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VOLUME 29
ISSUE 1

Jan. 13 – Feb. 9, 2023




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2022 MISSION TIMES COURIER

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Bully's East is a local tradition



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San Diego Community Newspaper Group

Patrick Henry High girls' soccer nets Parker Cup trophy with 2-0 victory

Earlier this month, the Patrick Henry High School girls' soccer team under head coach Jason Renfro went on the road to take on Francis Parker in the Parker Cup Finals. This would mark Henry's 8th game in a row on the road, a game it would ultimately win 2-0. With under two minutes left in the first half, Naima Castro received a pass from Francesca Sclipei and unleashed a shot that the keeper could not keep out of the net. The half shortly came with Henry up a goal. That second goal came in the next half off a great pass from Sam Bancelari to Kathryn Mokhov, taking on two defenders for the score. Henry closed the game with a shutout and its second piece of hardware to begin the season. *(Courtesy photo)*

Book closed on busy 2022

By DAVE THOMAS

It was a busy 2022 for events in the *Mission Times Courier* circulation areas.

From dealing with COVID, homeless issues, school achievements and more, much happened over the last 12 months.

Here is a look back at some of the events that garnered attention.

JANUARY

A winter surge of COVID cases led local schools, businesses and others to adjust more how they went about their daily affairs.

Several universities and schools in the area noted they would go back to

virtual classes to kick off the 2022 spring semester.

At **Patrick Henry High School**, Principal **Michelle Irwin** noted, "We have seen an increase in absences with both students and staff at Henry due to the spike in COVID cases. Due to the recent spike, San Diego Unified School District (SDUSD) has directed us to pause on all 'off-season' sports training and practices. We are working with district staff to adapt our safety standards and remain responsive to the changing conditions of the pandemic."

FEBRUARY

In bringing a new experience to the area for San Diego State football fans in particular, what was once a large parcel of land

that played home to the Aztecs, Chargers, padres and more was taking on a new look.

Snapdragon Stadium is set to take centerstage later this year at an estimated cost of \$310 million.

Playing home football games since the fall of 1967 at what was then known as San Diego Stadium (later became Jack Murphy Stadium), the Aztecs became homeless starting with the 2020 season. SDSU played both the 2020 and 2021 campaigns in Carson.

MARCH

A couple in **Del Cerro** has been going the extra mile for animals.

SEE **YEAR IN REVIEW**, [Page 8](#)

Patrick Henry High School sent another large graduating class out into the world in June of 2022. Among those graduating was Katelyn Bloxham. *(Courtesy photo)*

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Social scheduled for Jan. 18 SCAC meeting, elections coming up

By MICKEY ZEICHICK

Our December mixer-social meeting was cancelled however, at the next meeting of the San Carlos Area Council (SCAC) on Wednesday, Jan. 18 at the San Carlos Branch Library 7265 Jackson Drive, we will do a brief social (6 to 6:30 p.m.) and then head into our regular meeting. Our guest speaker will be Councilman Raul Campillo.



The San Carlos Branch Library will play host to the Jan. 18 meeting of the San Carlos Area Council. (Courtesy photo)

The toy drive sponsored by John's Automotive Care in Allied Gardens was a tremendous success and many toys were given to the Boys and Girls Clubs. Thank you to everyone who helped to make this a success and especially to John's Automotive for "caring" not only for out autos but our kiddo's. Elections for the SCAC are coming up in May and frankly we need more Board members. Many are moving away for various reasons (to be closer to our kids, downsize our living style, health issues, etc.). If you would like to get involved contact me at:

SanCarlosAreaCouncilPres@gmail.com.
We also need someone to tend to our "garden" Plot C-1 at the San Carlos Community Garden. The SCAC meetings are bi-monthly – odd months, at the San Carlos Branch Library on Jackson Drive at 6:30 p.m. to 8 p.m.
On our list of proposed attendees are representatives from the SDFD; SDPD; Congresswoman Sara Jacobs; State Assembly District 78, Christopher Ward; State Senate District 39, Toni Atkins; County Supervisor, Joel Anderson; Mayor, Todd

Gloria; Council member District 7, Raul Campillo; SD City Attorney, Mara Elliott; SDUSD Trustee, Shana Hazan; and our Librarian, David Ege.
We voted them in (except Ege but we would if we could!) now let's have a dialogue with them so we hear what is happening in their respective "offices" and what we, the people, are concerned about.
Democracy works, lets keep it thriving and working for and with all of us.
—Mickey Zeichick is president, SCAC.

NEWS BRIEFS

ADAMS ANNOUNCES RETIREMENT FROM BIA FOLLOWING 25 YEARS OF SERVICE

San Carlos resident Matt Adams announced he is retiring on March 31 following a 25-year career with the Building Industry Association of San Diego County (BIA).
"It has truly been an honor to be part of such a tremendous organization for the past 25 years and to advocate for housing – a cause I deeply believe in," Adams said. "While it has been quite a ride, I very much look forward to the next chapter of my life as my wife and I focus on being full time grandparents."
Raul Campillo, the San Diego City Councilmember who represents the San Carlos neighborhood where Adams and his wife live, added his voice to the chorus of commendations for Adams, saying: "The City of San Diego is in a better place because of Matt Adams. Throughout his illustrious career, Matt has been a trusted advisor not only to the building industry, but to our city administration as well, as his voice was crucial in shaping District 7's Grantville Community Plan Update. Matt's voice was also a major asset to the Navajo Community Planners during his time as a board member there. On behalf of all of District 7, I would like to thank Matt for his leadership and for his countless hours of volunteer work in our



San Carlos resident Matt Adams

region, and I wish him all the best in retirement."
Outside of work, Adams has been actively involved in community planning organizations, including serving as Chair of the Grantville Stakeholders group and as a member of the Navajo Community Planning Group for 17 years, eight of which he served as chair.
Adams was recently inducted into the BIA San Diego Hall of Fame. He will be honored at the BIA's Installation Celebration on Feb. 4 at the Hyatt Regency La Jolla at Aventine.
The BIA San Diego Hall of Fame recognizes and honors individuals who have made significant and lasting contributions to the San

SEE NEWS BRIEFS, Page 7

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Grow skills thru SCCG's volunteering & garden education workshops

In the garden
By **KELLY WOOD**

For more than 10 years, the San Carlos Community Garden has brought people from the community together; some who lease a plot to grow their own food, but many who simply want to volunteer and meet with like-minded neighbors in the community; while others come to the garden to enjoy its beautiful space and connect with nature, or take part in the variety of special events and educational activities that are offered each month.

Fittingly, the San Carlos Community Garden is excited about serving others and “growing community” in 2023.

VOLUNTEERING IN THE GARDEN

People who are interested in learning more about the garden and volunteering can meet with a garden docent Saturdays 9 - 11 a.m., or attend SCCG's monthly volunteer orientation held on the second Saturday of every month from 9 – 10 a.m.

Volunteer opportunities range from weeding and other garden maintenance, to lending a hand during special events, or sharing time and talents that can support the garden's sustainability.

Gayle Mills (pictured in pink blouse) and Geraldina Rocha (pictured in blue flannel shirt), are like many others who first discovered the Garden as volunteers and have become “garden regulars” ever since.

Mills recounts how the garden has made a difference in her life.



