is a great sport that is international, has no regard for class or race, gender or body type. It is neurodiverse and builds grit and confidence. We hope to have community support as we host four more home meets at Patrick Henry.”

The Patriots have home meets remaining with Point Loma (Dec. 14), Mount Miguel (Dec. 20), Scripps Ranch (Jan. 11) and Mira Mesa (Jan. 18).

* In boys’ soccer action, the Patriots were 3-9-5 a season ago and reached the second round of CIF’s.

Head Coach Seth Tunick pointed to key players this season as senior center-midfielder Sean Boyd (Good senior leader and his experience will be key for team since they have a bit of a young team); senior center back Ryan Lefler (Will anchor defense and provide much needed strength and leadership in the defense); senior winger Dominic Moreno (Provides speed on the outside).

“This is my first year taking over as head coach but I’ve been in the program for the last seven years as junior varsity coach and varsity assistant,” Tunick stated. “Over half our team are first-year varsity players. Our goal is to simply make CIF playoffs and improve

with every game we play. We have a lot of hard-working players with very good attitudes and those attributes will help us succeed and get better as we go through the season. We had 106 players try out this year with about 45 of them being freshmen. Both our jayvee and freshmen teams have some very good talent and the program will see some very good players coming through over the next few years.”

* In girls’ soccer action, head coach Jason Renfro has a team that went 9-6-5 overall last season and 4-2-2 in league play. The Lady Patriots lost in the CIF quarterfinals.

According to Renfro, some key players this season look to be junior goalkeepers Grace Miller and

Kendall Baldwin; senior defenders Melia Gianulis, Samantha Bancalari and Francesca Sclopei; junior defenders Zoe Crickard and Katy Hinkin; midfielders Avary Simko (senior), junior Avery Slinger, sophomore Chloe Tran; up top senior Sarah Konig, junior Caitlin Cogan, and sophomores Briahna Gieger and Kathryn Mokhov.

“The most difficult part of high school is the first month,” Renfro commented. “We have half our team still out playing club, so we are bringing up lots of freshmen to fill out the roster. The club season has really taken its toll on quite a few of our players. Early on we will be doing our best to instill our system to quite a new bunch and with this opportunity the hopes

are a few will shine and maybe have the opportunity to make their mark at varsity. Each season our goals are to get everyone healthy from the rigors of club and prepared for league play in January.”

Renfro added that the team will be playing in two tournaments and these will allow the players to begin to gain chemistry with one another and for the coaching staff to establish a rotation of players.

* In roller hockey action, head coach Chuck Russell’s squad went 6-10 a season ago, losing to Bonita Vista High in the first round of the playoffs.

Among the key returnees this season according to Russell would

SEE PHHS WINTER SPORTS, Page 14

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San Diego Mayor Gloria sponsors pet adoption campaign

San Diego Humane Society is hosting an adoption campaign sponsored by San Diego Mayor Todd Gloria Dec. 10-11.

During the event titled #Gloria100, adoption fees for the first 100 adult pets (7 months and older) will be waived. After 100 adoptions are reached, all



SEE PET ADOPTION CAMPAIGN, Page 15 Mayor Todd Gloria and Diego. (Courtesy photo)

FIRST LEGO League

CONTINUED FROM Page 11

to see what you do next.

Each of these teams would like to say thank you to Qualcomm for its generous sponsorship of the FIRST robotics community. Also, thank you to all the volunteer coaches, mentors, and parents who give so much time and effort in support of this program.

All three Pershing Teams (Panther Bytes, Solar Satellites, Teknodogs) and both community teams (Mechanical Meatloaf and Garage Engineers) advanced to the next level of the tournament, which was held the first weekend of December.

Most recently, in the regional tournament held the first weekend of December, the Mechanical Meatloaf (w/a side of pickles) won the Robot Design Award, while their Coach Peggy Han won the Coach/Mento Award. Big congratulations to the Garage Engineers for winning the Core Value Award and advanced to the championship on Dec. 17 in Riverside. Way to go, and good luck in the next round.