Volunteers do composting work at San Carlos Community Garden. (Courtesy photo)



Gayle Mills

“In the Spring of 2020, I was seeking opportunities for personal growth as well as increasing connections outside of my current circles of social interaction,” said Mills. “In my quest, I found an opportunity to volunteer at the San Carlos Community Garden. Right away, this felt like a natural fit as I was able to apply my love of gardening, but then I discovered that there was a need for other skills and experience that I could offer. It was exciting and I knew that I was quickly making a difference.”

After one year of volunteering and expressing aptitude to do more, Mills was invited to join the Garden's Board of Directors in 2021.

“The volunteer work that I do in the garden and as a board member has provided me the opportunity to give back,” Mills remarked. “Volunteering with the garden has given me so much joy and some of the most meaningful activities of connecting with other people and my community than I have ever experienced.”

Rocha, a retired employee of the San Diego Unified School District, discovered SCCG after learning about the Garden's Monarch Waystation designation in a previous *Mission Times Courier* article (*San Carlos Community Garden Now a Monarch Waystation*).

“Once I discovered the garden, I realized right away that the garden offers you the opportunity to be a part of something wonderful,” said Rocha. “As a volunteer, I get to enjoy the



Geraldina Rocha

peaceful environment and develop relationships with the people involved. There is also great excitement and self-fulfillment when you grow your own vegetables, flowers and plants. To watch my vegetables grow from small seeds was a miracle for me. It was almost impossible to believe that after a few weeks you could receive what the earth gives you, and then eat and enjoy them with my family.”

2023 EDUCATION PROGRAMS

In partnership with the San Carlos Public Library, SCCG's Alphabet Soup is a lively story telling event for young children held in the garden's amphitheater on the second Saturday of each month from 10 – 10:30 a.m.

For more mature audiences, SCCG kicks off its monthly education workshops on Feb. 18 with local botanist, gardening instructor and author Chuck McClung who will lead “Create Your Edible Landscape”.

SCCG's interactive workshops are led by experienced and entertaining subject matter experts such as McClung who will lead several workshops this year, including Grow Tomatoes All Year Long and Planning your Fall & Winter Garden. Other workshops include Basic Backyard Orchard Care, Upcycled Garden Art, Basics of Composting and more. All workshops are held in the garden on Saturdays from 9 – 10:30 a.m.; advanced registration is required.

The full schedule for SCCG's 2023 Garden Education Workshops can be accessed at: sancarloscommunitygarden.com.

—Kelly Wood is co-chair for the San Carlos Community Garden.

Empty Nesters: FREE Special Report Reveals 9 Costly Mistakes to Avoid When Selling Your Home

San Diego - Are you an “Empty Nester” who needs a home for the future? Is it time to downsize or to move into another home more suitable for your glorious retirement years?

Like thousands of residents in our area, you may be discovering that after years of non-stop child traffic in and out of your doors, toys on the floor, music floating throughout, suddenly you can hear a pin drop over the quiet hum of the refrigerator. Your rooms are filled with pictures and memories of this wonderful time of your life, but there are many empty rooms gathering dust now that your children have moved on. The freer years ahead are exciting ones to look forward to, and it's time for you to move on as well.

If you find yourself in this situation, you're in vast and good company. And what that means is that there are many wonderful opportunities for you to create this new chapter in your life...if you know what it takes to get the most out of the equity you've built up in your current home.

To help you understand the issues involved in making such a move, and how to avoid the 9 most common and costly mistakes most Empty Nesters make, a new report called “Empty Nester: How to Sell the Place You Call Home” has been prepared which identifies these issues, and shows you how to steer clear of the mistakes that could cost you literally thousands of dollars.

To hear a brief recorded message about how to order your FREE copy of this report call toll-free 1-800-270-1494 and enter 1013. You can call any time, 24 hours a day, 7 days a week.

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Best of Mission Times voting underway

The Best of Mission Times is back, highlighting all the great businesses throughout the area.

Do you have a business you've been a customer of in the Mission Times circulation area for many years? Is there a business or several of them you'd highly recommend to family and friends? What business or businesses go out of their way to serve you and other customers?

Let it be known what small, medium and big Mission Times

area businesses owned and staff by the families and people in the community you support.

Each year, Mission Times Courier asks its loyal readers to nominate their top restaurants, entertainment venues, stylists, designers and other businesses and professionals. You can go to: <https://forms.gle/yE47dcRg9X-GyG4bL9> to vote.

The deadline to vote is Feb. 3. The deadline to purchase an ad is March 1, 2023.



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

Highlights of the

World Federation
of Right-to-Die Societies
2022 Conference

The Hemlock Society of San Diego invites you to join us on Zoom for a presentation recapping the 2022 annual conference of the World Federation of Right-to-Die Societies. HSSD members who attended the conference will share the latest news, insights, and developments from global leaders in the Right-to-Die Movement. Open to the public. Free.

Sunday, January 15, 2023 1:30 PST

For information: 619-233-4418
Register to receive the Zoom link on our website
hemlocksocietysandiego.org

Visit Hemlock Society of San Diego on Facebook and on our YouTube Channel

The Revlon Girl set to run Jan. 13 thru Feb. 5

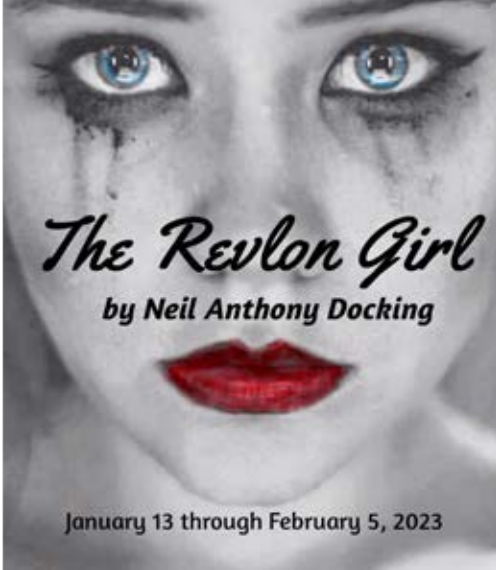
Lamplighters Community Theatre presents the West Coast premiere of *The Revlon Girl*, Neil Anthony Docking's story that follows the 1966 Aberfan Disaster.

The show runs Jan. 13 thru Feb. 5 at the theatre located at 5915 Severin Drive in La Mesa.

Fans of 'The Crown' may recall the tale of Aberfan, Wales, and the sadness that befell the town on Oct. 2, 1966. Due to the failure of authorities to implement any valuable safety measures, a pile of coal mine waste developed into a landslide and buried some 144 people. The Pantglas Junior School was right in its path, and 116 children died.

The *Revlon Girl* explores the process of grief, redemption, and the embracing of what it is to move forward through the tears and laughter of mothers seeking to return to a sense of normality and embrace a different type of future.

Tickets: General admission: \$25; Students/Seniors/Military: \$22 (group rates available).



Tickets may be purchased at: lamplighterslamesa.com or by calling the box office at (619) 303-5092 and leaving a detailed message.

The *Revlon Girl* contains adult situations and language. This show is best suited for those over the age of 16 and is presented by special arrangement with Concord Theatricals.

Lamplighters Community Theatre has had continuous productions in La Mesa for 80+ years. Between the regular season productions, they also support special events, one-act shows, and our theater space is available for rental.



The San Diego Futures Foundation, County Child Welfare Services staff, and Supervisor Anderson gathered together for the computer distribution event on Dec. 7, 2022. (Courtesy photo)

The San Diego Futures Foundation, County brighten holidays for area kids

The San Diego Futures Foundation and County of San Diego joined forces back in December to make the holiday season brighter for children in foster care through their annual computer distribution.

Local foster families were invited to receive one of the 150 desktop computers or 25 laptops distributed during the San Diego Futures Foundation's annual Computers for Foster Families event.

The San Diego County Futures Foundation refurbishes computers previously used by San Diego County employees and then distributes them to families caring for foster youth. The program, initiated by former San Diego County Supervisor Greg Cox in 2001, has provided more than 4,000 refurbished computers to foster families.

Kevin Morningstar, president of the San Diego Futures Foundation, emphasized the organization's goal to connect San Diegans with technology.

"The San Diego Futures Foundation's goal as a non-profit is to improve the lives of families in San Diego County, especially children, that don't have access to technology due to the digital divide," Morningstar said.

The COVID-19 pandemic especially highlighted the digital divide in education, where students without reliable computer access struggled to stay connected. Even with schools back in-person, computers are an integral component of every student's education.

District 2 Supervisor Joel Anderson commented, "Recent events have taught us that access to a computer is essential—not optional—to our children's education and future success. These donated devices will ensure that foster children in our County aren't falling behind their peers in digital literacy."

One of SDFF's volunteers shares a special connection with the computer recipients.

Ricardo Rodriguez grew up in the foster care system and understands the importance of computer access for foster children. He stated that reliable computer and internet access is a challenge for foster youth, who can shift through multiple households. The computers provided through SDFF's program with the County can help foster youth avoid gaps in their education when moving from one home to another.

The program also helps foster children to stay connected with social services, healthcare providers, and other support systems—making it easier for them to access the resources they need to thrive and overcome the digital divide.

For more information on the San Diego Futures Foundation and their programs, visit sdfutures.org.

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CENTURY 21
Award



District 2 Supervisor Joel Anderson hands off one of the donated computers to a local foster parent. (Courtesy photo)

Holiday activities were abundant for AGG Community Council

Allied Gardens/Grantville

By SHAIN HAUG



One of the major tasks of the Community Council was concentrated in the first week of December 2022. On Dec. 4, 2022 a crew from the Community Council, Kiwanis, and Council District 7 put up the lights over Waring Road and at the Waring/Zion Triangle.

The following Wednesday, we held a ceremony to turn on the lights at the Triangle. Outstanding Students Desiree Peterson from Foster School and Lucy Smithey from Marvin School threw the switch. We were honored by the attendance of Councilmember Raul Campillo. Then on Thursday, we held the Holiday Festival at Lewis Middle School.

This event included a performance by the Lewis Band, Holiday Readings by the Lewis



The Bridge Lighting Crew

The bridge lighting crew made sure locals and visitors to the area could enjoy holiday lights. (Courtesy photo)

students, and a performance by Marvin Elementary students. The Grantville/Allied Gardens Optimist Club funded a drawing for Barnes and Noble gift certificates.

Our next town hall meeting will be on Tuesday, Jan. 24, and will feature a presentation by the Food Bank that is sponsored by Ascension Church in partnership

with the Jacobs and Cushman San Diego Food Bank.

If you are not already on our mailing list sign up through our website – aggccouncil.org - to receive our reports of the many important activities in our community.

—Shain Haug is president AGGCC.

Patrick Henry High School has busy January planned as holiday break ends



Patrick Henry High School News

By MICHELLE IRWIN

With Patrick Henry High School students and staff back on campus following the holiday break, expect a busy month of activities.

Among notable things on the calendar are:

- Jan.16- Martin Luther King Jr Holiday – No School
- Jan.17 – SGT meeting via Zoom
- Jan. 18-20 – Drama Production – *Too Fabulous to Fail* at 6 p.m. in PHAME
- Jan. 18-20 – Finals

– Minimum Day – Students released at 1:11 p.m.

- Jan. 20 – Last day for first semester
- Jan. 21 – Saturday School 8 a.m. -12 p.m.
- Jan. 23 – First day of second semester
- Jan. 24 – SSC meeting via Zoom
- Jan. 25-27 – Drama Production – *Too Fabulous to Fail* at 6 p.m. in PHAME
- Jan. 28 - Saturday School 8 a.m. - 12 p.m.

Academic Labs open from 3:30 p.m. - 4:30 p.m. in the PHHS Library (Tuesdays/Wednesdays/Thursdays – each week).

COVID TESTS DISTRIBUTED

COVID tests were recently distributed to every student.

In each box, there are two COVID tests. COVID-19 cases are on the rise in the area, with San

Diego County recently entering the medium COVID-19 community level.

Other illnesses such as the influenza virus (flu), respiratory syncytial virus (RSV), and the common cold also remain highly prevalent and easily transmissible. Practicing good health hygiene habits – washing hands, staying home when sick, and considering wearing a mask indoors and in crowded areas – can help prevent the spread of illness and is especially important during this time when many will be traveling or gathering with family and friends.

The California Department of Public Health now recommends self-testing for COVID-19 the day before coming back to school and two or three days after returning.

SEE PHHS EVENTS, Page 7



The academic labs is a space where students can get extra support from teachers and peer tutors with math and writing. PHHS can help with homework, classwork, test prep, test corrections, and essay drafting, revisions, and editing. students should bring work to do in. the labs. Some students even come every day and form study groups. (Courtesy photo)



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January proving busy month for RWCNC



By WENDY HAUFFEN

January has been a busy month to date for RWC Navajo Canyon.

We had a sold-out luncheon at the Brigantine in La Mesa featuring guest speaker Jared Wilson, president of the San Diego Police Officers Association.

He spoke to us about why San Diego City's PROTECT Act will stop the police from doing their job, and what we can do to help. This new ordinance would prevent investigations of DUIs and other crimes, reduce the ability of police to question suspicious persons, restrict officers from stopping dangerous vehicles, prohibit checking for outstanding warrants, and ban enforcement of probation and parole. Learn more at: stopproteact.com.

We were also honored to hear from RWC Navajo Canyon member Sandy Golden about the Global Walkout Campaign - the unified pushback against the globalist agenda and the social credit scoring of Americans. Learn more at: globalwalkout.com.

Next month, we are looking forward to hearing from guest speaker Tony Krvaric.

Krvaric is the chairman emeritus of the Republican Party of San Diego County, where he served for 14 years as volunteer chairman, charged with electing and reelecting Republicans to all levels of government. He is Croatian by blood, Swedish by birth, American by Choice, and embodies and understands conservative Republican values. Navajo Canyon loves to have him speak as he is extremely knowledgeable about what is happening in the Republican Party and provides the necessary humor to encourage continued leadership and commitment.

In December, to celebrate the Christmas spirit of giving, we collected donations of toys, clothing, and household goods at our festive Christmas party in honor of Military Outreach Ministry. This worthy charity supports junior enlisted military families with food, support, and community. We are proud to say that RWC Navajo Canyon is one of their largest supporters!

Keep an eye out for lots of upcoming RWC activity, including our Resist Fight Back Action Days.