MISSION TRAILS ROBOTICS COMMUNITY

The Mission Trails Robotics Community (MTRC) is part of the Henry Cluster STEMM Foundation. The MTRC serves as a central location to share resources, distribute information, identify opportunities for community outreach, connect volunteers to existing

programs, and inspire and support coaches of new teams. Participant ages range from kindergarteners to high school seniors.

There are currently 11 active teams in the MTRC: the eight FLL teams named above, plus FIRST Tech Challenge community teams Wizalos (FTC #14129) and Dapper RoboNoodles (FTC #18365), and the rookies Synergy Tech Tronic Builders (FLL #25481). Several MTRC alumni are now part of Patrick Henry High's FIRST Robotics Competition team, the Patribots (FRC #4738).

MTRC is actively seeking new volunteers who can help with school programs. Although students do the bulk of designing, building, and programming the robots, adult effort is always needed. Volunteers with programming or engineering experience provide opportunities for teams to gain knowledge and skills to create more complex robots, and forge relationships with the professional STEM community. Volunteers without engineering or programming experience can help teams plan their season and strategize the season game, document their work, organize outreach, and coordinate peer mentoring. Adult volunteers must be at least 18 years old.

If you are interested in starting a new team, volunteering with an existing team, or supporting the Mission Trails Robotics Community another way, contact the Henry Cluster STEMM Foundation at info@hcstemm.org.

—This article was submitted by the Mission Trails Robotics Community.

PHHS winter sports

CONTINUED FROM Page 13

include senior goalie Luke Shanks, senior defender David Weiss and sophomore defender Mason Savell.

"We have an excellent opportunity to improve on last year's record with a core

group of key players returning for the 2022-2023 season," Russell commented. "The North County League is highly competitive. We will face strong opposition from Scripps Ranch, Del Norte, Cathedral Classic and Westview High Schools."

Editor's note: All PHHS winter sports varsity head coaches were asked to provide information for this article.

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Real estate market proving extraordinarily slow in November and December

By SARAH WARD

Traditionally the timeframe of November and December has been the slowest two months of the year but this year is extraordinary slow.

I think that over the last few years, sellers would still list a property late in the year, knowing the property would go into escrow fairly quickly, with little fuss. Also buyers were so desperate to find a property that they would continue to search for properties right through the holidays and if something interesting would come on the market, buyers would find the time to have a look around and submit an offer, even in mid-December.

But this year is different.

Buyers have mostly disappeared and very few listings are coming on the market. Sellers sense it will be a longer process to sell and are holding off until 2023. Buyers are waiting out the storm and hoping for better conditions early next year.

As far as the properties that are selling, it is taking more days to get into escrow and the final sell price is typically a bit lower than the original list price.

Sellers are anchoring to the higher prices earlier this year and generally keeping listing prices on the higher side but buyers are coming in 5% to 15% below list, hoping to get a deal. The College Area (92115) for example averaged closed prices for single family homes about 9% below list price for last month.

A year ago, sellers were typically receiving full list price or a little more. So that is a big change in the marketplace currently. In 92115, November of 2021 had 28 closed sales but last month there were only 17 closed sales. November of 2021 had 19 days on the market but last month averaged 52 days on the market until closed. San Carlos (92119) was similar with about 94% of

list price received and only 12 sales closed last month versus 24 closed sales in November of 2021. The market has clearly slowed.

Properties are still selling, but with less buyers kicking the tires, lower prices are being offered and more buyer concessions are being requested. Sellers are either taking less money or deciding not to list and waiting until normalcy occurs, hopefully in 2023.

Do not expect any sort of market crash, as property owners are currently loaded up with equity and sitting on ultra-low mortgage rates. That is another reason keeping the quantity of new listings low. Sellers don't want to give up their mortgage rates in the 3's only to buy another property with mortgage rates in the 6's. So the market has frozen up a bit for casual sellers.

Looking ahead to 2023, economists expect the general economy to slow, causing mortgage rates to decrease slightly and perhaps bring more buyers into the market.