We intend to take action by fighting back against bad laws such as SB 357, which will put trafficked children in even more danger. The law decriminalizes loitering for the intent to engage in sex work, but law enforcement agencies say that they now have one less tool to fight prostitution and sex trafficking. The populations that this law supposedly protects are the very populations that are most heavily preyed upon in sex trafficking.

When setting your goals for 2023, remember that the time to take action is NOW. Resist. Fight back.

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

Biden has proven himself one of America's most effective Presidents



By SEAN QUINTAL

"The Republican Party must learn to quit underestimating Biden." Republican former House Speaker of the House Newt Gingrich.

This month, America watched newly-elected House Republicans exit their clown car, climb into a dumpster, and then light it on fire, as the tried to elect a Speaker of the House. The sad spectacle, though, offers a stark juxtaposition to how successful Joe Biden's administration, and Congressional Democrats have been over the last two years. In fact, it's not overstatement to assert the Biden's first two years in office have been as successful and consequential as any president's, in at least 75 years.

Let's review the record:

- The American Rescue Plan Act gave Americans \$1.9 trillion in relief funds to both help the nation through the worst pandemic in a century, and also to create a catalyst to jumpstart the nation's economic recovery. The legislation's achievements are notable: poverty fell by 22% from 2020 to 2021; Americans had more disposable income in 2021 than in 2019; poverty among our nation's children was reduced by 39% from 2020 to 2021; the Act's extension of unemployment insurance programs kept millions of American households afloat; its housing assistance provisions kept tens of thousands of households from becoming homeless; the legislation increased the Affordable Care Act's subsidies, which improved affordability and coverage for millions of Americans.

As a result, in 2022, the nation's uninsured rate reached an all-time low of 8 percent. Moreover, America's unemployment rate fell to 3.4%, the lowest since 1969

- The Inflation Reduction Act allows Medicare to negotiate drug prices, reduces the price of insulin to \$35 per month for seniors, caps yearly out-of-pocket drug costs at \$2,000, allows hearing aids to be purchased over the counter, and makes illegal surprise billing by doctors.

It invests close to \$370 billion in renewable energy. The law creates long-term tax benefits essential for wind and solar companies, and jump-starts

manufacturing of renewable energy technologies and electric vehicles; these incentives are projected to create over 9 million jobs in these industries over the next 10 years. Along with old growth forest protections and other measures, the law is expected to reduce US climate emissions by 40% over the next eight years.

- The Infrastructure Investment and Jobs Act ensures that \$17 billion will be spent refurbishing America's ports, \$25 billion to modernize its airports, \$550 billion to repair the nation's roads, bridges and water pipes, and will also provide broadband access to rural communities. All told, the legislation will create some 1.5 million jobs over the next decade.

- The CHIPS Act provides \$54 billion in grants for semiconductor manufacturing and research, tens of billions to support regional technology hubs and a tax credit covering 25% of investments in semiconductor manufacturing through 2026. The bill also authorizes \$100 billion spending over five years on scientific research, including more than \$80 billion for the National Science Foundation.

Together, these bills create a viable US industrial policy for the 21st Century. This enables America to compete robustly with China and other countries for the industries that will define the world's economy for the next many decades. This enhances national security, and protects the US from crippling supply chain interruptions like those suffered from Covid's effects.

- The Respect for Marriage Act guarantees the federal rights, benefits and obligations in the federal code for same-sex couples and interracial couples.

- In his first two years, President Biden appointed, and Senate Democrats confirmed, 97 new federal judges. That's more than any President since Kennedy.

- The Omnibus Spending Bill, passed in December 2022, invests in education, childcare, and healthcare, giving boosts to the National Institute of Health and the Centers for Disease Control and Prevention and investing in mental health programs. It addresses the opioid crisis and invests in food security programs and in housing and heating assistance programs. It invests in the Environmental Protection Agency and the National

Park Service and makes a historic investment in the National Science Foundation. It raises the pay for members of the armed forces, and it invests in state and local law enforcement. It will also provide supplemental funding of about \$45 billion for Ukraine aid and \$41 billion for disaster relief. It reforms the Electoral Count Act to prevent a plan like that hatched by former president Donald Trump and his cronies to overturn an election.

- The PACT Act expanded VA health benefits for veterans exposed to burn pits, Agent Orange and other toxic substances. Republicans voted to block this aid for America's vets, until public shaming made them reverse their votes.

- When Putin invade Ukraine, Biden was instrumental in convincing NATO, which former president Trump had quite deliberately weakened, to stand together against Russian aggression. Biden pulled together allies around the globe to sanction Russia. And he urged countries around the world to rush money and supplies to help Ukraine resist Russian aggression. The Biden administration continues its unwavering support of Ukraine in its war against Russia's invasion, even as many Republicans suggest curtailing that support.

So Biden has succeeded in passing the largest economic recovery plan since FDR, the largest infrastructure plan since Eisenhower, the most federal judges confirmed since JFK, the second largest healthcare bill since LBJ and the largest climate bill in history. He brought the country through the nightmare of the pandemic without a recession, and the US has the highest rate of employment in 50 years. Millions of families and kids escaped poverty, and got health insurance coverage. He established an industrial policy to keep America more safe and prosperous, and rallied the world to unify against Russian aggression. Moreover, he did it with a Senate evenly split 50/50, and slender, single-digit majority in the House. Consequently, much of this legislation was passed with little to no support from House Republicans.

Nicely done, President Biden. For America's sake, let's hope the Republicans keep underestimating you.

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

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News briefs

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Diego building industry. Since 1994, the BIA has inducted 37 honorees.



Janet Vásquez, new executive director of EJEA

EJEA NAMES VASQUEZ EXECUTIVE DIRECTOR

The board of directors of East County-based Excellence and Justice in Education Academies (EJEA) recently appointed Janet Vásquez as executive director of EJEA. Vásquez served as principal and math teacher at EJEA's middle school for more than 12 years, collaborating with teachers, staff, and parents to support students' academic achievement and social emotional well-being. She has a track record of successfully implementing programs and initiatives focused on social justice, equity, and access to higher education for diverse student populations.

Vásquez holds a Master of Education degree from the University of California, Los Angeles (UCLA), and a Bachelor of Arts in International Studies and Sociology, with a minor in Law and Society, from the University of California, San Diego.

"I'm confident that under Janet's leadership and collaboration with everyone in the EJEA community, our schools will continue to thrive," said Eva Pacheco, founder of EJEA. "With the groundbreaking of EJEA's new construction and renovation project only months away, our new leadership will expand the life-changing impact of our schools to more students, families, teachers, and the community."

EJEA is a dual immersion (Spanish/English) charter school focused on social justice that serves more than 800 students primarily from low-income families.

For more information on EJE Academies, visit: ejeacademies.org.

SAN DIEGO WALMART WELLNESS DAY SET FOR JAN. 14

Just in time for the new year, Walmart invites San Diego residents to start down the path of getting – and staying – healthy at the first Walmart Wellness Day of 2023 this Saturday, Jan. 14, from 10 a.m. to 2 p.m.

Customers can receive free glucose, cholesterol, BMI and blood pressure screenings as well as affordable immunizations like COVID-19, flu, tetanus, hepatitis, HPV and more at pharmacies nationwide.

Additionally, select stores will be offering in-store giveaways and demos of nutrition, lifestyle and wellness products.

Walmart Wellness Day encourages families to prioritize their health by not only helping them know and understand their numbers, but also providing the tools and resources to seek care, and improve and maintain healthy lifestyles. Knowing your health numbers is just a start, but additional information allows people to make decisions and track progress. Walmart Wellness Day is also a great time for customers to learn about the company's health and wellness offerings and solutions and take advantage of free screenings and affordable immunizations, right in their backyard.

Since 2014, Walmart pharmacies have hosted Walmart Wellness Days, contributing more than 5 million free health screenings for customers. More than 4,000 Walmart stores are in medically underserved areas, which means Walmart is often the first stop for health care in these rural and underserved communities.

To find a free event in your neighborhood, visit: Walmart.com/wellnesshub.

HELIX CHARTER HIGH SCHOOL ENROLLMENT NOW OPEN

Enrollment at Helix Charter High School for the 2023-2024 school year is now open. You can find instructions and a link to apply at: helixcharter.net/enroll.

Helix is a charter school and all new students must go through the lottery. Lottery applications are accepted Jan. 5, 2023 through March 1, 2023. Applications submitted after March 1, 2023 will be waitlisted in the order they are received.

Applying to Helix is a two-step process that can all be done online. The first step is to watch the Enrollment Informational Video (required) and the second step is to apply through the link on our website.

There is a comprehensive FAQ doc on that page that should answer most questions.

If you still have questions, email: enrollment@helixcharter.net.

PHHS events

CONTINUED FROM Page 5

Do not send your child to school if they are feeling sick or experiencing symptoms of any cold-like virus, until those symptoms start to improve and there is no fever for 24 hours (without use of fever-reducing medication). Keeping your sick child home will be a great benefit for the health and wellness of students and staff.

STUDENT PASSWORD RESET INFORMATION/UPDATE

SDUSD IT Department is performing student password resets for 2-3 school clusters per day. The Henry Cluster reset day has not been determined yet.

ACADEMIC LABS

The academic labs is space where students can get extra support from teachers and peer tutors with math and writing. PHHS can help with homework, classwork, test prep, test corrections, and essay drafting, revisions, and editing. Students should bring work to do in the labs. Some students even come every day and form study groups.

Please encourage your students to attend. The school will be hosting the labs on Tuesdays, Wednesdays and Thursdays from 3:30 p.m. - 4:30 p.m. in the library each week.

CALCULATORS AVAILABLE FOR CHECK-OUT

Need a calculator? Swing by the library and check one out! The calculators are available for any student.

HENRY CLUSTER RESOURCES

There are many community resources available to families and students from community centers, crisis resources, drug/alcohol abuse resources, clothing and food resources and many more. Click on the link below to learn about all the resources available: docs.google.com/document/d/1-QsmP-zeb-adOmKZinxG40uSgBox-kMWVw4xSUXGqhTr4/edit?usp=sharing

YEARBOOKS ON SALE FOR \$90

Yearbooks and senior ads are both on sale through yearbookordercenter.com.

When ordering, you will use code 8053 to access the Henry ordering page. If you have any photos that you think would be perfect for the yearbook, the school accepts submissions and they can be shared online through: hjesshare.com/eShare.

Any questions related to yearbook orders, senior ads, or photo sharing may be directed to

Joe Ferro at jferro@sandi.net.

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

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Year In Review

CONTINUED FROM Page 1

Francine Deutsch and **Carole Leland** have been Del Cerro residents for some 37 years. They have applied and shared a lesson that Deutsch learned at an early age from her great-grandfather.

The two committed to donating money over the next 10 years to the San Diego Humane Society (SDHS). Their upcoming philanthropic commitment will endow the new Dr. Francine Deutsch and Dr. Carole Leland Community

Veterinary Services (CVS) Veterinarian position at SDHS. Additionally, another portion of their contribution supports San Diego Humane Society's Behavior Center.

• The **San Carlos Community Garden** was set to celebrate its 10th anniversary in late March with an event at 6460 Boulder Lake Ave.

"We are beyond excited to celebrate the San Carlos Community Garden's 10th birthday and a decade of support from local volunteers and our partners including the Sierra School," said **Carol Lockwood**, SCCG chair.

APRIL

The celebration continues for **San Diego State University** as it celebrates 125 years of educating locals and those coming to the area to study.

SDSU dates back to 1897. That is when the San Diego Normal School was in a building in Downtown San Diego.

SDSU was set to graduate its 500,000th student this year during commencement ceremonies.

MAY

• Finding parking at the **College-Rolando Library** has been more challenging than

checking out your favorite book.

As of right now, the library has 28 parking spots on city-owned property outside the library. Planned development for that property could make it all the more difficult for patrons to find parking when coming to the library.

Jan Hintzman, president of the Friends of the College-Rolando Library, said that the parking challenge is definitely having an impact on patrons being able to do business at the library.

JUNE

The long-awaited project at **Benchley-Weinberger**

Elementary School in San Carlos has the green light.

The plan is to install grass turf on the gravel fields, giving kids a more enjoyable and safer setting when playing.

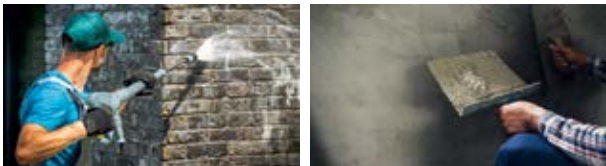
Taryn Gross is one of the parents who has been a driving force behind the outdoor upgrades. She serves on the foundation for the school. According to Gross, the playing area for kids now is nothing more than dirt and gravel.

"It has been a dream for our community, teachers and parents to have grass fields for our

SEE YEAR IN REVIEW, Page 9

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Year In Review

CONTINUED FROM Page 8

students to safely play on for decades,” Gross commented.

Some **Patrick Henry High School** students said enough is enough when it comes to gun violence.

The students held a peaceful protest June 7 on campus. Approximately 275 out of 2,500 students walked out of classes in protest. Their message among others is that students should not be petrified of a possible shooting instead of focusing on furthering their education.

Patrick Henry High School celebrated graduation on June 14.

The **Class of 2022** included 562 seniors receiving their degrees.

JULY

Another 300 trees, including 11 different tree species, were slated to be planted in **Allied Gardens**.

With the City of **San Diego's Climate Action Plan** goal of achieving net zero greenhouse gas (GHG) emissions by 2035, a new partnership between SDG&E and the city could help make this goal a reality.

In March, SDG&E and the city joined efforts to plant more than 400 trees in City Heights.

AUGUST

Students and staff at **Patrick Henry High School** eyed a return to campus following summer break.

“At Henry, we challenge each of our students to reach their full potential with our quality instructional program,” Principal Michelle Irwin said. “We will continue to develop positive relationships with our students, parents and the community. You are always welcome at Patrick Henry High School.

SEPTEMBER

Some **Del Cerro** residents want answers to the growing homeless encampment issue in their neighborhood.

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.

“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.”

OCTOBER

Apartment complex plans aligned with **San Diego's Complete Communities** housing-crisis alleviation await permit issuance in **Del Cerro** as several local businesses in the same shopping center face imminent closure.

Residents in a Del Cerro neighborhood have expressed concerns about plans for an apartment complex at Del Cerro Boulevard and Madra Avenue. These approximate plans include a 6-story building with 114 units and one story of parking containing 146 parking spots.