If we could get mortgage rates in the 5's I really think the housing market would benefit with both buyers and sellers increasing their activity. Mortgage rates have dipped slightly from high 7's in September to the low 7's currently.

I am optimistic that in 2023, inflation will wane and the real estate market will normalize.

NOVEMBER MARKET REPORT:

- **92115 College Area:** Median home price \$860,000 up 4% from one year ago.
- **92119 San Carlos:** Median home price \$909,200 up 3% from last year.
- **92120 Allied Gardens, Del Cerro:** Median home price \$860,000 down 8% from one year ago.

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

The Small World of MTRP: Texas Striped Sweat Bee



By PATRICIA SIMPSON, Trail Guide

The Texas Striped Sweat Bee (*Agapostemon texanus*) is one of the most common native bees in San Diego County and can be seen year-round. That said, its smaller size (about half that of a honey bee) means it isn't being noticed by everyone. For shame because their bright green metallic colors are just stunning.

Before I go on, let's address the elephant in the room. Why are they called 'sweat' bees? Do bees sweat? If so, do they use deodorant? Maybe they don't need to since they hang on nice smelling flowers all day.

Okay, enough of the nonsense, here is the dirt: bees do not sweat, yet they are occasionally attracted to human sweat! Why? They simply like to supplement their diet with moisture and salt. I have been around A LOT of sweat bees and have only experienced this interaction once, so don't be wary about them landing on you after a jog through our beautiful Mission Trails Regional Park trails. It most likely will never happen.

Male and female Texas Striped Sweat Bees are easy to tell apart: females are all green, while males sport black and yellow bands on their abdomen, as in our observation seen at: inaturalist.org/observations/64999010 by park volunteer Brian Wright.

There are other species of Striped Sweat Bees (genus *Agapostemon*) that are very similar and hard to tell from *A. texanus*.

For example, if you ever see a sweat bee with a striped abdomen and pollen balls on the hind legs, you are indeed looking at a



The Texas Striped Sweat Bee is quite a specimen to see. (Photo by Brian Wright)

different, but extremely similar species: the Honey-tailed Striped Sweat Bee (*Agapostemon melliventris*). Females of *A. melliventris* also have a black and yellow striped abdomen and since male bees do not collect pollen, that's one way to tell these two related species apart.

Texas Striped Sweat Bees are generalists, which means they are not too picky about what flowers they forage on.

That's one reason they are found just about everywhere in San Diego County, except in the desert areas. You might even find them in your yard. However, since they are ground nesters, they need access to undisturbed soil. Like most bees, *Agapostemon texanus* is a solitary species. This means a female will not share her nest with another bee, and although it is entirely possible another female will nest nearby, the tunnels from the two nests will not connect.

A nest consists of one main tunnel with several narrower

branching tunnels ending in a single cell. The female will deposit an egg and food for a larva in each of these cells and then seal them up. When the egg hatches, the larva will consume the food (a ball of pollen/nectar), pupate, and emerge as an adult, usually in the spring. Females have been observed nesting in horizontal soil as well as vertical cliffs.

Meanwhile, males have been spotted in "slumber parties".

They will sometimes congregate on one branch or leaf and rest together through the night. However, they seem to be unaware that much fun could be added with some facials, movies, and pillow fights.

Here is a video (youtu.be/99LhmtLeoeY) with both male and female foraging on Chaparral Bushmallow at Cabrillo National Monument. Enjoy.

—This article was written by Patricia Simpson, a trail guide with Mission Trails Regional Park.

Pet adoption campaign

CONTINUED FROM Page 14

adult animals will be \$25 for the remainder of weekend.

"This adoption promotion could

not come at a better time — we have more than 600 pets available for adoption," said Dr. Gary Weitzman, president and CEO, San Diego Humane Society. "It has been a tough year for us, with more pets staying longer than ever before, so we are incredibly grateful to Mayor Gloria for his support."

San Diego Humane Society is open for walk-in adoptions Tuesday – Sunday, 10 a.m. – 5 p.m. at its campuses in San Diego, Escondido, El Cajon and Oceanside.

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