Jeff Katz, owner of the property and president of Tapestry Development Company, the project's developer, explained his reason for creating these plans.

“I've lived in Del Cerro for 30 years, and I've never seen homelessness this bad, and I've never seen so many people who are

leaving or struggling to get by because of how expensive housing is,” Katz said.

Current business owners located at the property, **Madra Liquor and Deli** and **Define U Fitness**, were forced to close up shop before year's end.

NOVEMBER

A busy flu season showed up at **Patrick Henry High School**.

School officials said a large number of students were experiencing flu-like symptoms, leading to a period of high absences that lasted approximately five days. Teachers adjusted their lesson plans and pacing in the response.

“Student health is always a priority,” Principal Michelle Irwin commented. “If students don't feel well, they won't be able to do well in school.”

The outbreak comes during an early start to the flu season, which typically lasts from October to May.

DECEMBER

SDSU students came out in droves for last month's midterm elections.

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.

“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 **Kimberly Swift**, a political science professor at SDSU.

“I believe voting is, and will forever be, the strongest weapon of a democracy,” said **Josh Rawson**, president of the College Republicans.

Mission Times Courier wishes you a Happy New Year and thank you as always for reading our publication.

Editor's note: Elaine Alfaro, Michelle Irwin and Natali Gonzalez contributed to this article. This is an abbreviated version of the year in review story that appeared online at sdnews.com. To see the full story, visit: sdnews.com/book-closed-on-busy-2022/.

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Birds take center stage at MOXIE Theatre starting Feb. 10

There is a rule in theatre that producers know well. Never put a live animal on stage unless you want them to steal the show. And while birds are certainly in the spotlight in Anna Ouyang Moench's *Birds of North America*, they're only visible in the reactions of the actors who spot them.

Moench's father-daughter story is, on the surface, about bird watching. But this deceptively simple play, with opening night Friday, Feb. 10 at MOXIE Theatre (6663 El Cajon Blvd.), is made of much bigger themes.

The audience watches as a decade unfolds in the suburban backyard of John and his daughter Caitlyn and as seasons come and go, both their complex relationship and the environment around them change in dramatic ways.

MOXIE is partnering with the San Diego Audubon Society during this production whose mission is the protection and appreciation of birds, other wildlife, and their habitats, through education and study, and advocacy for a cleaner, healthier environment.

Timing for the production lines up with The San Diego Audubon's Bird Festival Feb. 22-25. The Audubon Society will be

SEE MOXIE THEATRE, Page 15

Historic Bully's East: San Diego tradition of prime rib, sports and camaraderie

By ROBIN DOHRN-SIMPSON

One of San Diego's most iconic restaurants opened in 1971 when J.D. Dahlen and George Bullington, known as Bully around the horse track, wanted to expand their Bully's Restaurant in Del Mar.

"They wanted to have a presence 'way out east' in Mission Valley. They found an empty A&W stand just off I-8 and Texas Street (pictured lower right). I have a picture of two ladies in front of the A&W in my office and I look at it every day to remind me where we've come from," said Derek Dahlen, son of J.D. Dahlen and current manager.

Walking inside, you'll see a who's who of San Diego in the photos lining the walls, the displayed sports jerseys, and other

sports paraphernalia. "Players for both the Padres and the Chargers would come in after games for a meal and a visit. Each player and coach had their own spots they liked to sit at. Junior Seau sat right here playing his ukulele," Dahlen said pointing to a seat at a high-top table.

"We're known for our prime rib. The original vision in 1971, which we continue until today, was to serve prime rib to every diner's preferred degree of doneness. From rare to well-done, whatever level you desire you can get it. We get our beef from the Midwest, age it for 21 days, and cook bone in. That keeps the integrity of our cooking procedure and makes the meat succulent and juicy. You can order a whole prime rib or half prime rib for a dinner party or for an individual

dinner an 8 oz, 11 oz, 16 oz, or 38 oz cut. We're also known for our atomic horse radish and flavorful au jus. You can just buy these two condiments separately if you want," Dahlen said.

If you're in the mood for something else, they offer a variety of steaks, burgers, BBQ prime rib bones, pork chops, and a few fish dishes such as Salmon, Halibut, or Swordfish.

"Our lunch menu is similar to the dinner menu. We're known for our Cobb salad, with Cajun Prime Rib and Cajun Chicken," Dahlen noted.

Brunch is offered on the weekend. Saturday's is for Pozole Soup and Sunday's is for Albondigas Soup. For standard breakfast, try a classic Eggs Benedict or Steak Eggs or an omelet. If you can handle spicy "Over the Border"

breakfasts there are choices such as Chilaquiles, Enchiladas Suizas, or Chorizo Potatoes and Eggs.

This is a restaurant that reminds one of the television show Cheers, where everyone knows your name. Everyone is a friend, and everyone is welcome. Another huge benefit is that they serve food until 12:15 am. So, if you're feeling peckish after a game or if your plane arrived late and you're hungry you can get a meal here.

Located at 2401 Camino del Rio South, reservations are recommended. Call (619) 291-2665 or go on Open Table to reserve your time.

Go to: bullyseastsd.com/ for current information and specials.

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



Dating back to its opening in 1971, some things have changed at Bully's East in Mission Valley. Some things that have not differed are quality meals, drinks and service. (Photo by Robin Dohrn-Simpson)



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Fardawsa Abdi (number 2) and Fatuma Abdi (number 13) have been key contributors to the Crawford High girls' basketball team this season. (Photos by Daunte Rogers – [instagram.com/piecebypmedia/](https://www.instagram.com/piecebypmedia/))

Crawford High School winter sports teams Gallup in search of CIF gold

By DAVE THOMAS

The search for CIF gold is on for a number of Crawford High School winter sports teams this season.

With the season moving along for the Colts, *College Times Courier* caught up recently with the respective head varsity coaches.

On the wrestling mat, head coach Lorenzo Ramos is in his third year at the helm of the Colts. "When I started here we had about six to eight wrestlers and now we have 70," Ramos stated.

A season ago, the Colts had three kids place in CIF's, going

first, second and fifth, respectively. Crawford also had a pair of first-year wrestlers make it to California Masters. Lastly, the program also had its first-ever state placer.

According to Ramos, some key wrestlers this season look to include senior captain Abubakar Zimbo. At last check, Zimbo was undefeated on the season.

Ramos noted that junior Su Reh has been competing against CIF, masters, and state wrestlers and has beaten a lot of them.

Fellow junior Christopher Salas has wrestled heavier kids and wins. According to Ramos, Salas

is favored at CIFs in his weight class.

Sophomore Phillip Huynh jumped two weight classes to help fill the roster, while senior Edwin Aguilar is reportedly favored to go all the way to states.

"We want to take CIF this year and bring Crawford its very first wrestling CIF banner ever," Ramos added.

- In boys' soccer action, head coach Humphrey Mahowa leads the Colts into action this winter coming off a Division IV championship a season ago. The Colts

SEE CRAWFORD HIGH, Page 12

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Crawford High

CONTINUED FROM Page 11

made it to the CIF semifinals and were undefeated league champions and Grossmont Tournament winners. League play for Crawford is set to get underway Jan. 10.

Heading into this season, Mahowa noted he will look to key players including junior forward Christian Quezada (CIF Player of Year for 2021-22 season), senior forward Jamesley Exantus, junior forward Samuel Ruiz, sophomore forward Kervens Chery, junior midfielder Michael Masimango, junior defender Alan Fierros, junior midfielder Abdullahi Sharif, senior defender Hamad Sharif and senior defender Haji Musa.

“Our goals this season are to demonstrate the attributes of

top student-athletes by attaining team GPA of 3.25 or above, emphasis on sportsmanship in respecting opponents and officials, and hard work,” Mahowa commented. As Mahowa sees it, “There is no substitute for hard work. The best athletes in the world are the most hardworking. Talent is not enough.”

- In girls’ soccer play, Crawford went 1-9 last season.

Under head coach Ray Parris, the Lady Colts battled a lot of injuries a season ago, having an impact as they missed key players in a number of games.

Things look brighter this season as the team had gotten off to a 3-2 start.

“We have been working hard during this year by having many of the players commit to summer practices,” Parris stated.

Parris added some key players that have helped the team develop include Valeria Alvarado, Kimberly Gonzalez, Kimberly Haro, Mwamini Shabani and Maua Mloko.

“Some quotes we have established for this season is ‘The word CAN’T be used on the field.’ Also, we have the girls working on patience because they get really anxious during practice and gamedays,” Parris noted.

- In girls’ basketball action, head coach Dave Lockett’s team headed into play last week with a mark of 4-8.

“We are playing higher divisions to get us ready for our league schedule,” Lockett remarked. “We made it to the playoff last season but were eliminated in the first round against a great Granite Hills team. The season before last we were number two and co-league champs. We also ended up being put up one division from Division V to Division IV.”

According to Lockett, some key players for the Lady Colts this season include two sisters.

Fardawsa Abdi is a senior shooting guard and Fatuma Abdi, a sophomore, plays forward and guard.

“They both are great shooters and really set the pace of the team,” Lockett commented. “With the addition of my great defender Ana Maria and Blossom Bess our record should change for the better.”

Lockett added that he is trying to help the team understand that they need to play team basketball.



Sophomore Phillip Huynh is one of the young wrestlers Crawford is counting on this season. (Courtesy photo)



Senior forward Jamesley Exantus is on the move with the ball during a boys’ soccer contest. (Courtesy photo)



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Trio of Crusaders Soccer Club teams capture division crowns

By JAY WILSON

2023 begins the Crusaders Soccer Club's 52nd year as the leading local youth soccer club serving San Diego. On Jan. 7-8, the seven Crusaders Soccer Club's Grassroots 2022 All-Star Teams participated in the annual January Kick Off Soccer Tournament at Ryan Field in Escondido which is sponsored by the Escondido Soccer Club. A total of 60 teams from throughout San Diego County participated. Three of our teams won their respective division; Girls

2011/2012 team won their Gold Division coached by Amy Williams and Mike Gooding, our Girls 2013/2014 team won their Gold Division coached by Mike Ginn, Tim Porter and Mike Olson, our Boys 2015/2016 team won their Gold Division coached by Ryan Dooley and Chris Jacobsen. Our second Girls 2011/2012 team came in second in their Bronze division coached by Victor Lopez. Congratulations to each of our participating teams. The Crusaders Soccer Club Board of Directors wishes to thank all our 2022 Fall Grassroots



Three Crusaders Soccer Club All-Star Teams captured division crowns at the recent January Kick Off Soccer Tournament. (Courtesy photos)



families, coaches, players and division coordinators for ensuring we had a very successful season, and we look forward to seeing everyone on the soccer field this spring. Registration for the Crusaders Soccer 2023 Spring Grassroots (Recreational) season is open through Jan. 31 for all boys and girls born between 2009 and 2019. The eight-game season is set to begin on Sunday, March 1 and end on Sunday, April 30, with no games on Easter Sunday. For more

information and to register, go to our website at crusaderssoccer.org. If you are interested in being a volunteer coach for our Grassroots (Recreational) program for our 2023 spring season, email Jay Wilson at jay.wilson@crusaderssoccer.org. We are also always looking for referees and they are compensated for each game refereed. Email Jay Wilson as well. Rene Miramontes, the director of coaching for the Crusaders Soccer Club, has announced our Competitive Team Division will

be holding tryouts for all interested boys and girls born between 2009 and 2013 on the evenings of Feb. 13, 14 and 15 at the Skunk Hollow field adjacent to the Allied Gardens Recreation Center. Go to crusaderssoccer.org for more information and to register for our competitive team tryouts. The Crusaders Soccer mission is our commitment to developing life skills in children through the game of soccer, with the aim of forming leaders on and off the field as a way of life.

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Volunteers with Ranger Julie during a recent get-together. (Courtesy photo)

Volunteering an important activity at Mission Trails Regional Park

Mission Trails
Regional Park Foundation

By JENNIFER MORRISSEY

Happy New Year from the Mission Trails Regional Park (MTRP) Foundation. Last year was busy and eventful. We're pleased to share that our field trips are finally back in full swing, and over the course of this school year, we will introduce thousands of children to Mission Trails. Also related to education, Trail Tykes, our new program for little explorers, has quickly become a community favorite.

Among the MTRP Foundation's most notable activities in 2022 was news that the MTRP Foundation would receive a \$2M grant from the San Diego River Conservancy (SDRC) to acquire acreage to add to the park. We thank SDRC and supporters like you for helping the Foundation realize its mission to preserve, protect, and improve Mission Trails Regional Park.

If volunteering is in your plans for 2023, consider the many opportunities at Mission Trails.

Choose from single-day or longer-term volunteering engagements. Work in the park on beautification, trail maintenance, or habitat restoration, or at the visitor center, at the front desk, or in the gift shop.

Interested in getting out into the field? Try out one of Mission Trails' ranger-led volunteer crews; there are opportunities available throughout the month. The habitat restoration crew meets on the second Saturday of the month; trail improvement on the third

Sunday of the month; and park beautification on the fourth Saturday of the month. Check the website at: mtrp.org for registration and more information.

Are you an avid park user and have knowledge of the park's many trails?

Interacting with the public and volunteering in the visitor center might be right for you. Our front desk volunteers welcome guests to the park, answer questions about the trails, activities, and programs, and process sales in the gift shop. These are half-day volunteer shifts, from 8:45 a.m. -1 p.m., or 12:45 - 5 p.m. Weekday gift shop shifts are available, from 10 a.m. - 2 p.m. These volunteers handle gift shop transactions and assist the Foundation staff with bar-coding and tagging products, as well as replenish and tidy store inventory.

Lastly, community members can volunteer as a reader for the MTRP Foundation's Trail Tykes children's program.

The program caters to two-to-five-year-olds and offers a nature-inspired story read aloud, followed by an activity/craft. Trail Tykes volunteers read the books to the children and assist the Foundation's Lead Educator during the craft/activity portion of the session. To learn more about this opportunity, email Alissa Lustgarten at alustgarten@mtrp.org.

For more information on Mission Trails' volunteer opportunities, visit our website: mtrp.org, or reach out to by phone at (619) 668-3280.

—Jennifer Morrissey is executive director for Mission Trails Regional Park Foundation.

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Volume of home sales down 35% from year ago; market has slowed

Real Estate Update
By SARAH WARD

Only one year ago, we were in a strong seller's market with rising prices and typically multiple offers within the first week of a new listing.

Of course with surging inflation, the Federal Reserve began increasing interest rates last summer, causing mortgage rates to double to 6.5% or more. But it's always darkest before dawn and we may see a bright improvement in the housing market in 2023.

Currently, the volume of home sales is down 35% from a year ago; the market has slowed. Buyer sentiment has plunged with 83% of consumers stating it's a bad time to buy, according to the recent University of Michigan survey. While higher interest rates cause downward pressure on prices, inflation causes upward pressure on prices. The result is that prices are currently holding fairly steady and remain significantly higher than just one year ago.

But a primary cause of the inflation and resulting high interest rates was government stimulus spending.

That spending has greatly decreased and liquidity (such as cash in the bank for households) is decreasing fairly quickly. Many economists are expecting the inflation rate to ease and

the economy to slow. This would lead to lower mortgage rates in 2023 with more buyers starting to emerge. The Freddie Mac 30-year Mortgage Index peaked in November at 7.08% but has drifted down to 6.42% as of last week.

If rates drop into the 5's over the next few months, home buying activity would likely pick up with more inventory coming on the market as more buyers make offers.

One interesting factor to consider is that governments all over the world are loaded up on debt and these high interest rates are causing great difficulty for government debt service worldwide.

Our own Federal Government has \$32 trillion in debt, much of which is short-term, being constantly refinanced at higher rates. Clearly a priority of the Fed is to eventually reduce inflation and interest rates for both consumers and governments. Buyers could possibly refinance over the next few years at a lower rate.

The underlying demand for housing remains high and the job market is still strong. San Diego is flush with high paid workers from the tech, biotech, health, and defense industries. There is pent-up demand by buyers waiting on the sidelines for an opportunity to purchase a home at a reasonable interest rate.

My advice for both buyers and potential sellers is to

start preparing for a more vibrant housing market now. Potential sellers may want to start sprucing up their properties in the hopes a busy market emerges. Buyers can meet with a loan officer to run credit, determine affordability and possibly clean up credit reports, etc.

While the economy still could enter a tough recession in 2023, it is also possible that mortgage rates could drop 1% or more, causing activity to jump and significant inventory to come on the market. Those prepared, can then jump in the market more quickly and achieve their goals.

Call me for a chat on how to best start the home buying or selling process or general advice on preparing for what could soon be a more active market in 2023.

For the market report I used a 12-month growth rate in the median home price from 1-year ago until today.

MARKET REPORT: (Single Family):

- **College Area (92115):** median price up 15.5% year over year to \$895,000.
- **San Carlos (92119):** median price up 14% to \$1,000,000.
- **Del Cerro/Allied Gardens (92120):** median price up 14% to \$1,060,000.

—Sarah Ward is a REALTOR with Fine & Coastal Real Estate. Visit her at: fineandcoastal.com.

Henry Cluster STEMM Foundation members keep busy into New Year

By KAREN MILLER

What's binary for "Happy New Year"? 01001000 01100001 01110000 01110000 01111001 00100000 01001110 01100101 01110111 00100000 01011001 01100101 01100001 01110010

Now that we have all robots' attention... We are pleased to share some updates from the Mission Trails Robotics Community which is part of the Henry Cluster STEMM Foundation. Contact them at info@hcstemm.org for more information or to offer support.

FIRST LEGO League community team, the Garage Engineers (FLL #50739) won runner-up for Robot Design at the Regional Championship on Dec. 17, 2022. Coach Sandi Crumpacker won the Coach's Award. This team will compete at the FLL Spring Showdown in April and the Western Edge Invitational in May. Watch this space for more details about what the rest of our teams get up to during the rest of the school year.

Patrick Henry High's FIRST Robotics Competition team, the Patribots (FRC #4738), have entered their high-intensity Build season. Jan. 8 was the national

kickoff for the 2023 "CHARGED UP" game. For the next few months, the Patribots will be busy designing, building, and coding their robot to perform the challenge tasks. Stay tuned for news about the San Diego Regional competition in late March.

On Saturday, Jan. 14, community FIRST Tech Challenge teams the Wizalos (FTC #14129) and the Dapper RoboNoodles (FTC #18365) compete at the third meet of their season, at Mater Dei High School in Chula Vista. Robotics come much closer to home next month.

On Saturday, Feb. 11, these two teams will be competing in their league finals at our own Patrick Henry High School. Matches will run from about 10 a.m. to 2 p.m., outdoors on the PHHS Quad (weather permitting). Spectators are welcome. If you have been wondering what the Mission Trails Robotics Community teams do, this is a great way to check them out.

For more information about the Henry Cluster STEMM Foundation visit hcstemm.org.

—Karen Miller is a board member of the HC STEMM Foundation.

MOXIE Theatre

CONTINUED FROM Page 10

providing the audience with a guide to the birds mentioned in the production and information on the programs they run in San Diego.

Birds of North America may be receiving its first fully staged professional production in San Diego at MOXIE Theatre, but playwright Moench and her play are no stranger to America's Finest City. Moench was a part of UCSD's prestigious

MFA program in playwriting and she workshopped *Birds of North America* during UCSD's WagnerNew Play Festival in 2017.

Also coming full circle, actor Mike Sears returns to reprise his role in the production at MOXIE Theatre which runs thru March 5.

Moench has gone far in the years following her time in San Diego, recently garnering critical acclaim for her writing on hit Apple TV's series *Severance*.

For more information, visit: moxietheatre.com/.

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BEDS: 4 | BATHS: 3 | \$999,000

Nestled between Mission Trails and Lake Murray in the heart of San Carlos is this beautifully updated home. On a quarter acre corner lot, with 4 bedrooms, 2.5 bath, 2 car garage, RV/boat storage, potential for an ADU and pool. Some amazing features include a bright welcoming open concept kitchen with plenty of room to entertain, fireplace in the living room, family room has its own bath and laundry area and leads to the large backyard. Tile & laminate floors, crown molding/upgraded baseboards. Transferrable warrantied roof & dual pane windows, Toto toilets, built-ins in master closet, recessed lighting, ceiling fans.

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3 New Year's Home Resolutions

At the beginning of the year, it's common to set personal goals and make resolutions to improve upon last year. But have you thought about resolutions for your home? Here are some ideas to get you started:

1. IMPROVE INDOOR AIR QUALITY

Routine HVAC maintenance and filter changes help your system work optimally and improve your home's air quality. A more advanced resolution to fill your home with clean air is to install a whole home air purification system.

2. SAVE ENERGY

Replace your tank water heater with a high efficiency tankless water heater and save up to 40% on your energy bill. Another energy saving idea is to switch your light fixtures to LEDs.

3. PREPARE FOR AN EMERGENCY

Learn how to turn off gas, water, and power to your home. Find out what to do if your water heater leaks. Check angle stops around your home to see if they're working properly. Plan ahead by getting familiar with your home now.

5 SIGNS YOU MAY NEED A NEW FURNACE

- 1 Older than the average 15-year lifespan
- 2 Energy and repairs bills are increasing
- 3 Uneven temperatures throughout your home
- 4 Dirt, dust, and rust particles on your heat registers
- 5 Rattling, popping, or screeching sounds

Give us a call before it gets worse.

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